



## MEN'S 5 YARD SCOOP DRILL

### DRILL SPECS:

**Drill Theme:** Ground Balls

**Field Location:** Midfield

**Time Needed:** 10 Min

**Drill Style:** Skills, Warm-Up

**Field Position:** Midfield

**Skill Level:** Basic

---

### OBJECTIVE:

To teach players the basics of ground ball pick ups, by doing repetitive scoops down the field.

---

### DRILL DESCRIPTION:

Have your players line up at one end line or side line, all with a lacrosse ball.

On the first whistle the players will roll the ball out about 5 yards.

On the second whistle the players will run to the ball and quickly get into a scoop position overtop of the ball, and freeze.

On the third whistle they will scoop through the ball and sprint to the next line, cone or endline.

Repeat this drill the length of the field, or back and forth between cones 10 yards apart.

---

### SKILLS PRACTICED:

- Ground Balls
- Conditioning

---

### VARIATIONS:

Have players freeze over top of the ball, then on the next whistle have them kick the ball out or pull it back with their foot to practice being creative in pressure situations, then picking up the ball. Also have players practice this along a sideline, so they practice scooping along the sideline with their backside to pressure.

**DRILL DIAGRAM:**

