

# Clears After the Shot

**Objective** This basic clear drill will have your players in the right place and understanding how to breakout into space.

**Drill Description** See below:

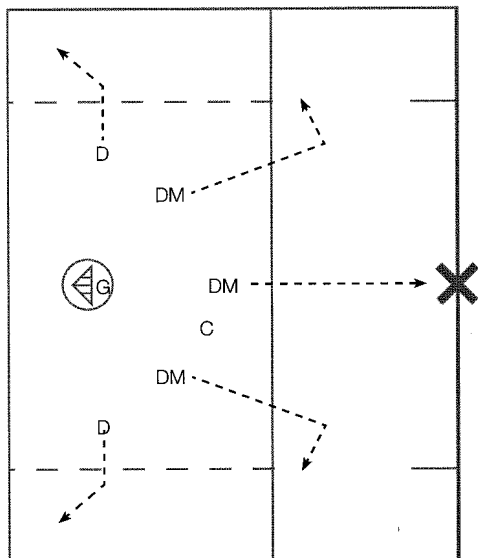
## Clearing Drills

### Quick Clear (after shot)

**Concept:** Like riding, clearing is a situation that a team faces 15-20 times in a game. It is the heart of a transition offense. These drills can be utilized as a stick drill in the beginning of practice, as position work or incorporated into full field situations.

**Rules:** Goalie — communication is key; uses all four seconds to scan field; outlets to wings; outlets over top; if front is open, utilizes a draw and dump.

1. DM furthest up field is responsible for cheating up field.
2. D at goal line extended — break perpendicular
3. DM is slightly in front of goal, break at 90 degree angle, breaking back at 45 degrees if covered
4. One long pole should cover crease until ball is progressed up field; if ball is redirected, crease man breaks to redirected sides
5. On shot by coach, goalie passes the ball to one of the outlets.



**Variation** Add a ride into the mix and have players in different color pinnies roam the field and disrupt clears.