WOMEN’S CLEAR-OUT PASSING DRILL

DRILL SPECS:

<table>
<thead>
<tr>
<th>Drill Theme:</th>
<th>Ball Movement</th>
<th>Drill Style:</th>
<th>Warm-Up, Skill</th>
</tr>
</thead>
<tbody>
<tr>
<td>Field Location:</td>
<td>Midfield</td>
<td>Field Position:</td>
<td>Defense, Midfield</td>
</tr>
<tr>
<td>Time Needed:</td>
<td>5 Min</td>
<td>Skill Level:</td>
<td>Basic</td>
</tr>
</tbody>
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OBJECTIVE:

To work on swinging the ball in the defensive end to switch fields. Also works on connecting passes from the defensive end into the midfield transition.

DRILL DESCRIPTION:

Start with 5 lines set up like a star in the center of the field. Have extras balls ready. There should be about 2-3 players in each line, goalies can be in this drill. The passing pattern begins with one player running out with the ball and another player timing their cut for a pass. Each line should time their cuts to swing the ball around the players in the center. Make sure to incorporate a line that drops low towards the 12-meter to symbolize swinging the ball fast and switching fields.

SKILLS PRACTICED:

- Switching Fields
- Ball Movement
- Long Passes
- Catching and Throwing

VARIATIONS:

You can have the players change the style of cuts. You can also switch the direction the ball moves and have players spin towards the outside to protect their sticks.