

## Groundballs

- A. First man is the decision maker.
  - a. Ball is top priority - If you can pick up the ball cleanly do that. (Ball)
  - b. If you can kick it to you team do that. (Ball)
  - c. If you can take the opponent out do that. (Man)
  
- B. Proper scooping position includes:
  - a. Getting your body down (lower butt and bend knees – not one or the other)
  - b. Two hands with top hand near the top of the stick and back hand down/parellel (scrape gloves on grass)
  
- C. Use proper technique which includes:
  - a. Placing your body between your opponent and the ball (Turn your back to your opponent)
  - b. Look to scoop ball at instep of front foot not in front of you. (Aim 6” behind the ball)
  - c. Accelerate through ball and bring your stick immediately to your chest
  - d. Yell “release”
  - e. If can’t pick ball up kick it then go get it.