



WOMEN'S CLEARING-OUTSIDE LEADING PASS DRILL

DRILL SPECS:

Drill Theme: Clears

Field Location: Half Field

Time Needed: 15 Min

Drill Style: Game, Skills

Field Position: Defense, Goalie

Skill Level: Basic

OBJECTIVE:

This basic clear drill will have your players understanding how to breakout into space and receive an over the shoulder pass.

DRILL DESCRIPTION:

There should be 2 goalkeepers in the cage, side by side. Set up 2 lines, one on each side of the cage. The coach stands in front of the cage and takes a light shot. The goalkeeper gets control of the ball and yells clear. The first girl in each line cuts straight up and then out on a 45 degree angle, looking for a leading or over the shoulder pass. The goalkeeper is looking for a short or long clear over the outside shoulder of the cutter. Work each keeper at the same time and then switch sides so they practice clearing to both sides.

SKILLS PRACTICED:

- Clearing
- Catching over the shoulder/leading pass
- Cutting to space

VARIATIONS:

Add a ride into the mix. Have the ride try to intercept long passes.

DRILL DIAGRAM:

