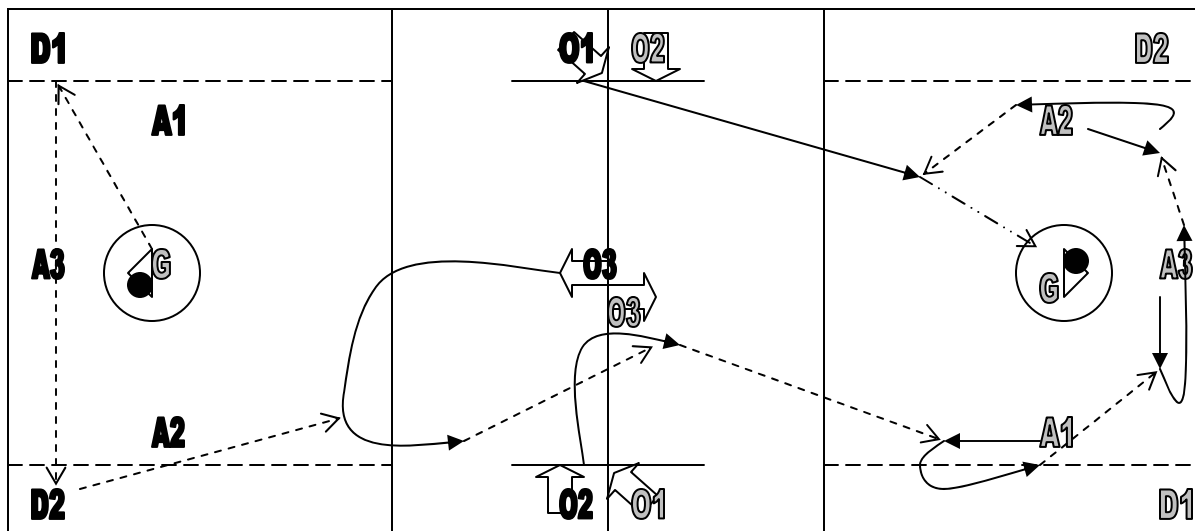




# Super Clear



## Set-Up

1. Divide the team up into two even groups with each group in different colors. The diagram above shows two teams, one black and one gray.
2. Start with a goalie in each net. The balls should be split evenly between them.
3. The long stick defensemen should be lined up at each of the four corners of the field (D1s and D2s).
4. Set up two attack units. One attack man should be at "X" (A3), and the other two should be along GLE close to the restraining box line.
5. Split the remainder of the players along the centerline. All of the blacks will be lined up on one side of center, and all of the grays will be on the other side. See diagram above for starting positions.

## Instructions

1. The diagram above shows the pass sequence for one color. When this drill is being run, two balls are in play at all times.
2. The goalie starts with the ball. On the whistle he passes it to D1.
3. D1 then makes the over pass to D2.

4. As the ball is in the air O3 begins a low cut, as if he's coming back to help the ball carrier. When D2 catches the ball he passes to O3 cutting towards him.
5. When O3 catches the ball he turns up field. When D2 passed the ball, O2 should have cleared through recognizing that O3 is now in that lane. O3 will continue up field until O2 has crossed center. O3 will then pass to O2.
6. When O2 catches the ball A1 will break towards him for support. O2 passes to A1. A1 will then turn back.
7. A1 will make his pass to A3 who is running towards him for support. Once A3 catches the ball he will turn and sprint to the other side of the field looking to pass to A2 who is breaking towards him.
8. When A3 is running, O1 will begin to time his cut from center, imitating the late man. A2 will look to pass to O1 for a quick shot.
9. The goalies then begin a new ball.

## Pass sequence is as follows:

G to D1, D1 to D2, D2 to O3, O3 to O2, O2 to A1, A1 to A3, A3 to A2, A2 to O1.

# *Super Clear*

## **Change Lines as follows:**

O1 becomes O3, O3 becomes O2, O2 becomes A1, A1 becomes A3, A3 becomes A2, and A2 becomes O1. Defense should substitute each time or have the defense sprint around the outside of the field corner to corner after each pass.

## **Coaching Tips**

1. This drill is used to simulate the basic principles used when clearing the ball. Some points of emphasis that this drill incorporates are:

- Defensemen reverse the ball using the over pass.
- Middies come back to help the defensemen, as if a team were pressuring.
- Middies clear through to give dodging players' space to run. This prevents teams who ride well from doubling the ball.
- Middies learn to be patient on the opposite side of the field. How many times does your team go off side? How many of those times is the far middy responsible for the offside?
- Attack men give the middies support.
- Attack men understand how to reverse the field of play in a slow break situation.
- Finally, sprint hard on a cut as if you were beating a defenseman into the crease.

2. Be sure to explain these basic principles to your players especially those at the youth level and up to the high school level. Many players just do what they are told and do not really understand why they are doing something. The basic principles that this drill teaches from every position can be used in all aspects of the game from offense to defense.

3. Have fun and enjoy this drill. It is great way to keep your team thinking, running, passing, and catching.