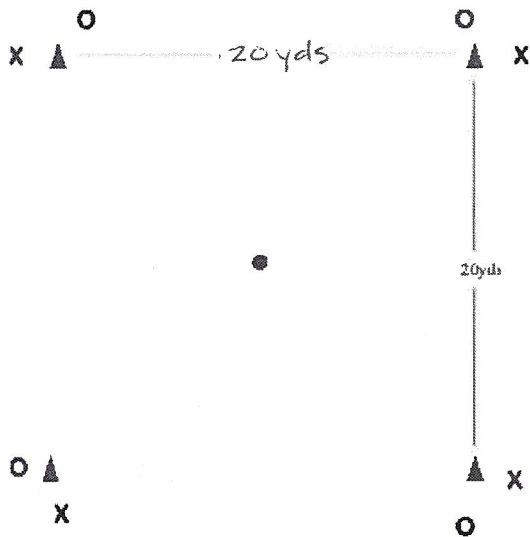


Progression 3



How it's Done

There are now opposing players on each cone fighting for the groundball, it will eventually become a 4v4. On the whistle, the coach rolls in a groundball and all players are released. Players must box out and work together to gain clean possession of the ball. Once a team has possession, they must complete 3 passes within the box.

Inside the Drill

Keep the pace up on this drill and don't allow players to wildly check or swing at the player with the ball. Call all fouls in this drill. This drill blends a number of skills that players are required to be proficient at. It also requires them to be creative with the ball in a small space. Utilizing flip passes or flicking a ground ball to a teammate who can pick up an uncontested ground ball in progressions 2 and 3 should also be practiced.

Coaching Adjustments

Focus players on the following:

Getting their eyes up quickly, Using shoulder/shoulder/stick protection, Moving to space when they get the ball, Get defenders hunting the ball, anticipating.

As your team gets this drill down create scenarios:

No checking, Double the ball, Overplay the pass.

Making the Save

Goalies should do this too. They are under pressure in small places often so get them in this drill.