

A Deuces Approach to Clearing

Courtesy of John Kenney,
Detroit Country Day (Mich.) boys' lacrosse coach

Having trouble advancing the ball on clears? Instead of looking for the sure-fire, over-the-shoulder outlet, try operating in "deuces," pairing off midfielders and defensemen for a more deliberate exchange up the field.

Substitute your weakest ball-handler on defense for a fourth, short-stick midfielder. Playing with four middies, one must always remain onside, so make them aware of that. In each of the following situations, each player on the clear has a partner, and they operate in strings.

Option 1: Middie on the Ball

Get a sure-handed midfielder on the ball down low. He's the first leg of the relay as you advance the ball.

Option 2: Attack Over

If your opponent pressures with a midfielder on the ride, draw him back to your attack zone, and bump an attackman over the midfield line, who's cutting to the goalie and looking for an outlet.

Option 3: Open Over

Occupy your opponent at midfield by shifting strings across the midfield line, clearing traffic for your ball carrier.

Option 4: Ten Man

If your opponent issues a 10-man ride, you must issue a 10-man clear. Your goalie should have a strong enough handle to operate in a string with the middie and defenseman on the respective wings.

