MEN’S 5V4 CLEAR, RECOVER, DEFEND

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Clears
Field Location: Half Field
Time Needed: 15 Min

Drill Style: Game
Field Position: Offense, Defense, Midfield
Skill Level: Advanced

OBJECTIVE:

Teach players transition play in clearing and recovering on defense.

DRILL DESCRIPTION:

This drill is designed to allow you to practice clearing by requiring at least one “over” or cross field pass by the clearing defenders(#1 - #4). Once the ball is cleared beyond the top of the box then the ball is thrown to the top opposite middie(#8 or #10). Offensive players will then attack in a 5v4 with Attack #5,6,7 (who have just been riding)and a middie from line #8 and line #10(one of which received the last “over” pass)against the three defensemen (#1,2,4) and an additional defensive SSM or LSM from line #9. When the last pass is made from the clearing defenseman to the opposite offensive middie there is a “fire” call for a turnover during a clear and the goalie and 3 defensemen have to pack into the hole fast.

SKILLS PRACTICED:

• Long Clears
• Slow Break Offense
• Defensive cuts

VARIATIONS:

Offense is required to move the ball quickly and is only given 5-10 seconds to get a quality shot. Drill can be run at both ends of the field to maximize “touches” for all players.
DRILL DIAGRAM:

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