MEN’S SETTLED CLEAR DRILL

DRILL SPECS:

**Drill Theme:** Clear  
**Field Location:** Full Field  
**Time Needed:** 15 Min

**Drill Style:** Games  
**Field Position:** Offense, Defense  
**Skill Level:** Intermediate

OBJECTIVE:

Improve your team’s ability to clear the ball down the field with a standard clear.

DRILL DESCRIPTION:

This drill is a standard way to clear the ball and it is more of a play than a drill. Set up a full field game, and have the ball with your goalie on one side. Set your clearing team up in the positions and work a settled clear with the option to reverse or push straight ahead as show below. Once your team has cleared the ball, have an attack player gather the ball, shoot, and then the other team will re-clear in the same settled manner.

SKILLS PRACTICED:

- Clearing
- Ball Movement (Catching and Throwing)

VARIATIONS:

Add a stronger ride for the defensive team and practice getting the ball down the field.
DRILL DIAGRAM:

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