

# PRESSURE GROUNDBALL DRILL

Improve players ability to cleanly pick up and maintain control of the ball under heavy defensive pressure. As the level of play increases the speed of picking up groundballs becomes crucial. This drill emphasizes full speed groundball pick ups. Player will need to get low and pick up the groundball cleanly with out slowing down. The player will need to maintain control of the ball after the pick up as defensive pressure will continue.

## OBJECTIVE

Depending on the size of your team you will want to break your team up in two groups. Each group will form three lines with the lines beginning on the goal line extended (facing the center of the field) and about 6 meters off the goal circle. See Diagram.

## SPACE/EQUIPMENT

All players including the goalie can be involved in this drill. Three players will be working at one time; the drill is fast paced and has a **High Fitness Component** which aid the coach when working on team fitness. The fitness component is hidden in the drill and the fun overrides the effort it takes to complete the drill.

## PLAYERS NEEDED

In this drill there will be three players going after a groundball (toward or away). The object will be for the middle player to get the ball and maintain control while the two outside players apply heavy defensive pressure. Any player can gain control of the groundball but the initial offensive player should be the middle player in the line of three (in this drill they will be X2). If X1 or X3 gets control that is OK. Once a player gains control they try to make a move and go to goal while the other two players apply defensive pressure.

The drill begins with players about 10 feet apart on the goal line extended. The coach is 15-20 yards away; they roll the ball (groundball toward) and or blow their whistle which releases the three players to go after the groundball.

The key to gaining control is that X2 takes off full speed and uses proper groundball technique to get the ball off the ground and go to goal. Players need to be focused on getting a clean groundball on the first try at full speed. Players need to begin to get their stick in position early and ensure that their stick is parallel to the ground. This position puts them in immediate advantage over the defenders. Boxing the closest defender out increases their advantage of getting the groundball and minimizes the defenders ability to check their stick.

**Teaching cues are "knuckles to the ground" and "accelerate the stick head under the ball".**

Encourage defenders to use proper defensive techniques and apply heavy pressure to the player attempting to get the groundball. If one of the defenders can get the groundball then they get to go to goal.

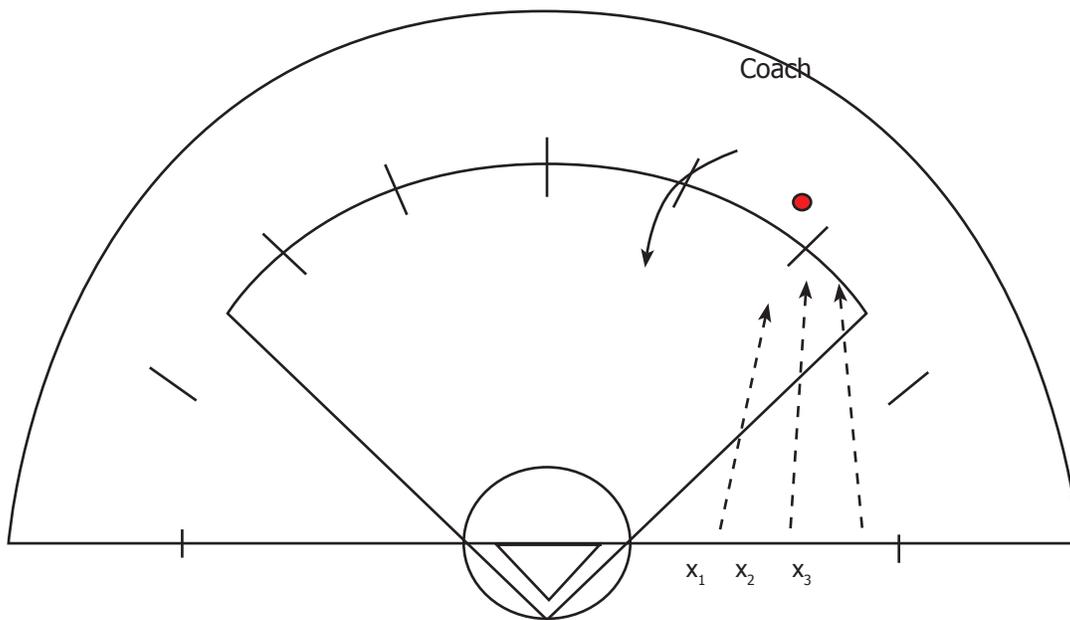
## DRILL-EXECUTION

1. players are always going full speed
2. players attempt to get the ball cleanly
3. players are making adjustments to not loose body position as they approach the ball
4. offensive player must make aggressive moves to goal to goal once they gain control of the ball
5. defenders are using good defensive positioning and techniques before and after the groundball pick up

## DRILL KEY ASPECTS

### Drill diagram

Goal Circle Diagram



Pressure Ground Ball Drill Diagram

X2 is the player designated to get the groundball if possible. X1 & X3 apply defensive pressure. The player that gains control turns and goes to goal while the defenders double team the offensive player.

1. full speed play
2. boxing out
3. awareness of defenders
4. going to goal

## SKILLS PRACTICED

**(As your players improve their skills incorporate the following...)**

1. alternate groundball to and away
2. start with defenders X1 & X3 a step behind X2 to allow X2 to get a step on them
3. add an offensive player once the groundball is picked up and make defenders adjust
4. Begin with no checking then move to checking

## VARIATIONS/PROGRESSION

## GOALIE INVOLVEMENT

Full, the goalkeeper can go after groundballs and play in the net.