

## Clearing-An Essential Goalie Skill for Making it to the College Level

At the recent Dickinson College Fall Women’s Lacrosse Tournament, one key deciding factor in the games was goalie play. Catching up with Millersville University assistant coach and US Lacrosse CEP Trainer, Jo Caminiti, she stated, “A goalie’s ability to clear the ball with speed and accuracy can be the major difference-maker in the college game. With all the players getting faster and more skilled, one of the key requirements of the goalies is the ability to make long outlet passes with better accuracy. If you can find a goalie with great agility that can clear the ball, you are going to find a goalie with a lot of college options to play the game.”

With this in mind, here is a drill that will get your goalie’s clear game up to speed!

### TARGET PRACTICE DRILL

#### Objective

To improve your goalie’s ability to clear the ball with distance and accuracy.

#### Description

Take 50 lacrosse balls, 4 trash cans, and 1 lacrosse goal. Place the trash cans in the areas diagramed below. Those areas are the main areas you will find your goalie clearing in a game situation. Then, place a lacrosse goal at half field with the open end facing your goalie. Start your goalie warm up. After every save, have your goalie clear the ball out in a clockwise rotation, clearing the ball into, or as close as possible, to the trash cans. When you get to the midfield clear, the goal is to have your goalie make the throw into the goal in the air. Not many coaches like goalies to clear down the middle, but in a game situation a fast, line drive clear to midfield can make or break your game.

#### Progression

Turn those trash cans into players at each spot. As the goalie makes a save send them on a cut, so your goalie will have to lead them with a clear. Then have your players drive to the midfield cage and shoot on another goalie in the midfield cage.

