MEN’S CLEARING BUILD-UP DRILL

AUTHOR INFORMATION:
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DRILL SPECS:
Drill Theme: Clearing  
Field Location: Defensive  
Time Needed: 10 Min
Drill Style: Defensive Clearing  
Field Position: Defense  
Skill Level: Basic

OBJECTIVE:
To work on clearing to the defenders, then getting the ball across the midfield line.

DRILL DESCRIPTION:
Start by setting up 2 lines behind the goal. The goalie calls for a break out and two defenders run to the sidelines along goal line extended. The goal passes the ball to one of the defenders for an outlet pass. Once the first pass is made the defenders throw it to the goalie and then go to the mid field line. Once the goalie has the ball again two new defenders break out for another outlet pass. Now that there are 4 defenders on the field for an outlet pass the goalie has the option of where they want to throw the pass to. Continue until there are 6 total defenders on the field and have them work the ball all the way down to the other end of the field.

SKILLS PRACTICED:
• Ball Movement  
• Clearing  
• Communication

VARIATIONS:
You can require that the defense make a certain amount of passes before reaching the other side of the field. In addition, you can require the defenders run a weave down to the other side of the field.