



WOMEN'S PRESSURE CLEARING DRILL

DRILL SPECS:

Drill Theme: Clearing
Field Location: Attack Zone
Time Needed: 15 Min

Drill Style: Game
Field Position: Defense
Skill Level: Intermediate

OBJECTIVE:

Simulate game like clearing situations. This drill forces goalies to handle the ball and make an accurate clear with attackers on them.

DRILL DESCRIPTION:

There are 4 players and 1 goalie in this drill. 2 defenders (D1 and D2) line up on either side of the 8m at goal line extended. There are 2 attackers (X1 and X2) directly in front of the goal facing the goal cage. The coach stands behind the attackers at about middle of the 8m with balls.

The drill begins with a shot by the coach, intentionally missing the goal wide to either side. The ball is now live and the goalie and attackers react to where the ball is thrown and battle for a 1v2 ground ball. If the goalie is successful, she looks to clear to either defender who are breaking out for her. If either one of the attackers picks up the ball, they immediately look to go to goal and the goalie must return to the cage to try and save the shot.

On the goalie ground ball, the defenders must cut up field while remaining in a good passing angle for the goalie. The goalie looks to clear to either side. On the clear, the opposite side clearing defender breaks to the middle of the field to receive a pass from the defender who caught the clear.

SKILLS PRACTICED:

- Goaltending- clearing under pressure and stick work
 - Defensively-successfully clearing the ball and helping the goalie
 - Defensive cuts and good passing angles
 - Riding attackers communication and holding strong double teams
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VARIATIONS:

Add players, attackers and defenders, above the restraining line and have play out the drill to midfield. Defenders have to work to get open to receive outlet passes from their low defenders.

DRILL DIAGRAM:

