



## Alley Ground Balls

**Appropriate Age Group:** 8-15

**Skill(s) Practiced:** Scooping, Carrying, Rolling

**Drill Duration:** 5 minutes

**Resources:** 1 ball per group of 3 players, cones

**Description:** In the alley area of the field, three players will line up as shown. A ground ball is rolled out in front of them and on a whistle, they will work to gain possession of the ball. The two outside lines (**D**) are on the same team, working together to win the possession.

**Progression(s):** Alternate top hands on the stick. Alternate player roles. Have players face away from the ball, so they have to turn and locate it before trying to gain possession.

**Drill Diagram:**

