

FLUXCAPACITOR

OBJECTIVE

To improve the decision-making and passing skills of defensemen as they dodge attackmen to clear the ball.

SPACE/EQUIPMENT

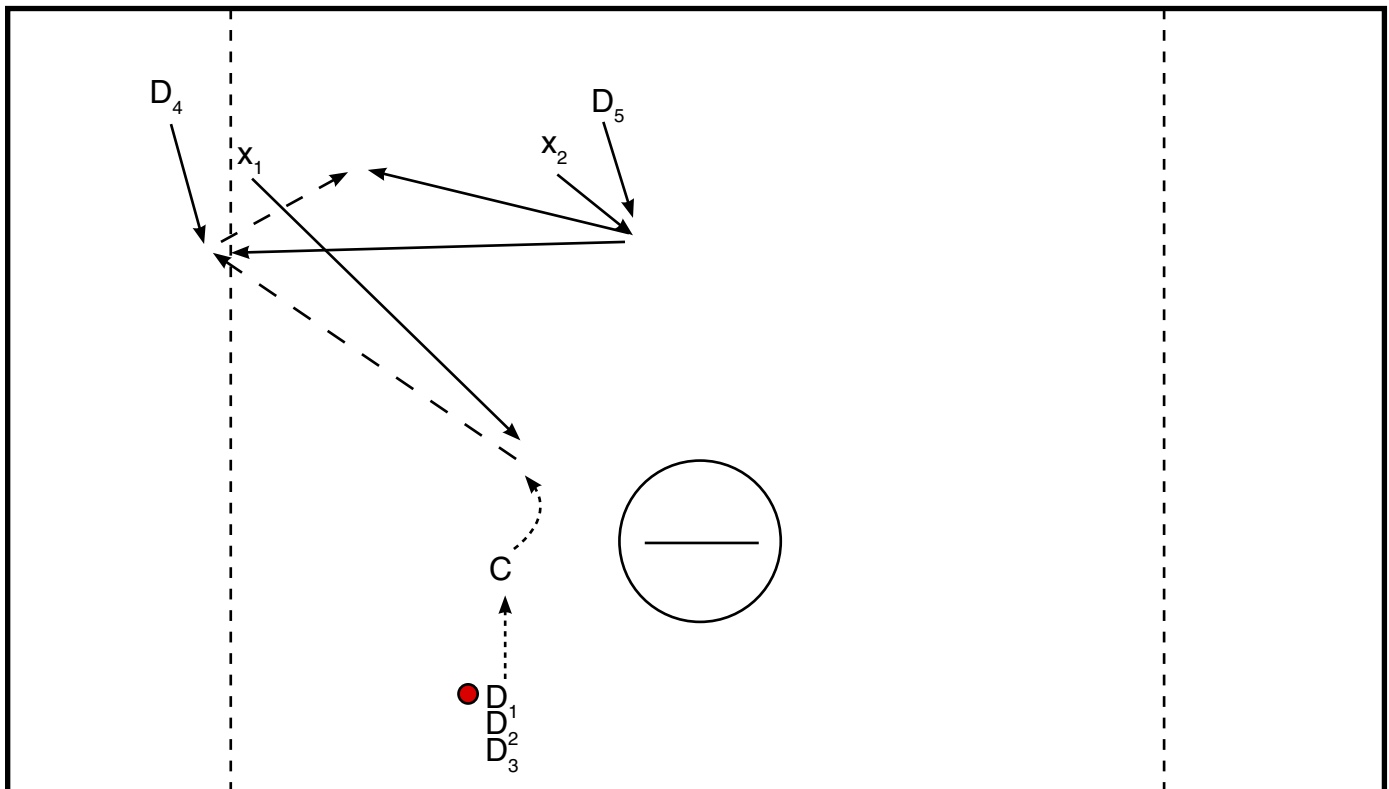
- Half-field
- Balls

PLAYERS NEEDED

Only 8-10 defensive players should participate in this drill at a time.

Start three clearing defensemen in a skinny V-shape that is approximately 25 yards high and 10 yards wide. Start two riders on the two defensemen who are closest together. A coach stands about 5-8 yards from the third defensemen and rolls a ball to him. This defenseman scoops the ball and dodges the coach who applies token defensive pressure. As he passes the coach, the two other defenders cut towards him to create passing lanes, and one of the riders leaves his man to approach the ballcarrier. The first defender passes to his open teammate and, after receiving the pass, this second defender turns up-field. As he does this, the second rider leaves his man to pick up the new ballcarrier, who then passes to the third defender. After this group has successfully cleared the ball, the defenders rotate positions.

DRILL-EXECUTION



SKILLS PRACTICED

- Dodging and cutting to create passing lanes
 - Reading defenders to find open teammates
 - Clearing decisions and passes
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To increase the competitiveness of the drill, challenge defenders to keep the ball from hitting the ground--- give them a certain number of “drops” which they must stay under. To increase the difficulty of it, start with a smaller triangle so that the riders have less distance to cover and the defenders must make quicker decisions.

VARIATIONS/PROGRESSION GOALIE INVOLVEMENT

None

Full-field Clearing

Breakout Drill

1-on-1s Up the Wing

RELATED DRILLS
