WOMEN’S RIDING DRILL: RIDING AFTER A SHOT ON GOAL

DRILL SPECS:

- Drill Theme: Rides
- Field Location: Full Field
- Time Needed: 15 Min
- Drill Style: Skills
- Field Position: Offense, Defense
- Skill Level: Basic

OBJECTIVE:

Improve your team’s ability to ride the clearing team after a shot on goal.

DRILL DESCRIPTION:

This is a drill/play set up to have a standard ride after a shot. The goal is to have your players get back on defense and pick up the players as they set up to clear. Notice your defense is locked on the attack, and your midfielders are getting back to midfield before the clearing team. This is to prevent the fast break by the clearing team.

SKILLS PRACTICED:

- Riding
- Clearing
- Defensive Positioning

VARIATIONS:

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