

4 Corner Ground Ball Drill

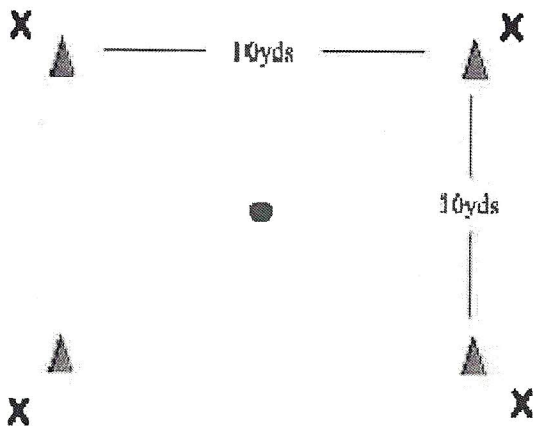
Coach to Coach

This is a great drill to help players with ground ball skills and picking up the ball under pressure. It also promotes good passing and decision-making skills. In progression 3, the team must really protect their stick, have their eyes up and make smart passes.

Drill Set Up

Progression 1 - Every man for himself....

Set up a 10 yd x 10 yd box using four cones. Divide team evenly behind each of the cones.



How it's Done

Coach rolls ball in to the middle and on his/her whistle, the first player at each cone is released. The four players fight individual for the ground ball, once picked up cleanly, the player with the ball must sprint out of the box protecting her stick to signal the end of that round.