



**Coaches' Education Program
Level 1 Online Course Reference Section
Drill and Game Supplement**

Ground Ball With a Chaser

Objective:

Ground ball drill. Gives a decent number of repetitions, reinforces scooping under pressure, accelerating through the ball to avoid being checked by a chaser, quickly passing to a teammate, and conditioning.

Suggested space needed/equipment:

Lacrosse field

Players needed:

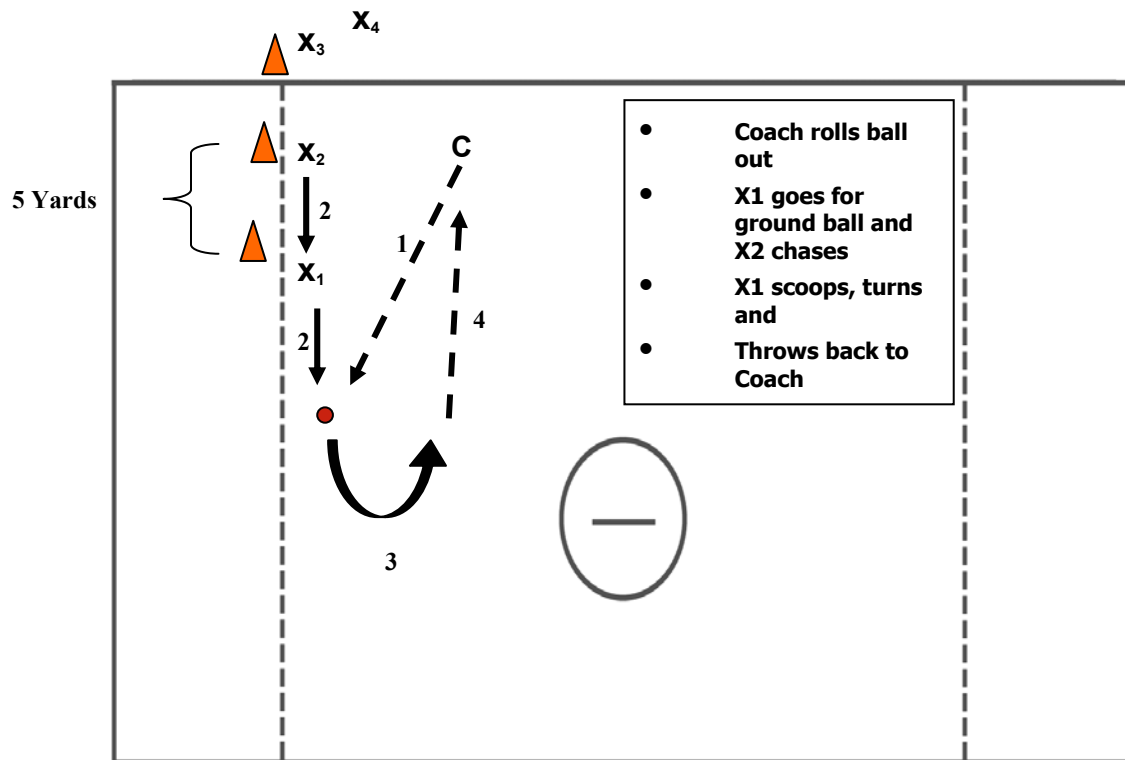
Best with 4.

Description of Drill-Execution:

1. Players 1 is 5 yards ahead of Player 2. Coach is even with Player 2.
2. Coach rolls ball out to Player 1 who runs to scoop the ball, Player 2 chases Player 1.
3. Player 1 must remember to accelerate through the ball to avoid being checked, scoop, turn correctly, and make an accurate pass to the Coach.
4. Player 2 tries to poke or better yet, lift the bottom hand of Player 1 to disrupt his scoop. If Player 1 hustles then he won't be in danger of getting checked.
5. Bring stick to face and cradle after the scoop, just like in a game.
6. Coach switches to the other side so they must scoop left handed.

Drill Diagram

Ground Ball With Chaser



Skills practiced

1. Scooping under pressure, protecting the ball, turning in the correct arc.

Variations/Progression/Increased difficulty (As your players improve their skills incorporate the following...)

1. Close the distance between the players so that Player 2 is more likely to get a check on Player 1.
2. As they become better and getting the stick up and protected they will be able to feel the defensive pressure in game situations and turn the "wrong" way after scooping.

Goalie involvement:

Same as the other players.

Related drills:

1. Ground balls 3 across the field
2. Ground ball box out drill
3. Ground ball out and back