



## MEN'S RIDING DRILL: 2-1-3 V RIDE DEAD BALL OFF SIDELINE

### DRILL SPECS:

**Drill Theme:** Rides

**Field Position:** Offense, Defense

**Time Needed:** 20 Min

**Drill Style:** Skills

**Field Location:** Full Field

**Skill Level:** Basic

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### OBJECTIVE:

Improve your team's ability to ride the clearing team after a dead ball on the sideline.

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### DRILL DESCRIPTION:

This is a drill/play set up to have a standard ride after a ball goes out on the sideline. The goal is to have your players locked on the attack and midfield of the other team. The next step is to play a 3 man zone with your attack that will be splitting the clearing teams' goalie and 3 defensive players. The goal is to overload the ball side and force the clearing team to throw long passes or passes into traffic.

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### SKILLS PRACTICED:

- Riding
- Clearing
- Defensive Positioning

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### VARIATIONS:

Add a stronger clear for the offensive team and practice forcing turnovers in situation play.

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**DRILL DIAGRAM:**

