

SCRAMBLE DRILL

OBJECTIVE

To provide controlled scrimmages situations in which coaches can focus on certain aspects of the game like riding and clearing.

SPACE/EQUIPMENT

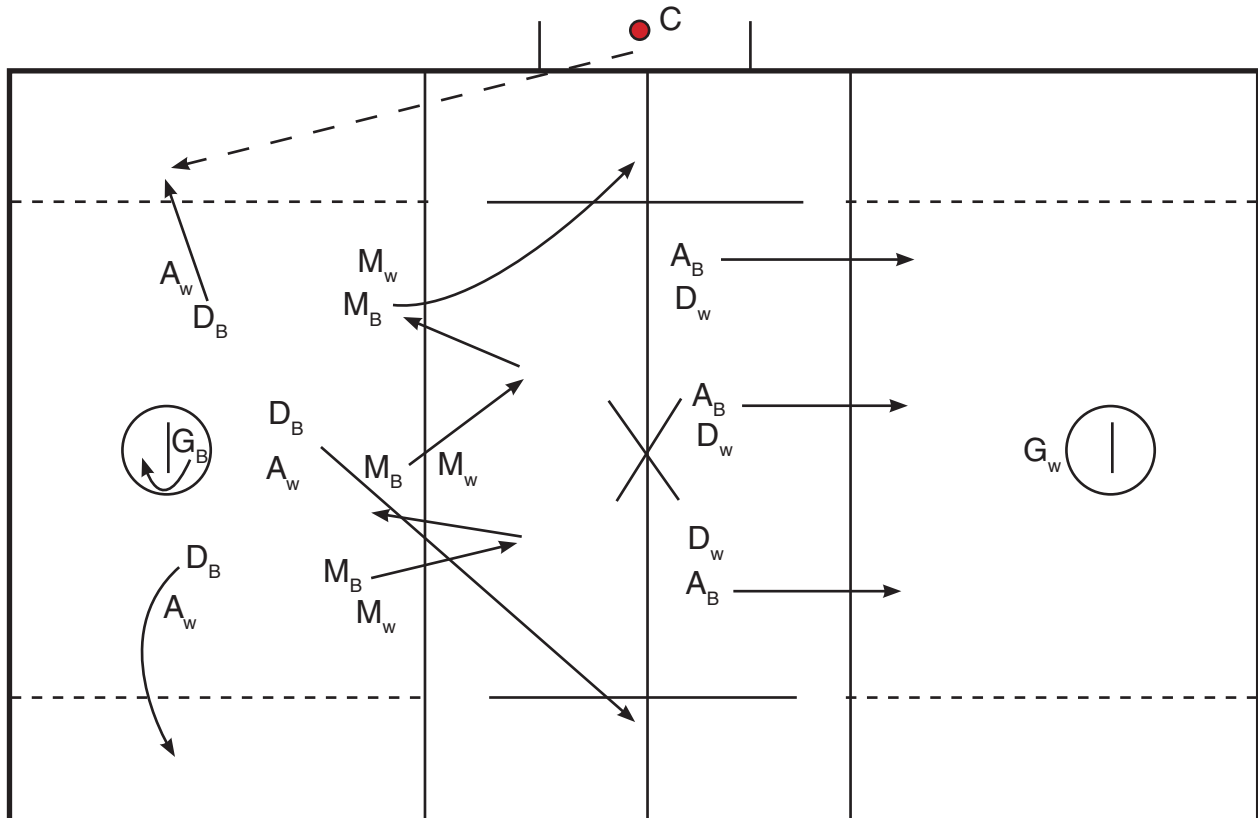
- Full-field
- Balls

PLAYERS NEEDED

An entire team of at least 25-30 players, including at least two goalies, should participate in this drill simultaneously.

Divide the team into two even groups (blue and white), and start three attackmen, three midfielders, three defensemen, and one goalie in each color in their appropriate positions on the field. A coach rolls a ball to an area on the field where a defender can pick up the ball. Once he does so, his team must clear the ball to the other end as the opposite team rides them. If the defense successfully clears it, they are rewarded by getting to play offense at the other end of the field. If the riding team successfully stops the clear, they are rewarded by getting to play offense at their end of the field. As soon as a ball is shot, turned over, or goes out of bounds, a coach rolls a new one onto the field and play begins again.

DRILL-EXECUTION



SKILLS PRACTICED

- Riding and clearing in unsettled situations
- Game-like positioning, spacing, timing, and decision-making

VARIATIONS/PROGRESSION GOALIE INVOLVEMENT

To make this drill more realistic, give the clearing team a time limit to get the ball pass midfield.

Full

RELATED DRILLS

Box Riding
1-on-1s Up the Wing
Pass Patterns
3-on-2 Clearing
