



5-Yard Scoop Drill

Drill Specs

Drill Theme: Ground balls

Drill Style: Skills, warmup

Field Location: Midfield

Field Position: Midfield

Time Needed: 10 minutes

Skill Level: Basic

Objective

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

Description of Drill

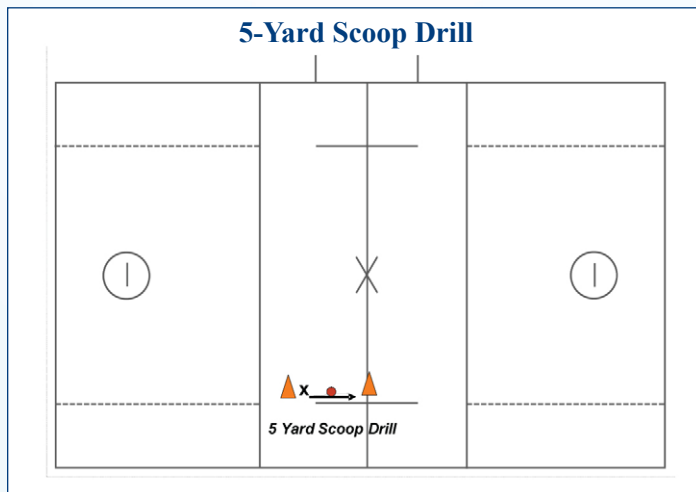
Have your players line up at one end line or side line, each with a lacrosse ball.

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

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

On the third whistle, they 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.





US LACROSSE COACHING EDUCATION PROGRAM

Skills Practiced

- Ground balls
- Conditioning

Options

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 can practice scooping along the sideline with their backside to pressure.

