

3-ON-2 CLEARS

OBJECTIVE

To improve timing, positioning, communication, and teamwork of attackmen while riding.

SPACE/EQUIPMENT

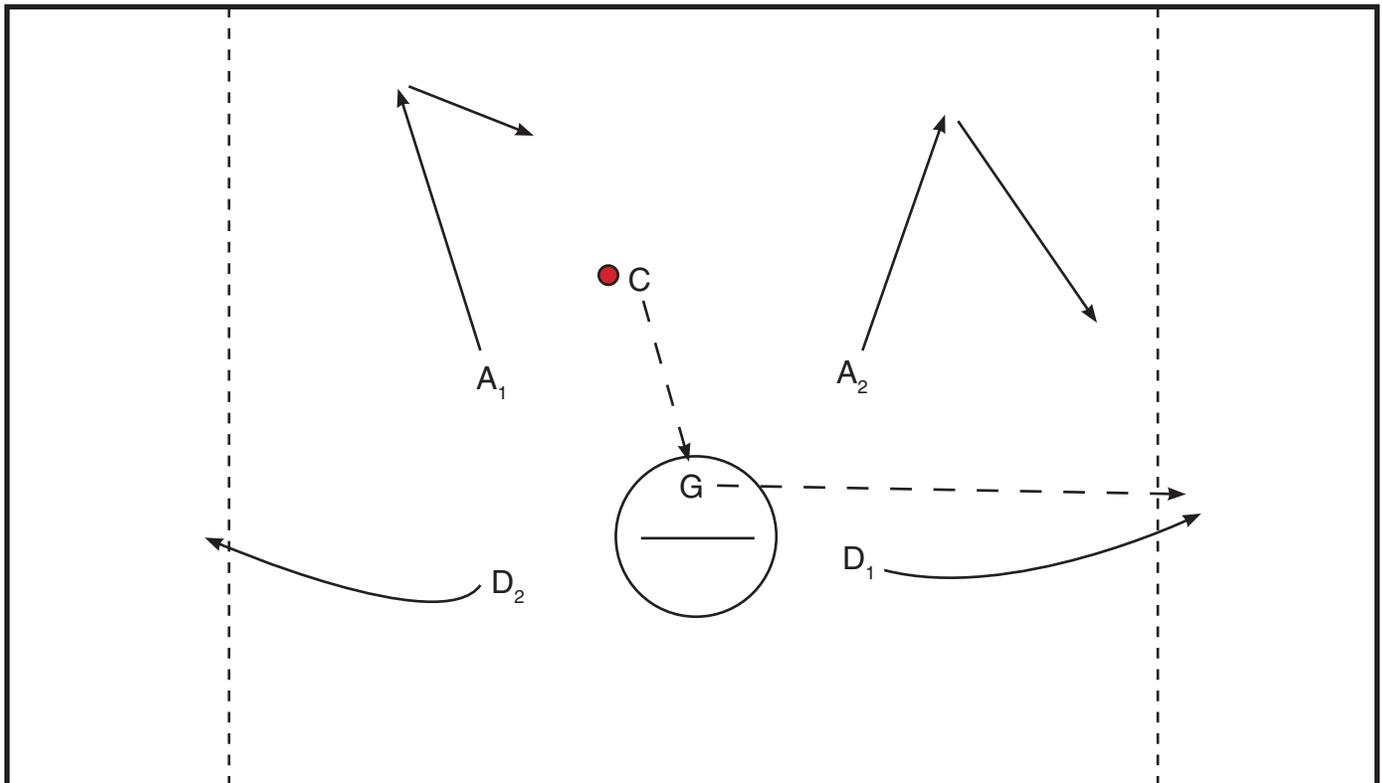
- Half-field
- Balls

PLAYERS NEEDED

Only 8-10 players, plus a goalie, should participate in this drill at a time.

Start two defenders and a goalie, along with two riding attackmen, by the crease. On a coach's shot, the two defenders break out to the wing, and the attackmen drop back towards the restraining line. The goalie makes a save and outlets the ball to one of the defenders. The three defensive players then try to advance the ball to the midfield as the two attackmen try to stop them from doing so.

DRILL-EXECUTION



SKILLS PRACTICED

- Dropping back after a shot
 - Maintaining spacing and positioning while riding
 - Communicating while riding
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To make the drill more challenging for the defense, shrink the size of the field within which the defenders can clear the ball (i.e., restraining lines instead of side-lines). To make it more realistic, set a time limit (20, 25, 30, seconds) for the defense to clear the ball. To make the drill more fun and game-like, allow the offensive players to attack the goal if they can force a turnover. There is a variation of this drill called Pitch and Pursue – start the defenders wide (at the edge of the restraining line) and the attackmen tight; on the first outlet pass, the defender with the ball tries to beat the attackmen up the field; the attackman must take proper pursuit angles and use the sideline to cut him off, and force him to roll back and use his clearing teammates.

VARIATIONS/PROGRESSION GOALIE INVOLVEMENT

Full

Box Riding
1-on-1s Up the Wing
Pass Patterns
Scramble Drill

RELATED DRILLS
