

Drill Name: GROUND BALL BATTLES – 1V1 & 2V2

Stage of Activity	Train to Train, Train to Compete
Skills	Scooping, Ball Handling
Equipment	Balls, One Stick per Player
Time	10 Minutes
Number of People	4+
How It Works	<ul style="list-style-type: none"> • Two groups of two with the Coach. • Coach rolls out a ball and calls out either one or two (this is the number of athletes that will battle for the ground ball). • Whoever does not get the ball defends back to the coach and tries to cause a dropped ball. <p><u>Purpose</u> – Speed and effectiveness of picking up ground balls</p>
Modifications	<ul style="list-style-type: none"> • Can add a shot on net. • Run odd person battles. • Use dominant and non-dominant hands.

