



## Week One

Focus: SCOOPING (Groundballs)

- Step One: Step- next to the ball, strong foot should be next to the ball  
Step Two: Get Low- bend at the knees NOT THE WAIST  
Step Three: Scoop- aim for spot just in front of ball, stick head all the way to the ground, BACK HAND DOWN  
Step Four Protect- bring stick head up, just under chin, use body to protect

\*\*Top hand should be all the way up the stick, next to the plastic

### DRILLS

#### 1) Self Scooping

- Spread them into a line (width wise), put in 2 waves if not enough room
- Each should have a ball
- Have them roll it out straight in front of themselves, not too far (3yds), let it stop
- Jog up to it, perform scoop and stop, repeat for a 20-30 yd stretch
- Turn around and do the same thing back

\*\*If they advance, have them do it at a sprint, then have them do it at a constant jog without stopping

#### 2) Line Drill Groundballs

- 2 single file lines, facing each other at least 20 yds apart.
- roll a ball out 5yds from the line
- have first player run, scoop, carry to 5yds in front of opposite line, lay it down
- next goes the opposite way...drill becomes continuous

#### 3) Box Out Drill

- pair up, 1 ball per pair
- ball starts on the ground
- 1 player is the boxer, other is behind
- first whistle, player must box out, 2<sup>nd</sup> whistle (5-10) seconds later, pick up ball

#### 4) 2 v1 groundballs

- 3 lines
- man in middle is on his own, 2 outside lines work together
- get ball and run it back past line
- Man, Ball, Release