

Winning the Ground Ball Battle

- Basics, Drills and Fancy Tricks
 - Kathy Kerr, Bridgewater College



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Statistical Ground Ball

Awarded when the ball is on the ground and picked up – with two conditions met:

- ✓ A change of possession occurs
- ✓ Occurs during the course of play



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Ground Ball Opportunity

- Any time the ball touches the ground
- How many ground ball opportunities are there in an average game?

Survey of 8 D3 games, 2 D1 games...
128.6 ground ball opps per game



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Where do Ground Balls Come From?

- 46% Unforced Errors
- 28% Caused Turnovers
- 15% Shots and Rebounds
- 10% Draws



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Test Case: Monkeys vs Elephants

- Elephants won 14 gbs to the Monkeys 13
- Monkeys presented 77 ground ball opps, the Elephants presented only 51
- Monkeys converted $30/51 = 58.8\%$
Elephants converted $26/77 = 33.8\%$
- Monkeys win 10-8



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Types of GB plays

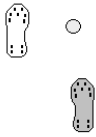
- Basic pick-up
- Hands slid
- Bottom hand only
- Top hand only?
- Pull back over head
- "Field hockey" hit – one hand or two hands
- Lift up in the tray
- Jab tackle



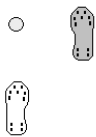
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BASIC PICK-UP

Left Hand up

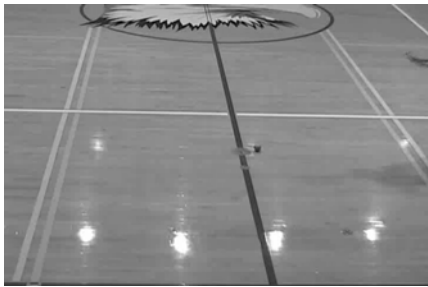


Right Hand up



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Basic Pick Up Video



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Hands slid

Left Hand up



Right Hand up



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Bottom Hand Only

RH bottom



LH bottom



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Pull back over head



Useful in a ground ball scrum



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Pull back over head - video



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Jab Tackle

- used to test the A at no risk

RH bottom

LH bottom

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Pointers for Moving Balls and negotiating opponents

- Stick must be moving faster than the ball
- Move through the ball and push it into space
- Seal off opponents with closest leg

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Ball Rolling To

LH up

RH up

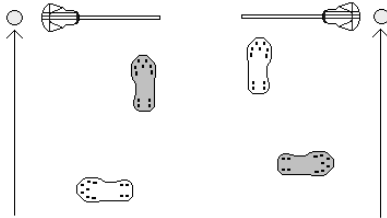
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Ball Rolling To - Video



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Ball Rolling Away



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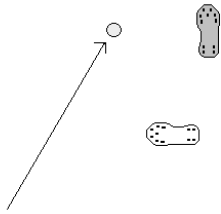
Ball Rolling Away - Video



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"Field hockey" hit

Hit to heels



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Field Hockey hit



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Individual practice

- All types of gb pickups
- Bouncing
- Sprint through and to goal
- Have fun: tennis, field hockey, whatever



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Bouncing and Fun Stuff



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Two Person Drills

- Check and step off
Jogging – check and hit back
- Ground Ball Bridge
- Attacker on the 12 drops the ball
- Lunging GBs



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Check and GB



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GB Bridge



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A on the 12 Drops Ball



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GB Lunges



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Group Drills – GB to Shuttle



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GB Away - Shovel



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GB Away - Leading



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Pick up and Pass



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Long-Short-Down



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1v1s



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GB Battle



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Musical Chairs



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Numbers Game



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Strategic Pointers

- sending help
- checking on ground balls?
- pick up and pass
- similar to checking – know when to wait and when to go for it



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Questions and Thank You's

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