

Box Out Drill

Objective: To reinforce fundamental groundball and scooping techniques.

Suggested space needed/equipment:

- Balls (enough so that every other player has one)

Players needed: All team players can participate simultaneously.

Description of Drill-Execution: Assign each team player a partner, space the pairs out along the midfield line, and place one ball about 2 yards in front of each group. One player in each pair will be the scooper and one player will be the defender. On a coach's whistle, the defender will try to get around the scooper and the scooper will shuffle his feet so that he can use his back and body to box the defender out and prevent him from getting to the ball. On a second whistle, the scooper should pick up the ball and run up-field. After several repetitions, players should switch roles.

Skills practiced:

- "Boxing out"
- Scooping under pressure
- Running away from pressure

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

This drill can – and should – be practiced using both hands. To increase the difficulty of the drill, increase the time between whistles (15 seconds, 30 seconds, etc.). To add an additional component, add a third player to each group – after the scooper picks up the ball, he must pass it to the third player (scooper then goes to pass catcher, pass catcher goes to defender, and defender goes to scooper).

Goalie involvement: None

Related drills:

Two-pass Groundballs

2-on-1 Groundballs (to 3-on-2 on Cage)