



## Week Six

### FOCUS: Team Groundball Play

Most of the kids are now at the level in which they have the skill to pick up a groundball. We now need to shift the focus a little bit to help them understand when and how to work together as a team to pick up a groundball within the framework of a game.

**Key #1- FIND SPACE:** can't pick up the ball unless your hands are free and you have room. Kick the ball out into open space where you can run and get it. Kick the ball, **DO NOT** kick opponents stick!

**Key #2- HELP YOUR TEAMMATE:** only one person can pick up the ball. Screen off an opponent for your teammate. Use your back to shield an opponent and kick the ball to a teammate standing free outside the pile, rather than trying to pick it up amongst the crowd.

**Key #3- RUN AWAY FROM PRESSURE:** often they will pick up the ball and then turn right back into the pile. Emphasize that once they pick it up, they need to continue to run to the open space. You do not always have to run towards the goal!

### WARM UP

Continue to warm up with Line Drills and/or Partner Passing. For those that seem bored with it, have them focus on their off-hand

### DRILLS

#### 1) 3-Person Box Out Drill

- groups of three, 1 ball per trio
- ball starts on the ground
- 1<sup>st</sup> player is the boxer, 2<sup>nd</sup> is defender, 3<sup>rd</sup> is teammate 3 yds away
- first whistle, player 1 must box out player 2, player 3 must mirror teammate
- second whistle (5-10) seconds later, player 3 must call for the ball,
- player 1 must kick it to him
- Rotate...Player 1 becomes defender, player 2 becomes teammate,  
Player 3 becomes boxer

2) 3v2 on goal

- set up 5 cones, evenly spaced, 20 yards from and facing the goal
- outside line and middle line are blue
- two inside lines are white
- roll a ball out, teams fight for groundball

EMPHASIZE WORKING TOGETHER TO WIN THE GROUNDBALL> IT IS A TEAM EFFORT, NOT AN INDIVIDUAL'S RESPONSIBILITY

- if white (defense) comes up with it, they must run it back across the line of cones
- if blue (offense) comes up with it, they look to attack 3v2 on goal

(Blue)            (White)            (Blue)            (White)            (Blue)  
Δ                    Δ                    Δ                    Δ                    Δ

GOAL