



Clearing Progressions

Appropriate Age Group: 10-18

Skill(s) Practiced: Clearing the ball into the offensive area.

Drill Duration: 5-10 minutes

Resources: Balls, Multiple cones

Description: This progression of clearing drills teaches players how to advance the ball down the field, using all of their teammates.

Progression(s): Add an "Over" pass to teach player how to change fields based on defensive pressure.

Drill Diagram(s):



