



**Coaches' Education Program
Level 1 Online Course Reference Section
Drill and Game Supplement**

Ground Ball Out and Back

Objective:

Ground ball drill done in pairs. Gives a high number of repetitions, reinforces scooping and quickly passing to a teammate, and involves conditioning.

Suggested space needed/equipment:

Lacrosse field

Players needed:

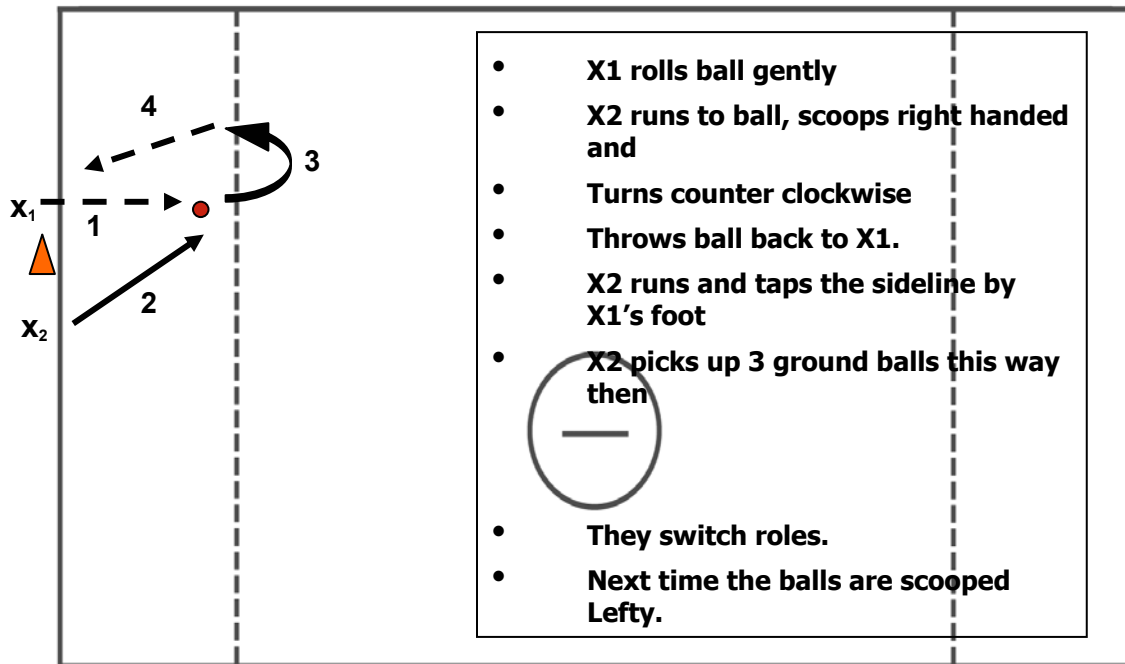
Two.

Drill Execution:

1. Players pair off and stand on the sideline. Player 1 gently rolls the ball out towards the opposite sideline.
2. Player 2 runs and scoops it, turns in the correct arc, makes an accurate pass to Player 1, and runs back to tap the sideline/ground near Player 1's foot with his stick.
3. This is repeated until Player 2 has scooped it 3 times, then the players switch positions.
4. The coaches must stress to the kids that they go slowly enough so that their technique is perfect. This drill is to reinforce the fundamentals, not just "kill time". Bring stick to face and cradle after the scoop, just like in a game.
5. To avoid confusion, I suggest that they do all 3 ground balls right handed for a turn, and then left-handed for the next turn. Alternate each time
6. This is a good drill to do for 5-10 minutes. It involves conditioning.

Drill Diagram

Ground Ball Out and Back



Skills practiced

1. Scooping, protecting the ball, turning in the correct arc.

Variations/Progression/Increased difficulty (As your players improve their skills incorporate the following...)

1. Pick up the pace so there is more conditioning.
2. As they become better and getting the stick up and protected they will be able to feel the defensive pressure in game situations and turn the "wrong" way after scooping.

Goalie involvement:

Same as the other players.

Related drills:

1. Ground Balls 3 Across The Field
2. Ground ball box out drill
3. Ground ball with a chaser