



Sideline Ground Balls

Appropriate Age Group: 8-15

Skill(s) Practiced: Scooping, Carrying, Dodging, Passing

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 towards the sideline 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:

