Scoop and Clear Drill

Drill Specs

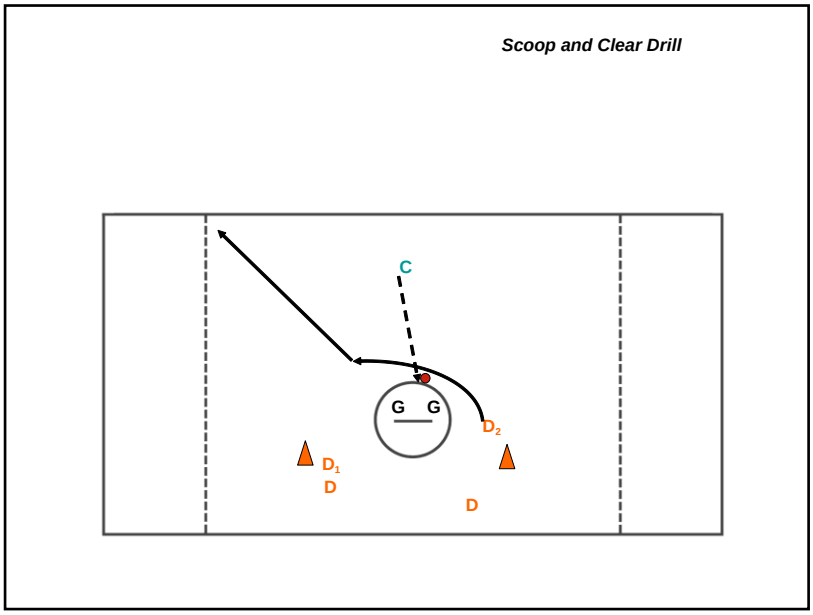
Drill Theme: Ground Balls
Field Position: Defense, Goalies
Drill Style: Skills, Warm Up
Time Needed: 10 Min
Field Location: Attack Zone
Skill Level: Intermediate

Objective

To teach defensive players to scoop through ground balls that happen around their crease area, and then transition the ball away from the goal and then up the field.

Description of Drill

Have 2 lines of defensive players behind the goal, about 5 yards away from goal line extended. Place 2 goalies in the cage, one to the right and one to the left.
The coach will be 15 yards away from the goal with a bucket of balls. The coach will shoot low, soft shots to the goalies, which deflect the balls in front of the crease in the rebound zone.
The players in line behind the cage will rush up and scoop the ground ball out of the rebound zone and break out to the wing with the ball, then turn around and throw back to the goalie. The player will break up the field and receive a clearing pass from the goalie at that time.
The drill repeats after the goalie clears out the pass.



Skills Practiced

- Ground Balls
- Clears
- Communication
- Conditioning

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Scoop and Clear Drill, Continued

Variations

Add another player down field at half field that your defensive players will relay the ball to once they receive the clearing pass from the goalie.

You may also add the pitch and pursuit drill to the end of this drill to have attack players ride the clear up the field.