**Drill Name:** Clear Drill: Clear from a Save **Drill Theme:** Clearing

**Time Needed:** 15 mins  **Field Positions:** Offense, Defense, Mid, Goalie **Skill Level:** Basic

***Objective:***  Transition Skill Development Drill - Improve your team’s ability to clear the ball down the field with a standard clear off a shot.

**Description of Drill:** This drill is a standard way to clear the ball off a shot. It is more of a play than a drill. Set up a full field game, and have the ball with your goalie on one side. Set your teams up in a playing situation, have the offense shoot and the go into a straight clearing situation with the defense.

Once your team has cleared the ball, have an attack player gather the ball, shoot, and then the other team will re-clear in the same settled manner

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**Emphasize:**

Ball Movement (Catching and Throwing)

Communication

**Variations**:

Add a stronger ride for the defensive team and practice getting the ball down the field