

Clearing Drills

Videos from Chris Robinson

Clearing Drill 1

This is a 1 on 2 clearing drill with ball carrier starting in the middle and two defenders starting on the outside. A2 has the objective of sprinting the full length of the field within the parameters of the sideline and the white line. The outside defenders objective is to cut the attacker off and trap her before she makes it to the opposite goal line.

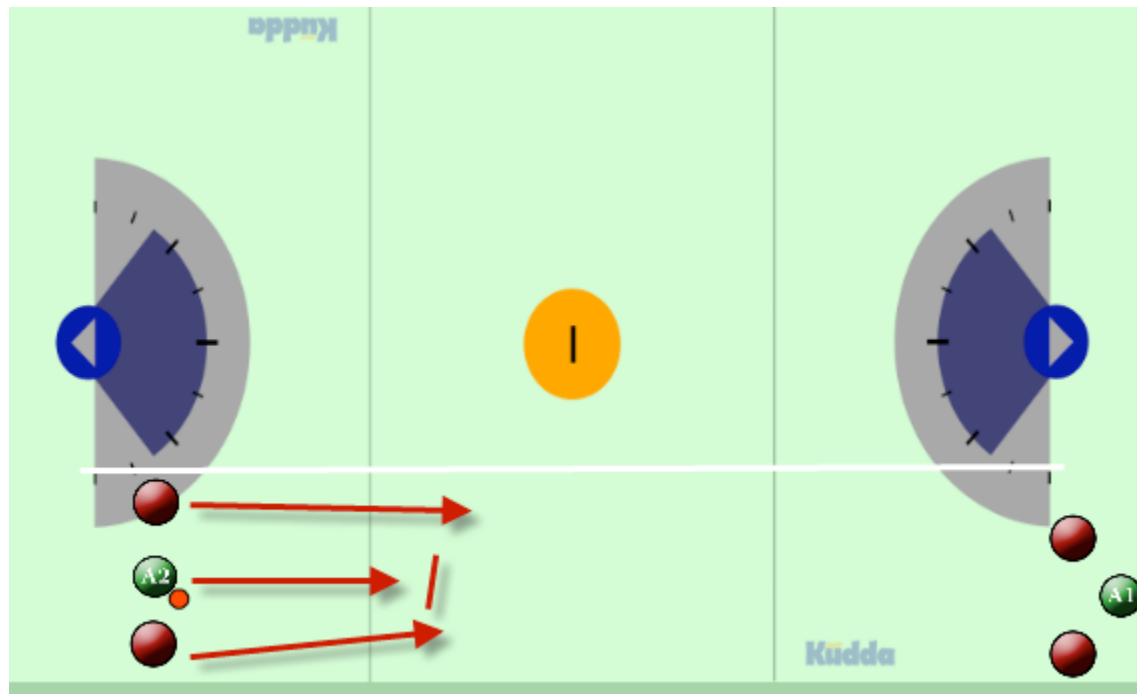


Figure 1

Clearing Drill 2 Part 1

The drill starts with a Coach taking a easy shot on the Goalie. The defensive players immediately breakout in every direction looking for an outlet from the goalie. It is important for the defenders to stay spread out.

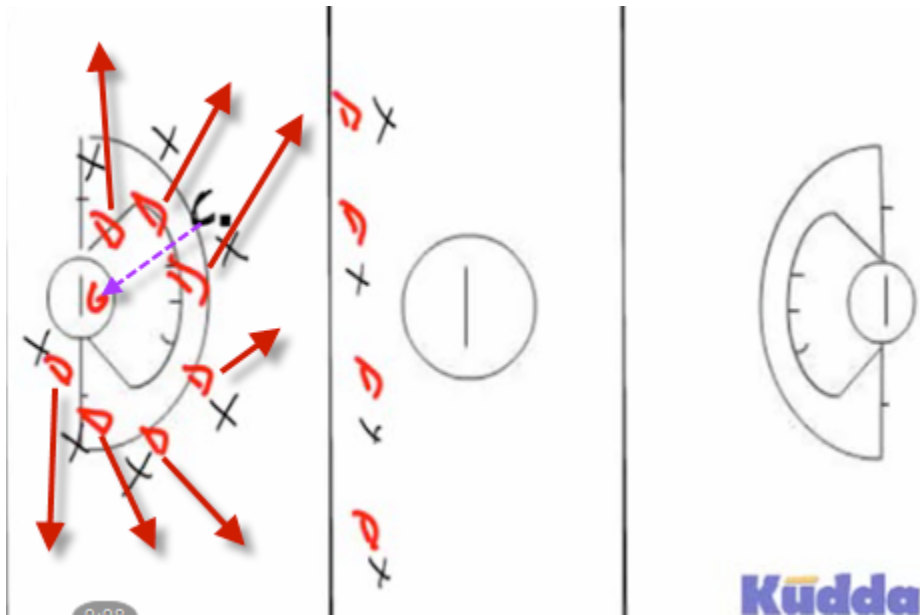


Figure 2

Clearing Drill 2 Part 2

For the sake of the drill, the attack will put immediate pressure on the goalie. The defender that is not being covered must then flash to the ball for an outlet and the drill continues into a fast break going the other direction.

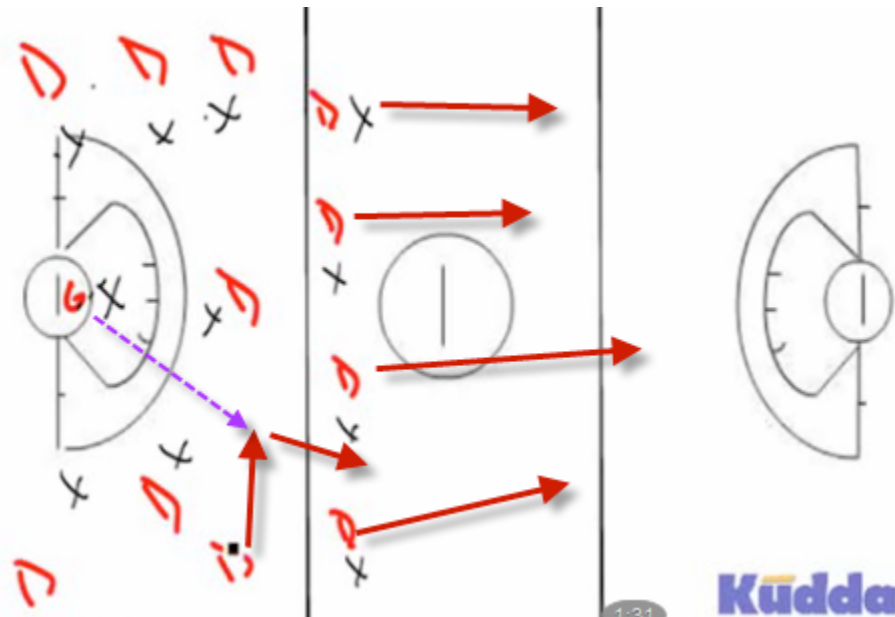


Figure 2