



Rosemount Irish Lax

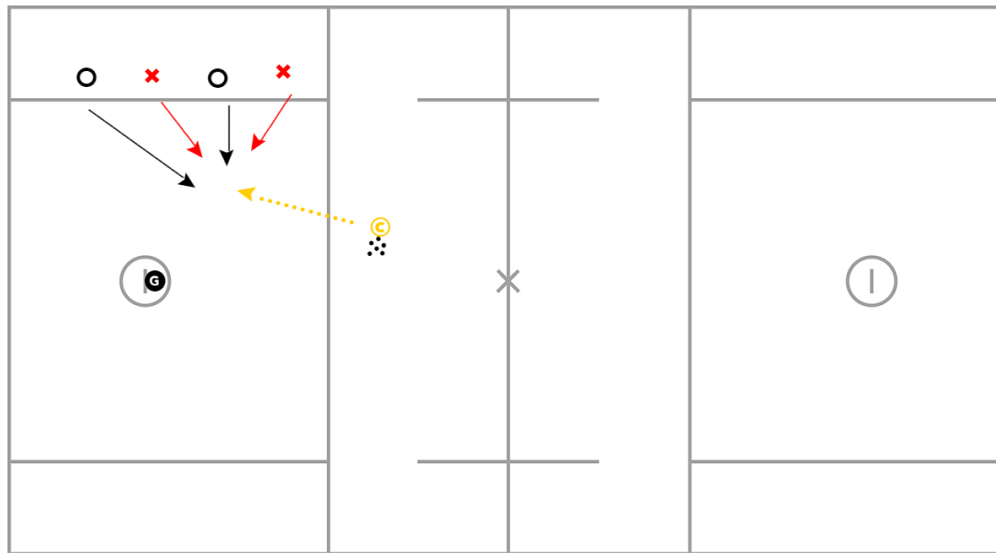
Name: Ground Balls

Practice No:

Duration: min

2v2 double the ball

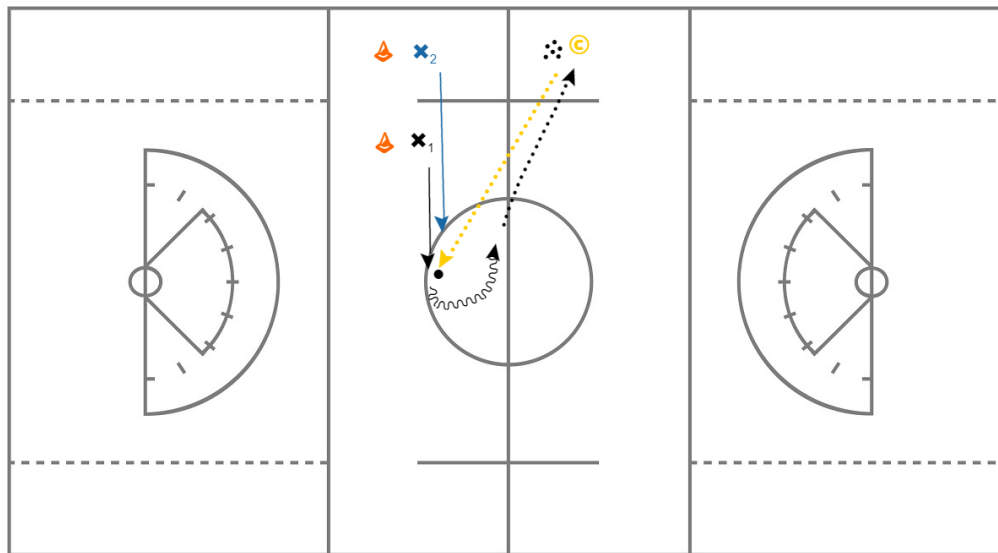
10 mins



Description:

Coach rolls out ball. All 4 players battle for the ball. Which ever team does NOT gain control of the ball must double team the ball carrier. If there is a turn over, the team that lost the ball must now double team the ball carrier. Team with the ball must try to break the double team and take a shot.

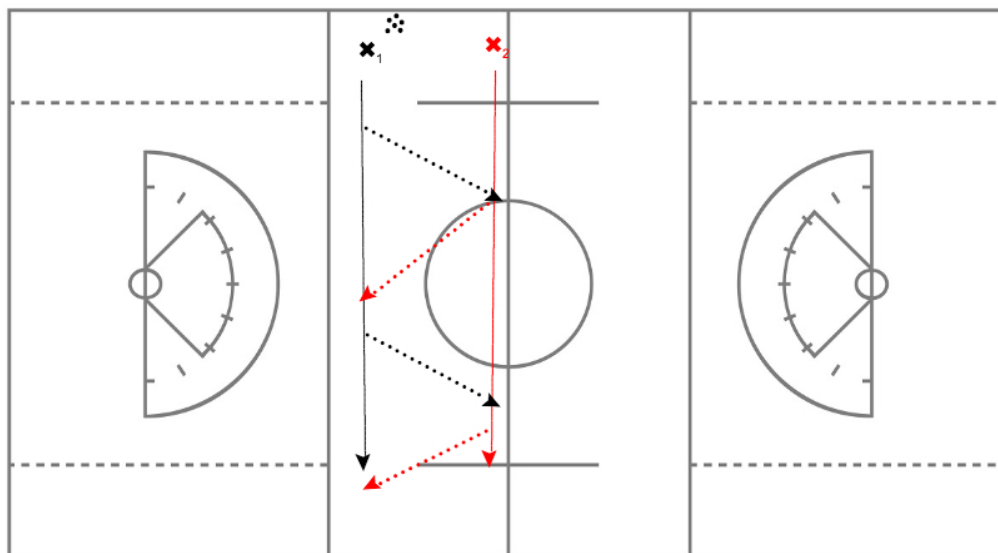
Play out for 45 seconds or a shot

**Description:**

Coach rolls out ball, X1 runs and scoops, makes turn, then passes back to coach.

X2 chases and applies pressure. Forcing X1 to be quick in the scoop and pass.

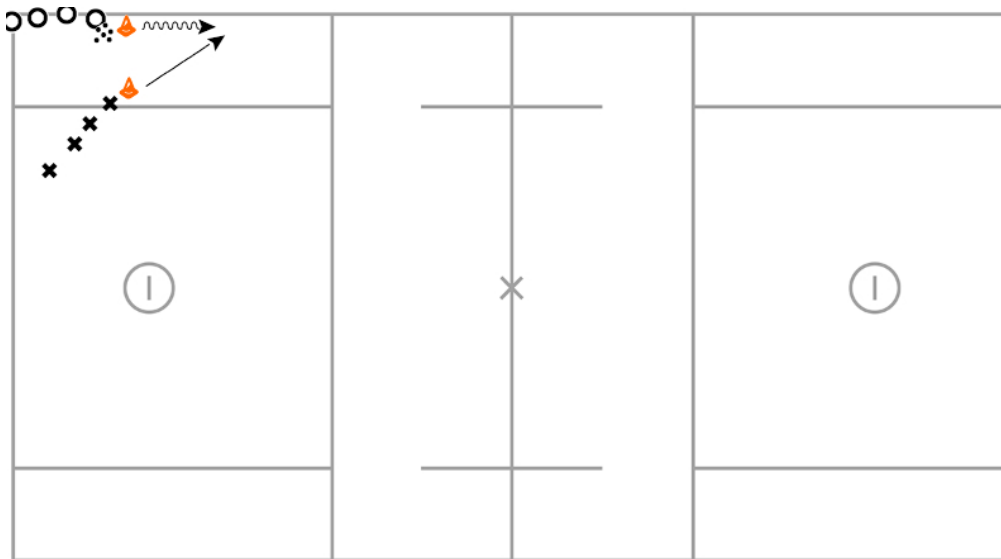
Change lines when done.

**Description:**

X1 starts with ball, takes a few steps, Rolls ball to X2.

X2 scoops, takes a few steps, rolls back to X1.

Repeat until across the field.

**Description:**

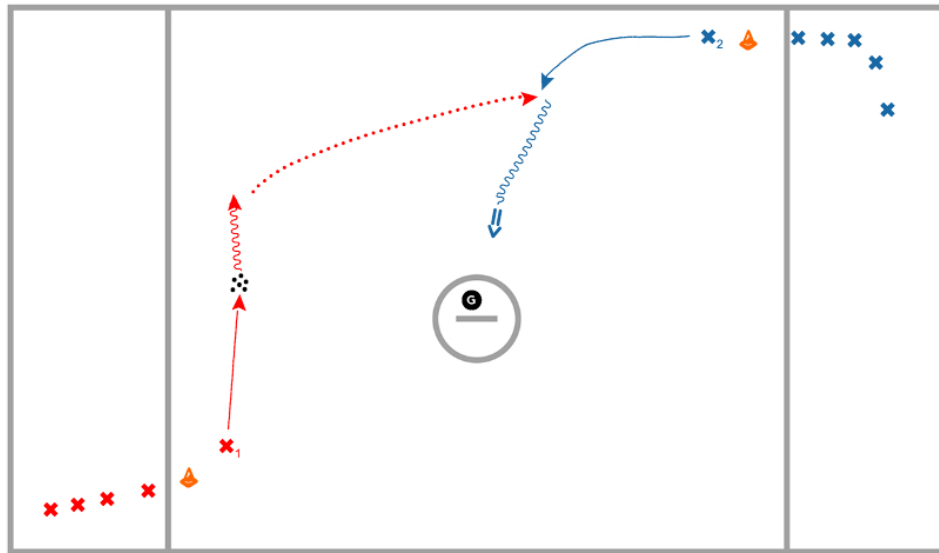
O starts with ball, runs straight down sidelines

X takes angle and attempts to push O out of bounds

Progression

#1. O scoops ground ball

#2. O does not need a straight line, forces X to keep them going along sidelines.

**Description:**

X1 runs full speed, scoops ball, then passes on a run to X2

X2, starts the movement on the scoop. X2 gets pass on the run, shoots on the run.

Switch lines