



Canadian 2-vs.-2 Ground Balls

Drill Specs

Drill Theme: Ground balls

Drill Style: Game

Field Location: Attack zone

Field Position: Offense, defense

Time Needed: 15 minutes

Skill Level: Intermediate

Objective

To focus players on ground balls in game-like situations. The drill forces players to communicate, gain possession under pressure and then go to goal.

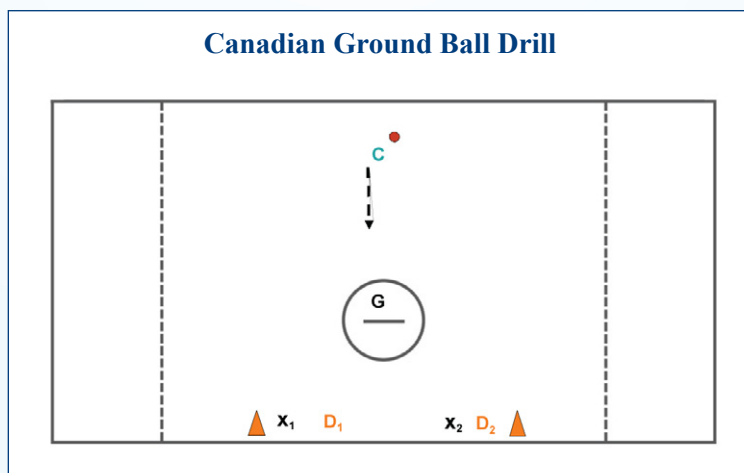
Description of Drill

The coach is at the top of the attack zone with a bucket of balls.

Two lines of players in white are behind the cage with 2 lines of dark players.

The coach rolls out a ball, and the first players in each line go after the ground ball.

Players use man/ball communications to gain possession of the ball; then the team with the ball is on offense, and the team without goes on defense. The drill ends with a shot, save or clear.





US LACROSSE COACHING EDUCATION PROGRAM

Skills Practiced

- Ground balls
- Communication
- Ball movement
- Conditioning

Variations

Have the goalie clear all saves or goals back to the defensive team and work on re-breaking up the field after a player shoots.

Also, have the coach add players by yelling “Plus 1” at random times to increase the 2-vs.-2 into a 3-vs.-3.

