

# Transition Skill Development Drill

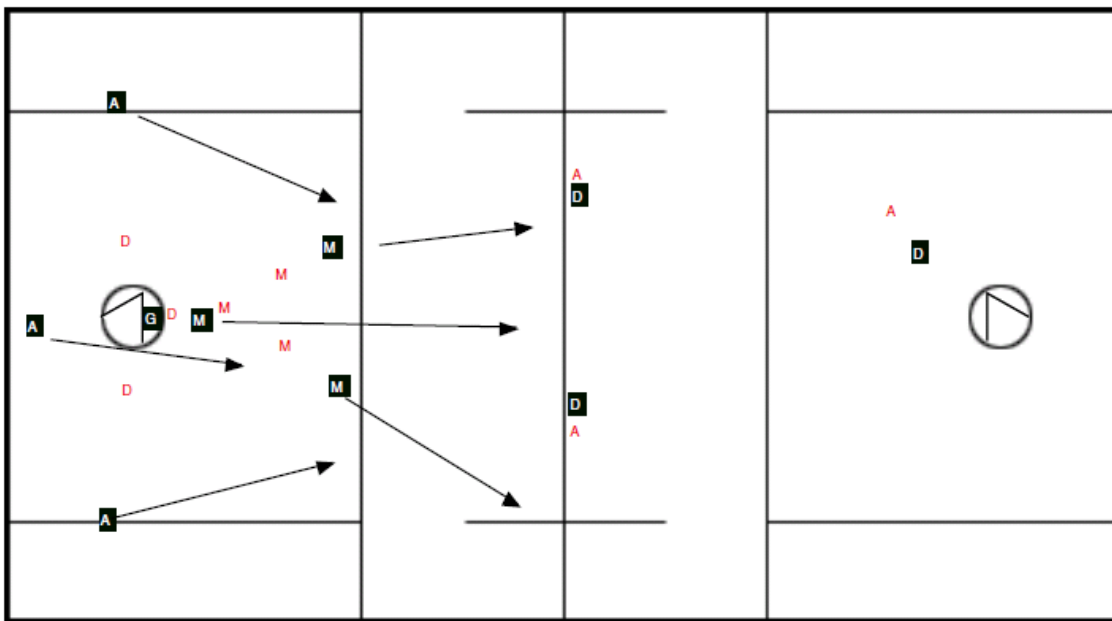
## Riding Drill: Riding after a Shot on Goal

**Objective** Improve your team's ability to ride the clearing team after a shot on goal.

---

**Description of Drill** This is a drill/play set up to have a standard ride after a shot. The goal is to have your players get back on defense and pick up the players as they set up to clear. Notice your defense is locked on the attack, and your midfielders are getting back to midfield before the clearing team. This is to prevent the fast break by the clearing team.

---



**Skills Practiced**

- Riding
- Communication

---

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

---