MEN’S OUT AND UP CLEAR DRILL

DRILL SPECS:

<table>
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<th>Drill Theme:</th>
<th>Clear</th>
<th>Drill Style:</th>
<th>Skills, Conditioning</th>
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<tr>
<td>Field Location:</td>
<td>Half Field</td>
<td>Field Position:</td>
<td>Defense</td>
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<td>Time Needed:</td>
<td>15 Min</td>
<td>Skill Level:</td>
<td>Basic</td>
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OBJECTIVE:

Improve your team’s ability to clear the ball and push the ball up the field as fast as they can from the clear out.

DRILL DESCRIPTION:

Have 2 goalies in the cage, if you do not have goalies use a coach on one side and the goalie on the other.

Have two lines on each side of the cage about 3 yards behind goal line extended.

When the goalie or coach says clear, the player in the line closest to the goal will break out to the wing on a banana cut, while the player in the line out wide breaks up the field.

The goalie or coach will clear out to the wing, where that player will catch and then push the ball up the field to the player breaking down field.

The players will return to opposite lines and the drill goes again.

(Be sure to have players and goalies clear out on both sides.)

SKILLS PRACTICED:

- Clearing
- Ball Movement (Catching and Throwing)
- Conditioning

VARIATIONS:

Add a stronger ride to try and zone up your clears.

FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE
DRILL DIAGRAM:

Out and Up Clear Drill

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