

PASS PATTERNS

OBJECTIVE

To improve midfielders' riding reactions, instincts, communication, and positioning.

SPACE/EQUIPMENT

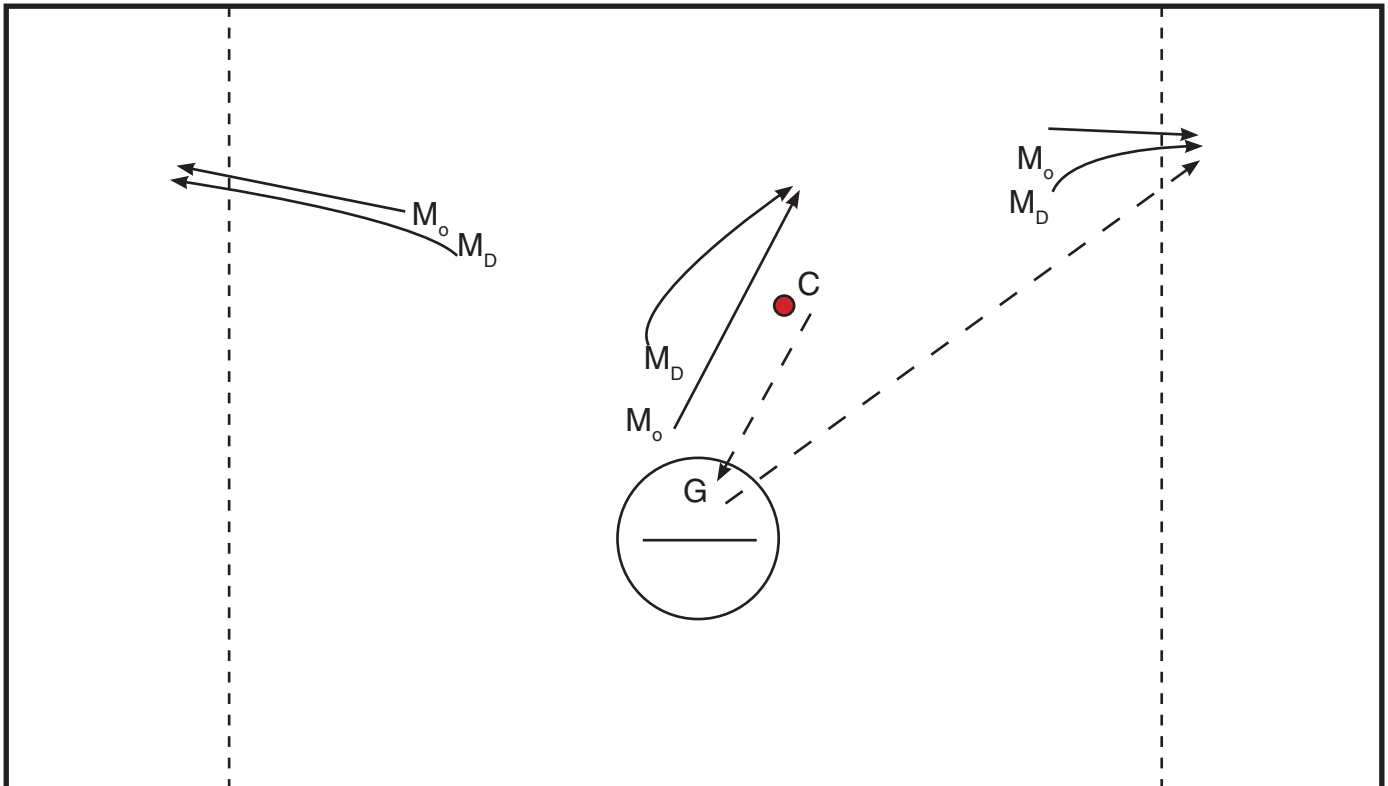
- Half-field
- Balls

PLAYERS NEEDED

No more than 12-15 players, plus a goalie, should participate in this drill at one time.

DRILL-EXECUTION

Start with three offensive and three defensive midfielders around the crease. On a coach's shot, the three defensive midfielders break up the field looking for an outlet pass from the goalie. The goalie and the three defensive midfielders try to clear the ball past the mid-field line. The three offensive midfielders must each find a man and "match feet" with him, preventing him from receiving a pass. The play is whistled dead, and players rotate, once the ball is successfully cleared or turned over.



SKILLS PRACTICED

- Riding positioning and communication
- Reaction to shots

To make the drill more game-like, give the clearing team a time limit to get the ball past midfield. To make the drill more competitive, allow the riders to play out the offensive possession if they force a turnover. To make the drill more realistic, allow the offensive players to pass the ball around and take the shot themselves before reacting to the defenders' breaks and the goalie's outlet pass.

VARIATIONS/PROGRESSION GOALIE INVOLVEMENT

Full

Box Riding
3-on-2 Clears
1-on-1s Up the Wing
Scramble Drill

RELATED DRILLS
