

# Mayhem Box

Ground Balls

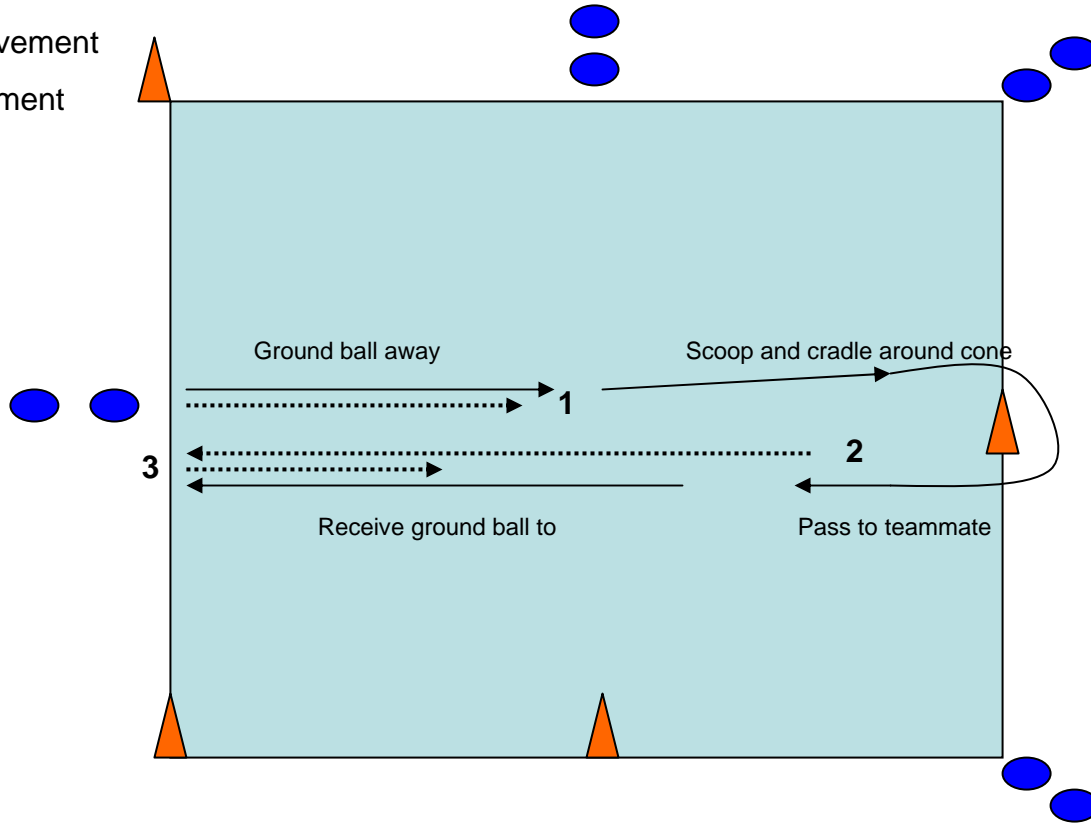
8 Player per box

● Player

▲ Cone

→ Player movement

⋯→ Ball movement



This drill is designed to teach picking up ground balls and cradling in traffic

# Mayhem Box

## Passing

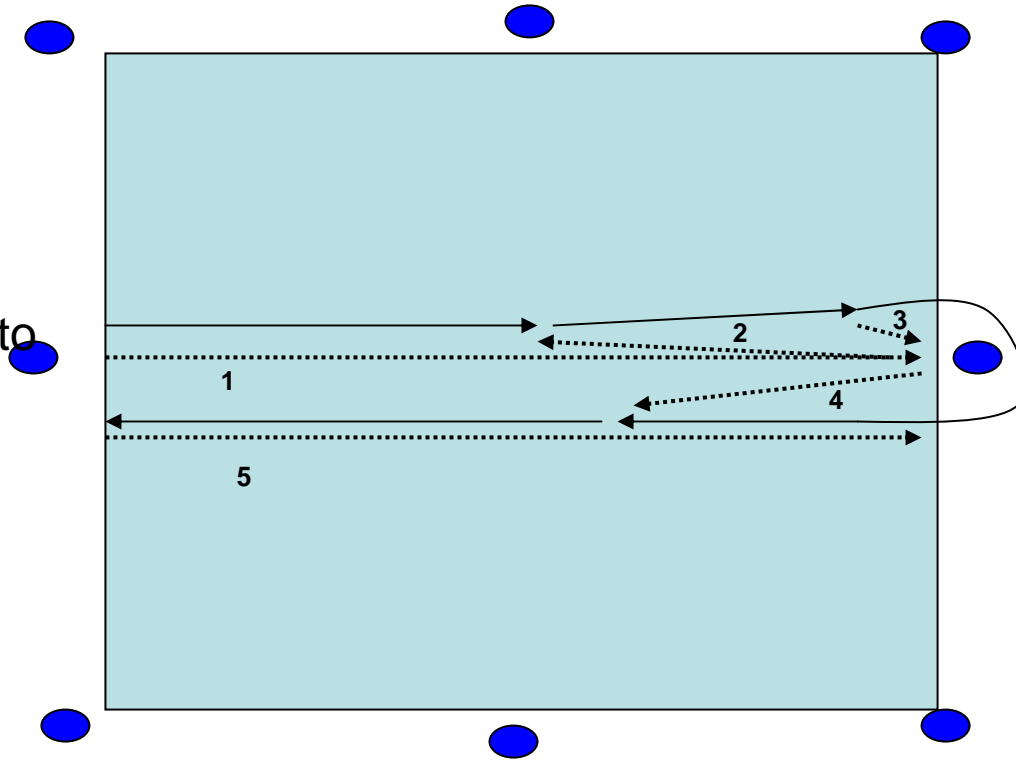
8 Player per box

● Player

→ Player movement

.....→ Ball movement

This drill is designed to teach passing at different distances and cradling in traffic



1. Long pass to teammate and run to meet pass
2. Receive pass from teammate
3. Shovel pass to teammate and run around him
4. Receive over-the-shoulder pass from teammate
5. Sprint too starting point and long pass back to teammate