

FULL-FIELD CLEARING

OBJECTIVE

To improve clearing, passing, and cutting skills

SPACE/EQUIPMENT

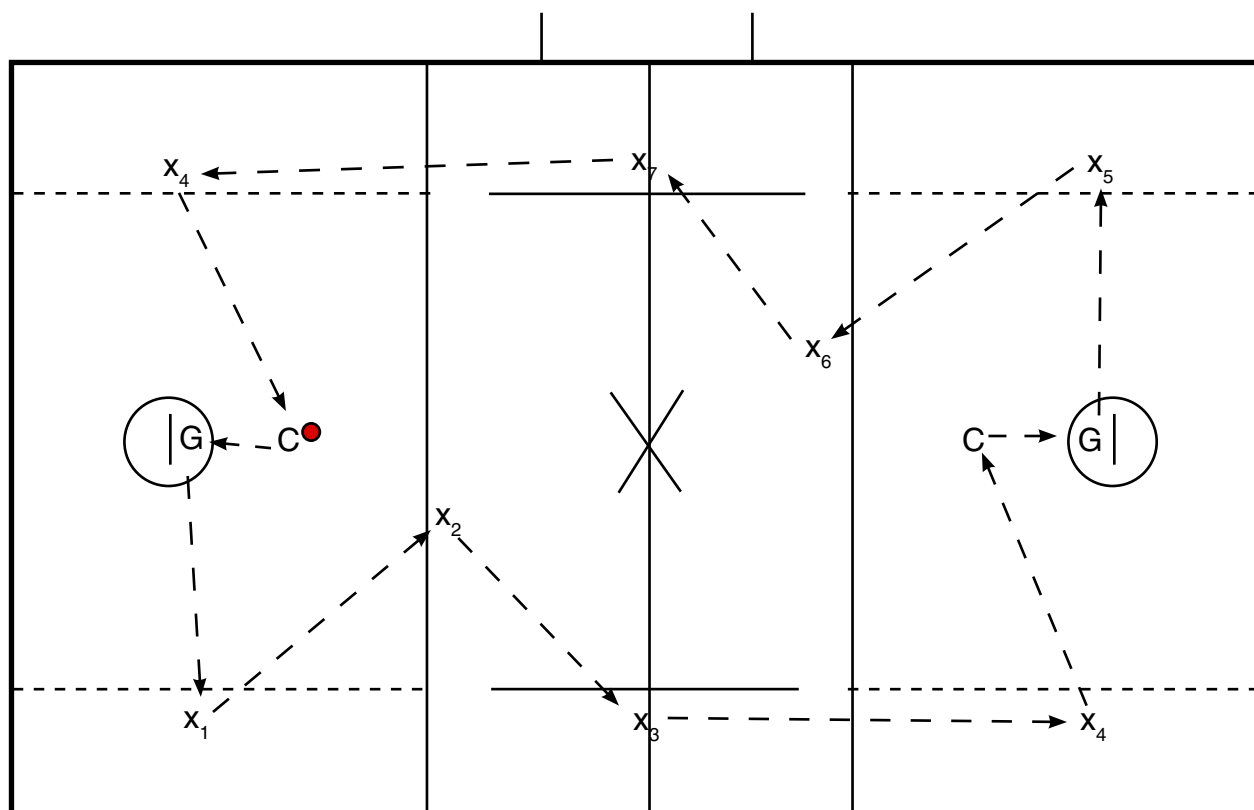
- Full-field
- Balls

PLAYERS NEEDED

An entire team, including at least two goalies, should participate in this drill at one time.

Divide players into eight even lines (as seen in the diagram below) and start one goalie in each goal. A coach's shot starts the drill and the goalie outlets the ball to the line at his right. This player turns up-field and passes to the line that starts at the restraining line. This player turns up-field and passes to the line that starts at the midfield line. This player turns up-field and passes to the line down the wing on his side. This player turns to the middle of the field and passes to the coach in front of the goal. The coach shoots the ball on the goalie, and the drill repeats itself up the other side of the field. After a player throws the ball, he "follows his pass" and runs to the end of the line where he threw the ball. (It is imperative that all players cut hard to the ball to receive the pass, then turn up-field before making the next pass.)

DRILL-EXECUTION



SKILLS PRACTICED

- Passing and catching on the run
- Maintaining appropriate spacing and making appropriate looks on clears

VARIATIONS/PROGRESSION GOALIE INVOLVEMENT

To increase the difficulty of this drill, add a second ball. To increase the competitiveness, count the number of times the ball hits the ground and give the team a number to try to stay under. By moving the starting position of players, you can modify this drill to fit your own clearing pattern more exactly.

Full

RELATED DRILLS

Fluxcapacitor
Breakout Drill
1-on-1s Up the Wing