



Hogan Butt to Butt

Appropriate Age Group: 8-15

Skill(s) Practiced: Scooping, Positioning

Drill Duration: 5 minutes

Resources: Multiple balls, Cones

Description: Set up 5 cones in a 5x5yd. box as shown. Two players are positioned "butt to butt" inside the box. On the first whistle, the players will work to box out their opponent and gain position over the ball. On a second whistle, players are permitted to try and scoop the ball. Set up multiple stations to allow maximum participation.

Progression(s): Alternate top hands on the stick.

Drill Diagram:

