



4-Corner Pick-and-Go Ground Balls

Drill Specs

Drill Theme: Ground balls

Drill Style: Skills

Field Location: Attack zone

Field Position: Offense, midfield

Time Needed: 10 minutes

Skill Level: Basic

Objective

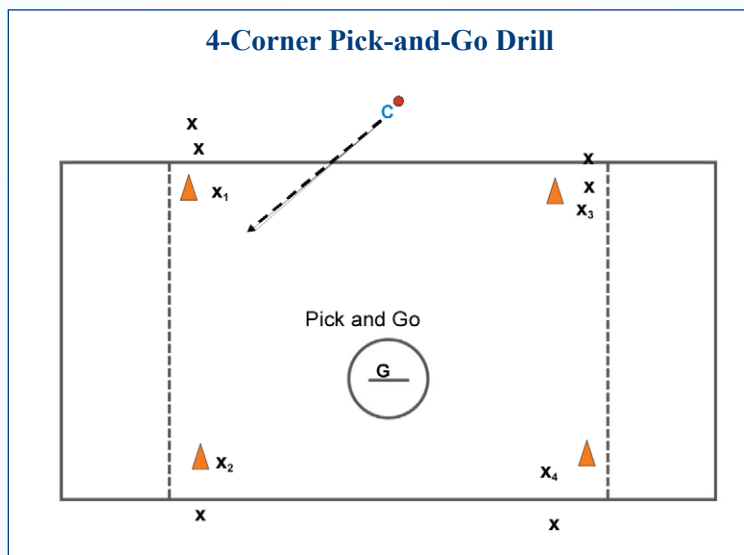
To focus players on ground balls and drill them on picking up the ground ball and going to the goal for a shot.

Description of Drill

The coach has a bucket of balls at the top of the attack zone.

Four lines of players are around the attack zone. One by one, the coach rolls a ball to a line; that player gets the ground ball, scoops and goes to goal for a shot.

After the shot, the player sprints across the field to the other line.





US LACROSSE COACHING EDUCATION PROGRAM

Skills Practiced

- Ground balls
- Shooting
- Conditioning

Options

Add in the middle of the field a coach or defender with a long stick to play soft defense on each line as the player drives to goal for a shot.

Add a goalie as well to build in real-live game situations.

