



Circle Groundballs

Appropriate Age Group: 10-18

Skill(s) Practiced: Scooping, Boxing Out

Drill Duration: 5-7 minutes

Resources: Balls, Cones, Goal

Description: Two teams of two players and one ball are placed inside a 10yd diameter circle. On the whistle they players on the same team must work together to gain possession of the looseball, while remaining inside the circle. Once possession is gained, the players team with possession may leave the circle. Players may use any age appropriate and legal checking or body contact to prevent their opponent from gaining possession.

Progression(s): Add or subtract players from the circle. Adjust the size of the circle based on age and ability of players. Alternate the top hand on the stick.

Drill Diagram:

