



## WOMEN'S CLEAR-OUT PASSING DRILL

### DRILL SPECS:

**Drill Theme:** Ball Movement

**Field Location:** Midfield

**Time Needed:** 5 Min

**Drill Style:** Warm-Up, Skill

**Field Position:** Defense, Midfield

**Skill Level:** Basic

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### OBJECTIVE:

To work on swinging the ball in the defensive end to switch fields. Also works on connecting passes from the defensive end into the midfield transition.

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### DRILL DESCRIPTION:

Start with 5 lines set up like a star in the center of the field. Have extras balls ready. There should be about 2-3 players in each line, goalies can be in this drill. The passing pattern begins with one player running out with the ball and another player timing their cut for a pass. Each line should time their cuts to swing the ball around the players in the center. Make sure to incorporate a line that drops low towards the 12-meter to symbolize swinging the ball fast and switching fields.

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### SKILLS PRACTICED:

- Switching Fields
- Ball Movement
- Long Passes
- Catching and Throwing

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### VARIATIONS:

You can have the players change the style of cuts. You can also switch the direction the ball moves and have players spin towards the outside to protect their sticks.

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**DRILL DIAGRAM:**

