MEN’S GOALIE CLEAR PASSES DRILL

AUTHOR INFORMATION:
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DRILL SPECS:
Drill Theme: Clearing and Shooting
Field Location: Attack Zone
Time Needed: 10 Min
Drill Style: Game, Warm-Up
Field Position: Offense, Midfield, Defense
Skill Level: Intermediate

OBJECTIVE:
To work on improving clearing from a shot.

DRILL DESCRIPTION:
Goalie starts with a ball in the crease. He makes an outlet pass to the defenseman on his left, who is breaking up field. The defender catches the ball and makes a pass to the middle (M1) on his side of the field that is breaking back to the ball. After catching the pass, the middle turns and runs back up the field looking for the opposite side midfielder (M2) to be breaking to the ball. M2 catches the pass and turns to the goal and drives or dodges to it. The attackman in the bottom corner breaks towards M2 and receives a pass from him. After the attackman receives a pass he turns into the center of the field and takes a 10yd shot on goal. Drill restarts once goalie makes a save or gets another ball out of the goal.

SKILLS PRACTICED:
• Passing and Catching
• Clearing
• Defensive Breakouts
• Cutting and Feeding
• Shooting

VARIATIONS:
Set up multiple goals and run several groups to maximize player involvement. Allow the defender to play the ball once he makes the initial outlet pass to M1.
DRILL DIAGRAM:

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