



Apache Drill

Appropriate Age Group: 10-18

Skill(s) Practiced: Ground Balls, Passing, Catching, Shooting, Off Ball Play

Drill Duration: 5-7 minutes

Resources: Balls, Goal

Description: Two teams of players run in a circle around the goal. When the coach calls one of the players name, that player must run out and scoop the ground ball. Offense (O) will try to score, Defense (D) is trying to clear the ball. Each group of players gets 3 reps before substituting out.

Progression(s): Add or subtract players to change the level of difficulty.

Drill Diagram:

