

Lesson 2

GROUND BALLS (PICKING UP THE BALL)

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Skill Objective: To gain possession of a ground ball.

Learning Outcome: To utilize the correct stick and body position to pick up a ground ball.

PRE-CLASS ACTIVITY

Students are to experiment with how many ways they can balance and hold the stick while moving around the field or gym. Students should feel comfortable using their left or right hand and using one hand or two hands.

EQUIPMENT

*1 stick per student,
1 tennis or sponge
ball per student,
5 cones,
a deck of playing
cards, and
obstacle course
equipment*

SKILL INTRODUCTION

Scoping

- 1) With both hands on the stick have students use the proper grip.
- 2) Position the instep of the front foot (same side as the upper hand on the stick) beside the ball. The back foot is placed comfortably behind.
- 3) Bend both knees so the body is low to the ground.
- 4) The head and shoulders should be positioned over top of the ball.
- 5) The stick is held almost parallel to the ground with the top hand near the throat of the stick. The bottom hand is held low to the ground with the stick head squarely behind the ball.
- 6) With an eye on the ball, place the stick to scoop under the ball, and bring the stick to the ready position.
- 7) When running to pick up a ground ball, speed should be maintained from start to finish.



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[Click to view
Limbo Scoop](#)



[Click to view
Scoop Shuttle](#)



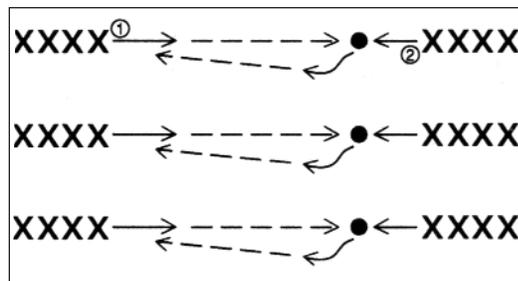
LEARNING ACTIVITIES

LIMBO SCOOP

Break the players into groups of three. One student holds their stick in limbo style at shoulder level while the next student goes underneath the stick to scoop up a stationary ball. Each student practices the scoop five times with the height of the limbo stick lowered each time. Have the students watch to see if their fellow students are bending their knees when scooping up the ball.

SCOOP SHUTTLE

Students line up in two lines facing each other with about four students per line. One ball is given to the student standing at the front of one of the two lines. This student rolls the ball toward the first student in the opposite line. The player receiving the ball, picks up the ball, cradles and then rolls the ball to the next student in the opposing line. After rolling the ball, the student heads to the end of the opposite line.



SCOOP SHUTTLE POKER

Same as above except after the student completes the shuttle, they receive a playing card. The first team to acquire a predetermined poker hand wins.

ERROR OBSERVATIONS	CAUSE	CORRECTION
Player misses the ball.	Taking eyes off the ball.	Focus upon the ball.
Stick is jammed into the ground.	Not bending at the knees. Bottom hand is too high.	Keep stick parallel to the ground as pick up is made. Bend the knees and the lower bottom hand.
Ball is being pushed in front of the stick.	Not scooping under the ball. Butt end of stick is too high.	Knuckles on both hands should touch the ground during the pick up attempt. Instruct students that scooping the ball is like a shoveling action.
Player reaching for the ball.	Improper foot position.	Place lead foot beside the ball.
Ball rolling out of the stick after entering it.	Incomplete pick up.	Scoop and return to the ready position. Begin cradling.