

## Watermelon Drill

**Objective:** To progress the ball up the field while simultaneously improving stick skills and conditioning.

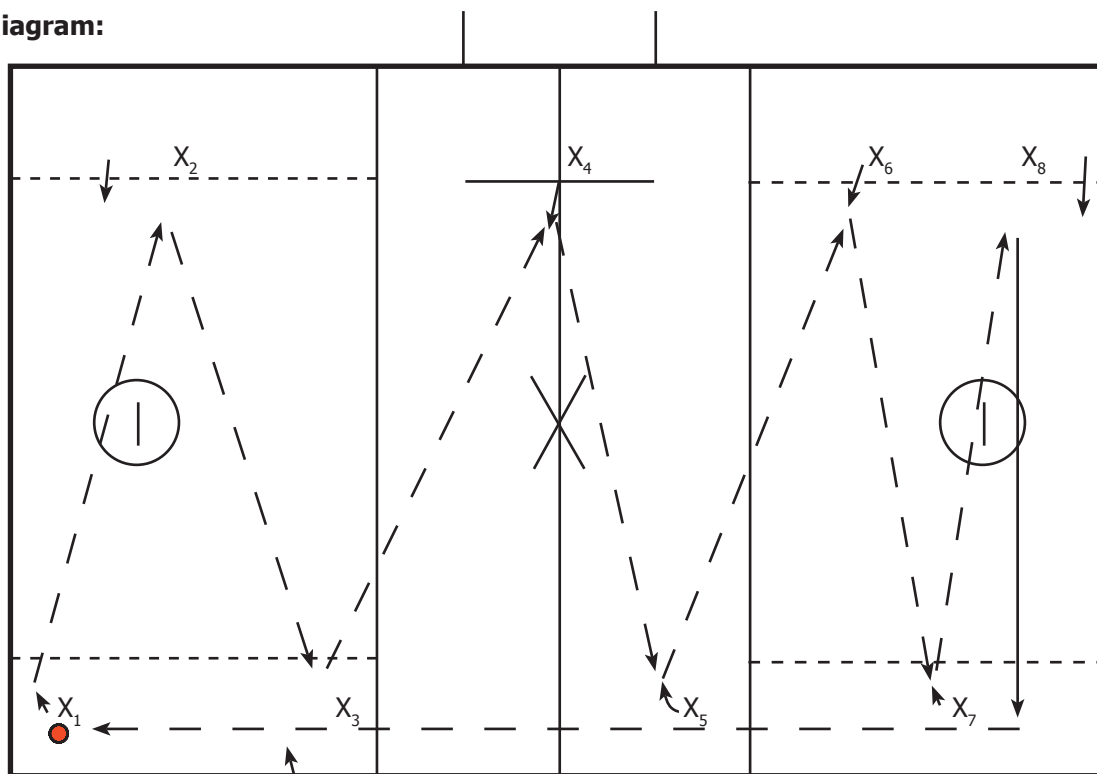
**Suggested space needed/equipment:**

- Balls
- Full-field

**Players needed:** All team players can participate in the drill at one time.

**Description of Drill-Execution:** In front of a line of players who are on the near endline at the edge of the restraining box, space four players out along the length of the field – one at the near restraining line, one at the midfield line, one at the far restraining line, and one at the far endline. On the opposite side of the restraining box, space four players out along the length of the field so that the line up in between each of the players in the first line. On a coach's whistle, the players must progress the ball up the field in a zigzag manner. The first player at the near endline picks the ball up and throws it to the first player on the opposite side of the field who is cutting towards the ball. When he catches it, he turns and runs towards the next player on the near side of the ball and throws him a pass. Players "follow their passes," and run to the end of the line to which they threw the ball. This pattern continues until the ball reaches the player at the far endline. When he receives the ball, he jogs it back towards the first line before throwing a long pass to the next player in that line.

**Drill diagram:**



**Skills practiced:**

- Coming to the ball and catching on the run
- Throwing long passes
- Conditioning

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

This drill can – and should – be practiced using both hands. Variations of it include progressing the ball with groundballs instead of passes or in a "catch it, roll it; scoop it, throw it" manner. Also, coaches can challenge players to use only their right hands, only their left hands (you must switch the direction of the ball), or switching hands (i.e., catch right, throw left, and vice versa) as they move the ball up the field.

**Goalie involvement:** None

**Related drills:**

- Star Drill
- Four-corner Passing
- 3-Man, 2-Ball

- Meatloaf Drill
- Give N' Go