

Clearing the ball

Divide the players into two group.

20 feet in front of the goal place two cone. One to the right of the goal post and one to the left of the goal post.

Have each group line up behind a cone.

Coaches will roll the ball toward the goal and the first player in line should run the ball down and clear the ball to the correct sideline. **NEVER IN FRONT OF THE GOAL.**

The players should switch lines so they practice clearing to both side.

Coach reminder: If the girls are running down the right side of the goal post they should clear the ball with their Left Foot. This will feel awkward for most girls but practice make perfect!

