

# MEATLOAF DRILL

**OBJECTIVE** \_\_\_\_\_ To progress the ball up the field while simultaneously improving stick skills and conditioning.

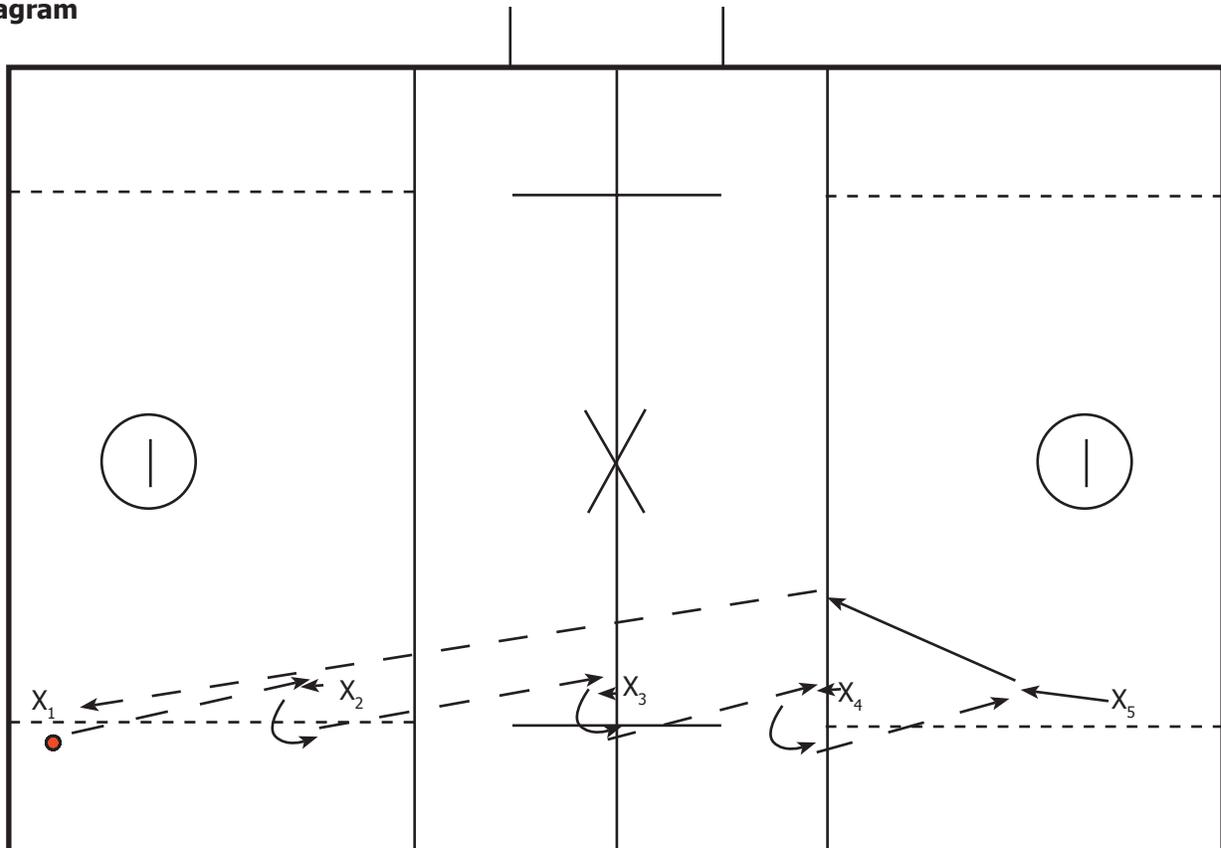
**SPACE/EQUIPMENT** \_\_\_\_\_  
• Balls  
• Full field

**PLAYERS NEEDED** \_\_\_\_\_ All team players can participate at once, but there should be no more than 6 players in each line.

In front of a line of players at the near endline, space four players out across the length of the field –one at the near restraining line, one at the midfield line, one at the far restraining line, and one at the far endline. On a coach's whistle, the player at the near endline picks up the ball and throws it to the player at the near restraining line who is simultaneously cutting towards the ball. When he receives the ball he turns up field and passes to the player at the midfield line who is cutting towards the ball. This pattern continues until the ball reaches the player at the far endline. When he receives the ball, he jogs it towards the near endline until he reaches a distance from which he can make a good pass to the first player in line. After each throw, players "follow their pass" and run to the end of the next line.

**DRILL-EXECUTION** \_\_\_\_\_

**Drill Diagram**



- Catching on the run
- Long passes
- Switching hands

## SKILLS PRACTICED

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This drill can – and should – be practiced using both hands. Variations of it include progressing the ball with ground-balls instead of passes or in a “catch it, roll it; scoop it, throw it” manner. Also, coaches can challenge players to use only their right hands, only their left hands, or switching hands (i.e., catch right, throw left, and vice versa) as they move the ball. To add a competitive component, make it a race between lines or time the drill to see who can get the ball back to the near endline the fastest.

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## VARIATIONS/PROGRESSION

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## GOALIE INVOLVEMENT

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None

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## RELATED DRILLS

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Star Drill  
Four-corner Passing  
3-Man, 2-Ball  
Watermelon Drill  
Give N' Go

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