



## MEN'S BOX REVERSE DRILL

### DRILL SPECS:

**Drill Theme:** Clears

**Field Location:** Half Field

**Time Needed:** 15 Min

**Drill Style:** Skills, Conditioning

**Field Position:** Defense

**Skill Level:** Advanced

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### OBJECTIVE:

Improve your team's ability to clear the ball and incorporate the reversing of the field.

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### DRILL DESCRIPTION:

Have 3 defensive players start in front of the crease with your goalie in the cage with the ball. When the goalie yells clear, the players break out, 2 players to one side and another to the other side.

The goalie will clear the ball out high to the player breaking out high to one side.

That player will reverse the ball back to the low wing, and then immediately take off on a sprint to the opposite low corner.

The low corner player with the ball will swing the ball to the goalie, who clears opposite to the high corner, where that player catches and throws the ball back down to the low wing player, who came from the opposite high post.

That player reverses to the goalie, who throws a final pass to the top opposite corner.

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### SKILLS PRACTICED:

- Clearing
- Ball Movement (Catching and Throwing)
- Conditioning

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### VARIATIONS:

Add a stronger ride to try and zone up your clears.

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**DRILL DIAGRAM:**

