

A-01

Groundball Relay

(6 cones, balls)

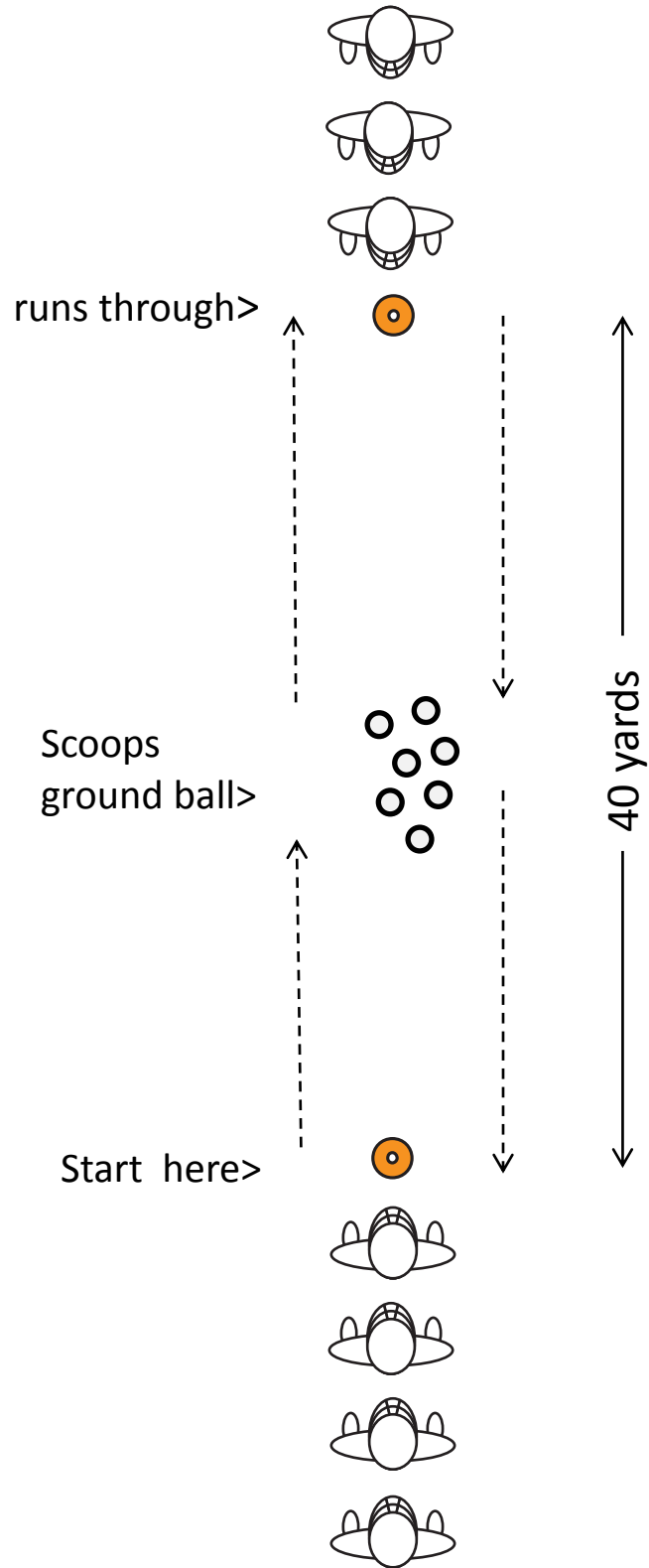
Goal: Improve groundball form, cradling and conditioning

Split the players into 3 equal teams, set up as shown. If teams are unequal, someone will have to go twice. Place 1 ball for every player in the center of the field.

On the whistle, the 1st players on one side run to the middle, pick up a ground ball and run past the cone at the other side. The 1st player in that line goes, picks up a ground ball and runs to the opposite side, etc.

When a player has finished, they take a knee at the end of the line.

Winning team is the first with all their players taking a knee.



A-02

Musical Groundballs

(8 Cones, Balls)

Goal: Groundball form, conditioning

This is an every man for himself drill.

Creat two square 15-20 yards on a side with cones.

Put 2 fewer ball in the center than you have players in ea. square.

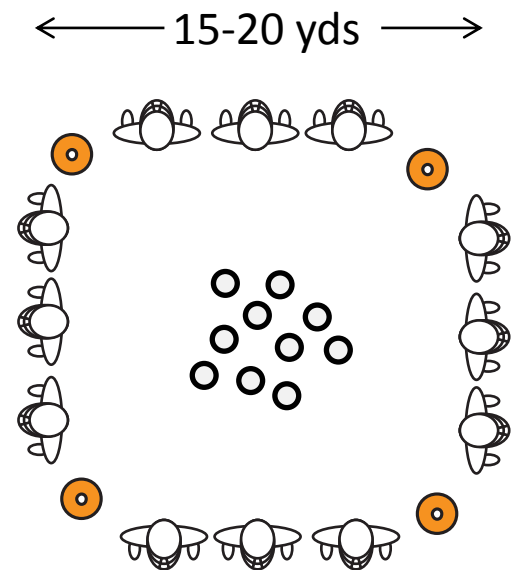
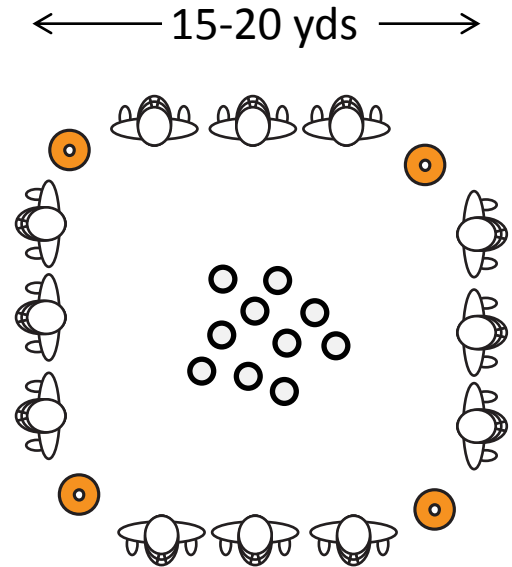
Players lay on their stomachs with their head facing AWAY from the center of the square.

On the whistle, they pop up, grab their stick, go in to the middle and get a ground ball. They need to scoop through the ground ball and exit the square OPPOSITE the side from where they entered.

The ones without a ball starts jogging laps until the drill is over.

Remove two balls and start again.

Winners of each square go head-to-head.



A-03

Cradle, Dodge Pass

Relay

(9 cones, 3 balls)

Goal: Passing, dodging, catching and conditioning.

Set up 3 lines as shown. 1st player in ea. line has the ball.

On the whistle, player cradles/runs to coach, dodges with either a face or split dodge and sprints to 2nd cone.

Does a 180° AROUND the cone, passes back to next player in line (who's moved up to the starting cone) and then sprints passed the final cone and takes a knee.

The teams with fewer players have to have their first man go twice.

Winning team is first team with everyone past the final cone and on a knee.

Winning team gets rewarded.

