



WOMEN'S FULL FIELD CLEARING DRILL

DRILL SPECS:

Drill Theme: Transitions
Field Location: Full Field
Time Needed: 15 Min

Drill Style: Games
Field Position: Offense, Defense, Midfield
Skill Level: Advanced

OBJECTIVE:

Works on transitioning the ball down the field by creating opportunities for players to break into open passing lanes.

DRILL DESCRIPTION:

There are 10 cones set up on the field in various spots. Players will work down one side of the field and up the other. This allows for a great deal of running and ball movement. G1 clears the ball to A1 who is dropping below the goal line extended. As soon as G1 makes the first pass, A2 begins the break into a passing lane looking to receive the ball from A1. After A2 catches the ball, she passes it to A3 who then passes to A4. A4 carries the ball over the restraining line and passes it to A5 who immediately passes the ball back to A4 who goes to goal. After the shot, G2 clears the ball to X1 who begins the transition up the opposite side of the field.

Each player bumps up to the next cone. If you have enough players, you can have multiple players at each cone and get three or four balls going at once. Set the cones up wherever you want to simulate your passing lanes on a clear. Keep a few extra balls at each cone in case ball is overthrown.

SKILLS PRACTICED:

- Transitioning the ball down the field
 - Seeing and showing for the ball
 - Breaking into open passing lanes
 - Timing cuts in transition
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VARIATIONS:

Add defense into the drill. After A5 returns the pass to A4, a defender is positioned to play 1v1 defense on A4. This allows for a more game like situation and gives the goalie some help.

DRILL DIAGRAM:

