

# Pick and Peel Groundballs

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<b>Drill Specs</b>	<b>Drill Theme: Ground Balls</b>	<b>Drill Style: Game</b>	<b>Field Location: Midfield</b>
	<b>Field Position: Offense, Defense</b>	<b>Time Needed: 10 Min</b>	<b>Skill Level: Intermediate</b>

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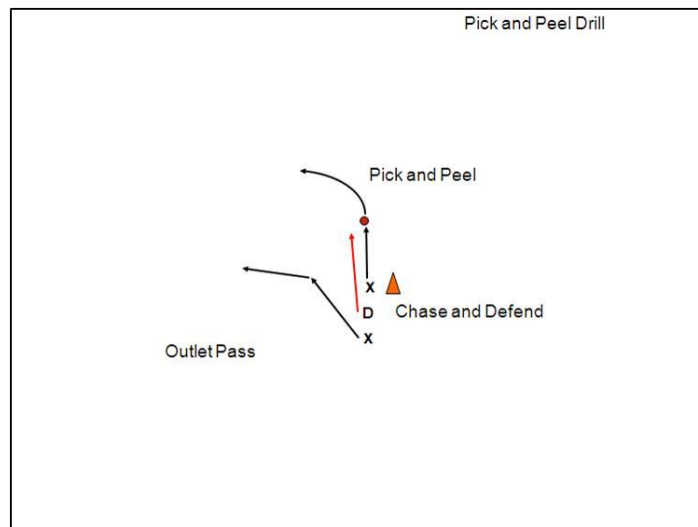
**Objective** To focus players on ground balls in game like situations. The drill forces players to pick up ground balls and then go to an open area to make an outlet pass as soon as they can. A trailing defender adds pressure and forces decision making skills.

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**Description of Drill** On a line you will have a line of players in groups of (3). The second person in line will pick up a ball and roll the ball out about 7 yards ahead of the first person in line. The first person in line will run out and get the groundball as player number 2 in line chases behind them adding pressure. The player picking up the groundball will pick it up and peel out left or right to an open area and look back for help. Player number 3 that was in line, will break out to the side that the first player picked up the ball and rolled/peeled out to, allowing for an outlet pass. The player in the middle (player 2) plays a pressure defense on the ball to force a quick peel and outlet pass.

Then the next group steps up and does the same drill.

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- Skills Practiced**
- Ground Balls
  - Communication
  - Ball Movement
  - Conditioning
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## Pick and Peel Groundballs, Continued

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### Variations

Have the player catching the outlet go to goal and take a shot. You may also add a 4<sup>th</sup> player that plays defense on the outlet pass and works for blocks and interceptions.

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