MEN’S SIDE LADDER CLEAR DRILL

DRILL SPECS:

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<th>Drill Theme:</th>
<th>Clear</th>
<th>Drill Style:</th>
<th>Skills, Conditioning</th>
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<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>Intermediate</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, utilizing a ladder clear.

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 three 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 players in the lines out wide break 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 in line 2 that breaks out and cuts to the sideline around the top of the attack box. That player will catch and then direct the ball up ahead to the player that was in the third line, who should be at half field and cutting for the pass up the sideline.

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