



MEN'S 5V4 CLEAR, RECOVER, DEFEND

AUTHOR INFORMATION:

Author Name: John Pirie

Author School: The Governors School

DRILL SPECS:

Drill Theme: Clears

Drill Style: Game

Field Location: Half Field

Field Position: Offense, Defense, Midfield

Time Needed: 15 Min

Skill Level: Advanced

OBJECTIVE:

Teach players transition play in clearing and recovering on defense.

DRILL DESCRIPTION:

This drill is designed to allow you to practice clearing by requiring at least one "over" or cross field pass by the clearing defenders(#1 - #4). Once the ball is cleared beyond the top of the box then the ball is thrown to the top opposite middie(#8 or #10). Offensive players will then attack in a 5v4 with Attack #5,6,7 (who have just been riding)and a middie from line #8 and line #10(one of which received the last "over" pass)against the three defensemen (#1,2,4) and an additional defensive SSM or LSM from line #9. When the last pass is made from the clearing defenseman to the opposite offensive middie there is a "fire" call for a turnover during a clear and the goalie and 3 defensemen have to pack into the hole fast.

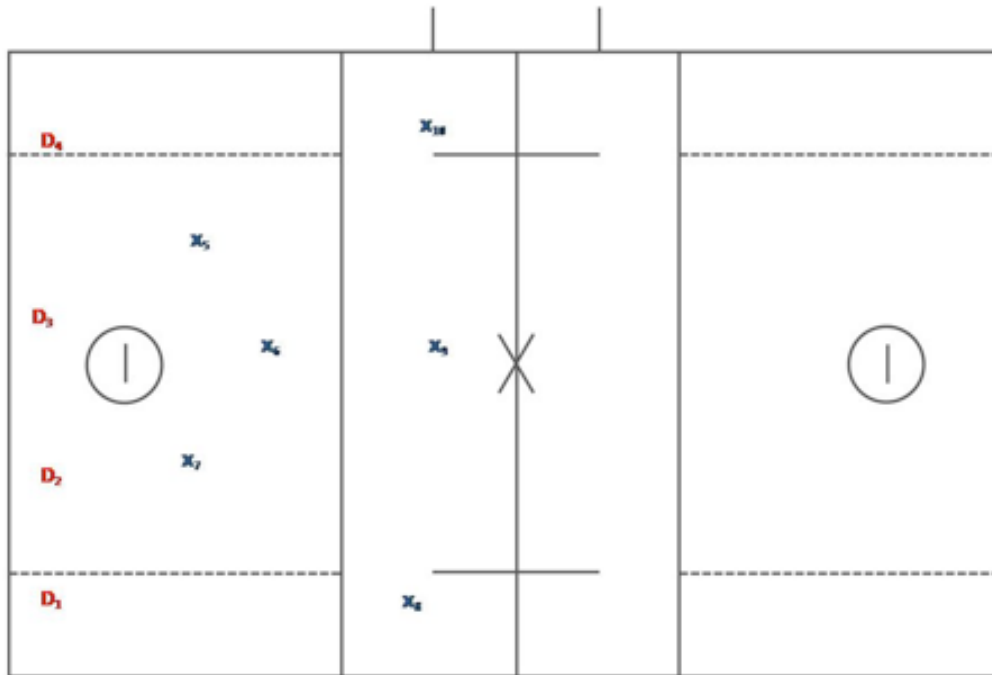
SKILLS PRACTICED:

- Long Clears
 - Slow Break Offense
 - Defensive cuts
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VARIATIONS:

Offense is required to move the ball quickly and is only given 5-10 seconds to get a quality shot. Drill can be run at both ends of the field to maximize "touches" for all players.

DRILL DIAGRAM:





MEN'S BOX REVERSE DRILL

DRILL SPECS:

Drill Theme: Clears

Field Location: Half Field

Time Needed: 15 Min

Drill Style: Skills, Conditioning

Field Position: Defense

Skill Level: Advanced

OBJECTIVE:

Improve your team's ability to clear the ball and incorporate the reversing of the field.

DRILL DESCRIPTION:

Have 3 defensive players start in front of the crease with your goalie in the cage with the ball. When the goalie yells clear, the players break out, 2 players to one side and another to the other side.

The goalie will clear the ball out high to the player breaking out high to one side.

That player will reverse the ball back to the low wing, and then immediately take off on a sprint to the opposite low corner.

The low corner player with the ball will swing the ball to the goalie, who clears opposite to the high corner, where that player catches and throws the ball back down to the low wing player, who came from the opposite high post.

That player reverses to the goalie, who throws a final pass to the top opposite corner.

SKILLS PRACTICED:

- Clearing
- Ball Movement (Catching and Throwing)
- Conditioning

VARIATIONS:

Add a stronger ride to try and zone up your clears.



MEN'S CLEAR FROM A SAVE DRILL

DRILL SPECS:

Drill Theme: Clears

Field Location: Full Field

Time Needed: 15 Min

Drill Style: Games

Field Position: Offense, Defense, Midfield, Goalie

Skill Level: Basic

OBJECTIVE:

Improve your team's ability to clear the ball down the field with a standard clear off a shot.

DRILL DESCRIPTION:

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.

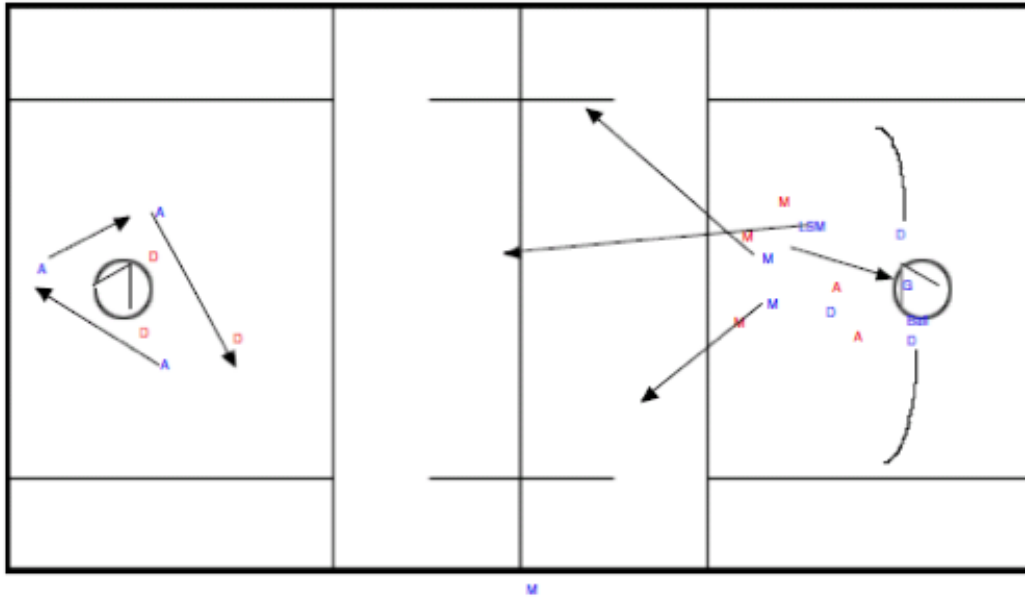
SKILLS PRACTICED:

- Clearing
- Ball Movement (Catching and Throwing)

VARIATIONS:

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

DRILL DIAGRAM:





MEN'S CLEARS AFTER THE SHOT

DRILL SPECS:

Drill Theme: Clears
Field Location: Half Field
Time Needed: 10 Min

Drill Style: Games
Field Position: Offense, Defense, Midfield, Goalie
Skill Level: Basic

OBJECTIVE:

This basic clear drill will have your players in the right place and understanding how to breakout into space.

DRILL DESCRIPTION:

See Drill Diagram.

SKILLS PRACTICED:

- Clearing
 - Ball Movement (Catching and Throwing)
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VARIATIONS:

Add a ride into the mix and have players in different color pinnies roam the field and disrupt clears.

DRILL DIAGRAM:

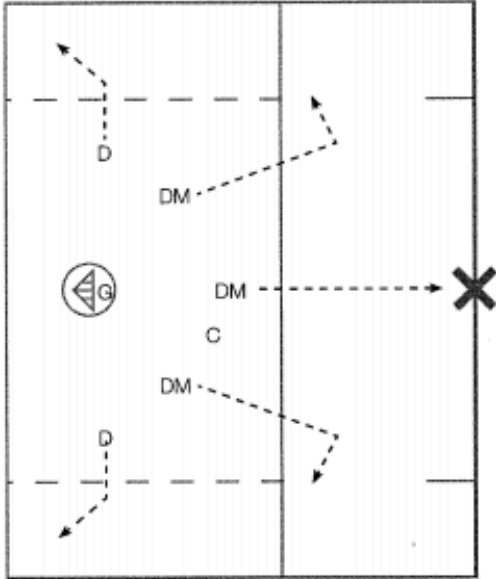
Clearing Drills

Quick Clear (after shot)

Concept: Like riding, clearing is a situation that a team faces 15-20 times in a game. It is the heart of a transition offense. These drills can be utilized as a stick drill in the beginning of practice, as position work or incorporated into full field situations.

Rules: Goalie — communication is key; uses all four seconds to scan field; outlets to wings; outlets over top; if front is open, utilizes a draw and dump.

1. DM furthest up field is responsible for cheating up field.
2. D at goal line extended — break perpendicular
3. DM is slightly in front of goal, break at 90 degree angle, breaking back at 45 degrees if covered
4. One long pole should cover crease until ball is progressed up field; if ball is redirected, crease man breaks to redirected sides
5. On shot by coach, goalie passes the ball to one of the outlets.





MEN'S GOALIE CLEAR PASSES DRILL

AUTHOR INFORMATION:

Author Name: Lou Corsetti

Author School:

DRILL SPECS:

Drill Theme: Clearing and Shooting

Drill Style: Game, Warm-Up

Field Location: Attack Zone

Field Position: Offense, Midfield, Defense

Time Needed: 10 Min

Skill Level: Intermediate

OBJECTIVE:

To work on improving clearing from a shot.

DRILL DESCRIPTION:

Goalie starts with a ball in the crease. He makes an outlet pass to the defenseman on his left, who is breaking up field. The defender catches the ball and makes a pass to the middie (M1) on his side of the field that is breaking back to the ball. After catching the pass, the middie turns and runs back up the field looking for the opposite side midfielder (M2) to be breaking to the ball. M2 catches the pass and turns to the goal and drives or dodges to it. The attackman in the bottom corner breaks towards M2 and receives a pass from him. After the attackman receives a pass he turns into the center of the field and takes a 10yd shot on goal. Drill restarts once goalie makes a save or gets another ball out of the goal.

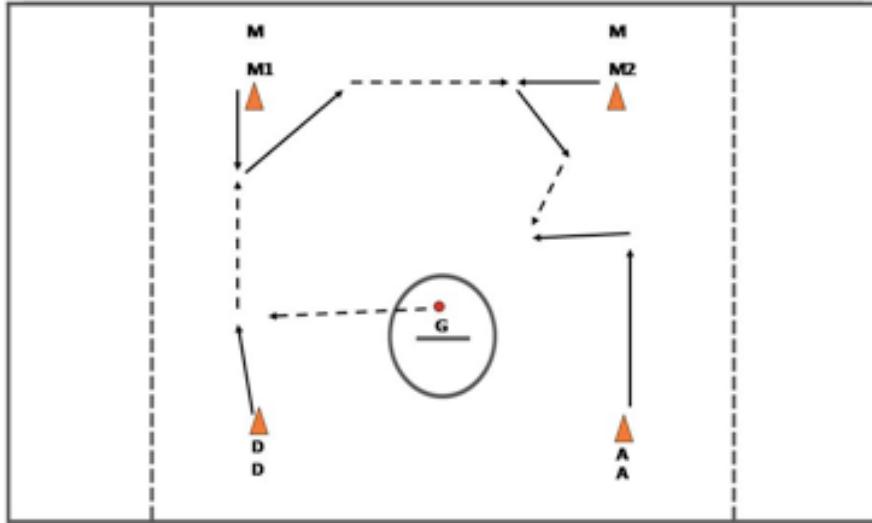
SKILLS PRACTICED:

- Passing and Catching
- Clearing
- Defensive Breakouts
- Cutting and Feeding
- Shooting

VARIATIONS:

Set up multiple goals and run several groups to maximize player involvement. Allow the defender to play the ball once he makes the initial outlet pass to M1.

DRILL DIAGRAM:





MEN'S OUT AND UP CLEAR DRILL

DRILL SPECS:

Drill Theme: Clears
Field Location: Half Field
Time Needed: 15 Min

Drill Style: Skills, Conditioning
Field Position: Defense
Skill Level: Basic

OBJECTIVE:

Improve your team's ability to clear the ball and push the ball up the field as fast as they can from the clear out.

DRILL DESCRIPTION:

Have 2 goalies in the cage, if you do not have goalies use a coach on one side and the goalie on the other.

Have two lines on each side of the cage about 3 yards behind goal line extended.

When the goalie or coach says clear, the player in the line closest to the goal will break out to the wing on a banana cut, while the player in the line out wide breaks up the field.

The goalie or coach will clear out to the wing, where that player will catch and then push the ball up the field to the player breaking down field.

The players will return to opposite lines and the drill goes again.

(Be sure to have players and goalies clear out on both sides.)

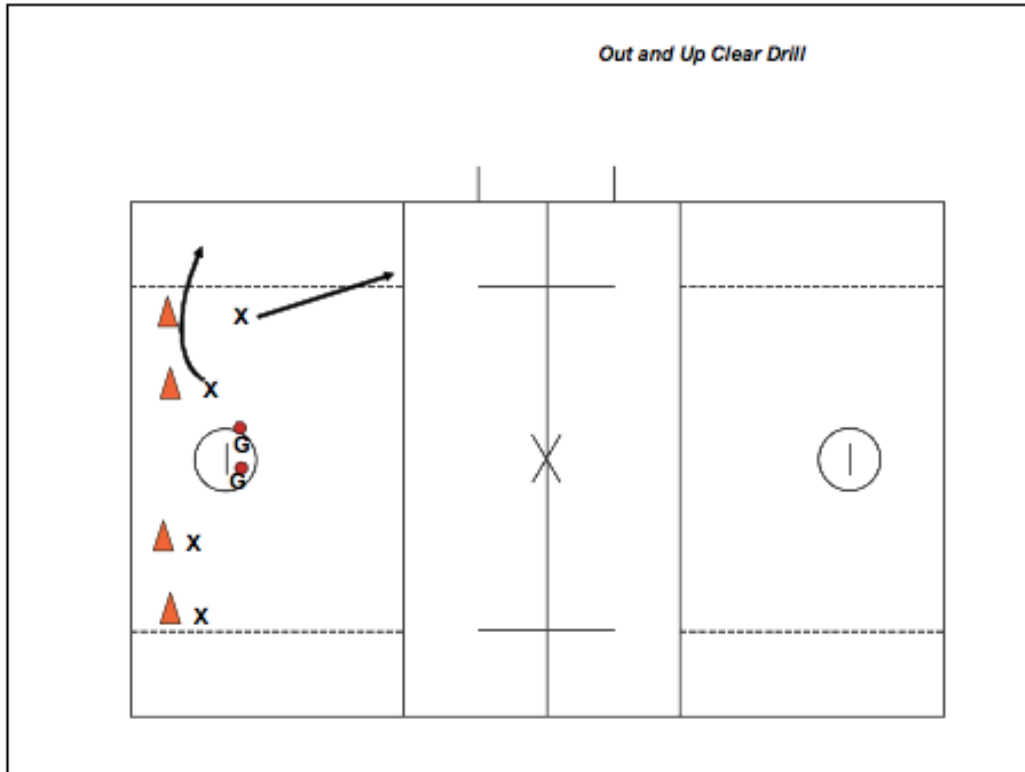
SKILLS PRACTICED:

- Clearing
 - Ball Movement (Catching and Throwing)
 - Conditioning
-

VARIATIONS:

Add a stronger ride to try and zone up your clears.

DRILL DIAGRAM:





MEN'S SETTLED CLEAR DRILL

DRILL SPECS:

Drill Theme: Clear

Field Location: Full Field

Time Needed: 15 Min

Drill Style: Games

Field Position: Offense, Defense

Skill Level: Intermediate

OBJECTIVE:

Improve your team's ability to clear the ball down the field with a standard clear.

DRILL DESCRIPTION:

This drill is a standard way to clear the ball and 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 clearing team up in the positions and work a settled clear with the option to reverse or push straight ahead as show below.

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.

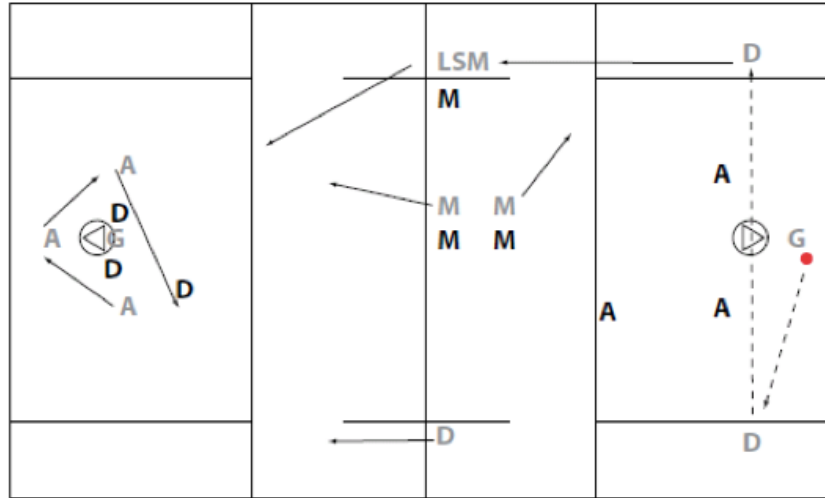
SKILLS PRACTICED:

- Clearing
 - Ball Movement (Catching and Throwing)
-

VARIATIONS:

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

DRILL DIAGRAM:





MEN'S SIDE LADDER CLEAR DRILL

DRILL SPECS:

Drill Theme: Clears
Field Location: Half Field
Time Needed: 15 Min

Drill Style: Skills, Conditioning
Field Position: Defense
Skill Level: Intermediate

OBJECTIVE:

Improve your team's ability to clear the ball and push the ball up the field as fast as they can from the clear out, utilizing a ladder clear.

DRILL DESCRIPTION:

Have 2 goalies in the cage, if you do not have goalies use a coach on one side and the goalie on the other.

Have three lines on each side of the cage about 3 yards behind goal line extended.

When the goalie or coach says clear, the player in the line closest to the goal will break out to the wing on a banana cut, while the players in the lines out wide break up the field.

The goalie or coach will clear out to the wing, where that player will catch and then push the ball up the field to the player in line 2 that breaks out and cuts to the sideline around the top of the attack box. That player will catch and then direct the ball up ahead to the player that was in the third line, who should be at half field and cutting for the pass up the sideline.

The players will return to opposite lines and the drill goes again.

(Be sure to have players and goalies clear out on both sides.)

SKILLS PRACTICED:

- Clearing
 - Ball Movement (Catching and Throwing)
 - Conditioning
-

VARIATIONS:

Add a stronger ride to try and zone up your clears.

DRILL DIAGRAM:

