



Riding Progressions

Appropriate Age Group: 10-18

Skill(s) Practiced: Clearing the ball into the offensive area.

Drill Duration: 5-10 minutes

Resources: Balls, Multiple cones

Description: This progression of clearing drills teaches players how to limit the advancement the ball down the field, using all of their teammates and zone principles.

Progression(s): Allow "Skip" passes, forcing the zone to rotate faster.

Drill Diagram(s):

