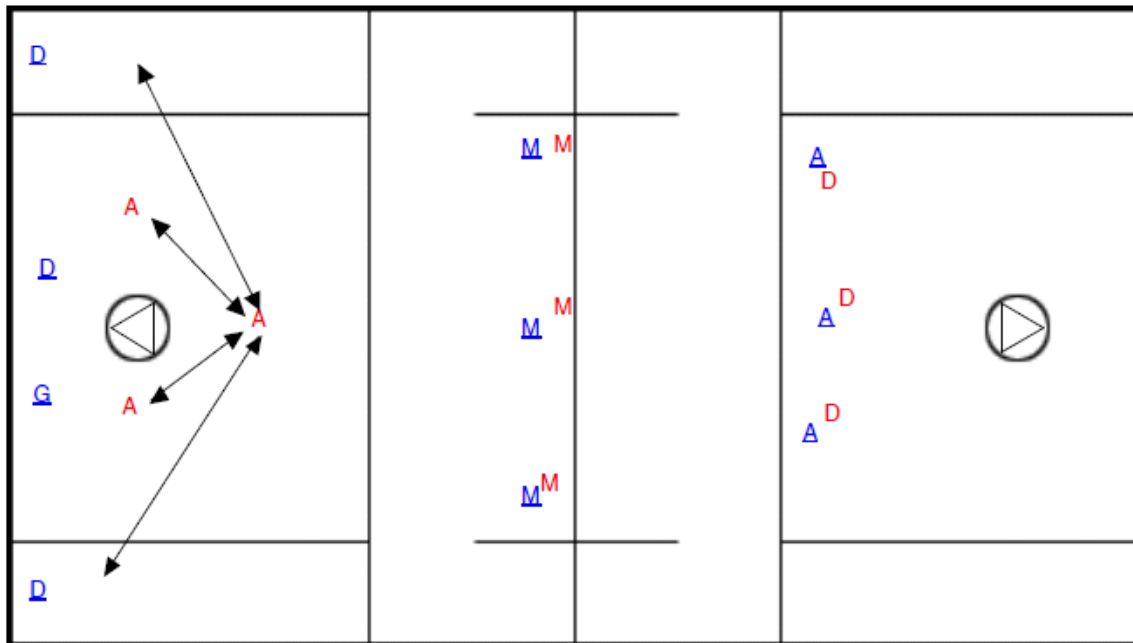


Transition Skill Development Drill

Riding Drill: 2-1-3 V Ride: Dead Ball off Shot

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

Description of Drill This is a drill/play set up to have a standard ride after a ball goes out on the end line after a shot. 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 drop your 3 attack players back and have them attack the first pass of the clearing team, which will then force the clearing team to throw long passes or passes into traffic.



Skills Practiced

- Riding
- Communication

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