



MEN'S RIDING DRILL: 2-1-3 V RIDE DEAD BALL OFF SHOT

DRILL SPECS:

Drill Theme: Rides

Field Position: Offense, Defense

Time Needed: 20 Min

Drill Style: Skills

Field Location: Full Field

Skill Level: Intermediate

OBJECTIVE:

Improve your team's ability to ride the clearing team after a dead ball on a shot.

DRILL DESCRIPTION:

This is a drill/play set up to have a standard ride after a ball goes out on the end line after a shot. 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 drop your 3 attack players back and have them attack the first pass of the clearing team, which will then 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.

DRILL DIAGRAM:

