MEN’S RIDING DRILL: 2-1-3 V RIDE DEAD BALL OFF SIDELINE

DRILL SPECS:

Drill Theme: Rides
Field Position: Offense, Defense
Time Needed: 20 Min

Drill Style: Skills
Field Location: Full Field
Skill Level: Basic

OBJECTIVE:

Improve your team’s ability to ride the clearing team after a dead ball on the sideline.

DRILL DESCRIPTION:

This is a drill/play set up to have a standard ride after a ball goes out on the sideline. The goal is to have your players locked on the attack and midfield of the other team. The next step is to play a 3 man zone with your attack that will be splitting the clearing teams’ goalie and 3 defensive players. The goal is to overload the ball side and force the clearing team to throw long passes or passes into traffic.

SKILLS PRACTICED:

• Riding
• Clearing
• Defensive Positioning

VARIATIONS:

Add a stronger clear for the offensive team and practice forcing turnovers in situation play.
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