

Clearing and Riding in the Youth Game "Doing the Little Things To Perfection"

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Atlanta Youth Lacrosse



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Clearing and Riding in the Youth Game "Doing the Little Things To Perfection"

- Who is Involved – The Positions
Philosophy
Calls
2 on 1 – emphasize the Concept
Techniques

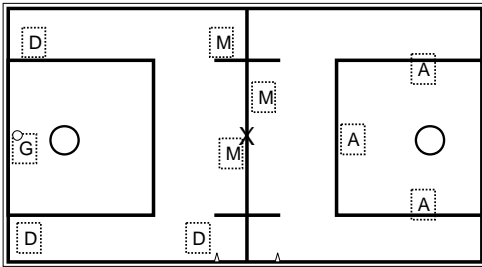
- Clears
Concepts
Settled Clear - Box Clear
Box 3 - Sideline Clear
Box to 3 Clear
Isaac Clear
Adam Clear

- Rides
Concepts
Red Ride
Bump Ride
Match Ride
10 Ride



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Box Clear

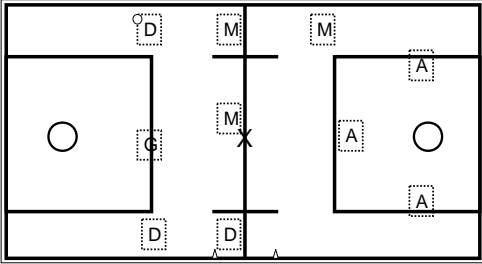


Box Clear or Settled Clear - Used off End Line or Side Line, Inside Box or after a shot if Goalie does not
Make a quick outlet pass to a player breaking up the field.



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Box 3 - Sideline Clear

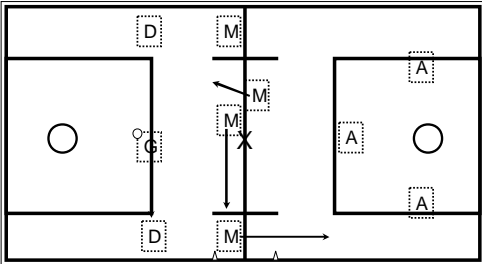


Box 3 Sideline Clear - Use when ever the clear starts between the restraining line and midfield line.



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Box To 3 - Clear

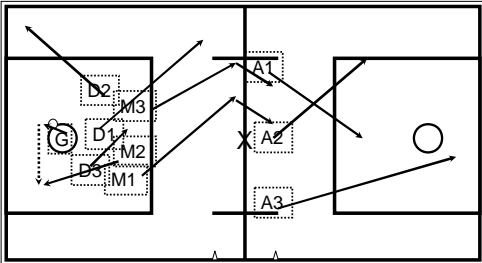


Box to 3 Clear - Use off End Line or Settled Clear. Bring a 4th Middle on and remove Pole



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Isaac - Clear

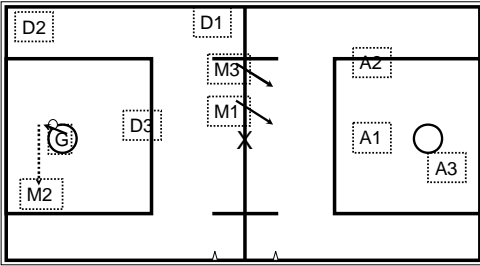


Call = Isaac - Middle ISO Clear - Goalie gets the ball to M2 who carries it over midfield



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Isaac - After the break

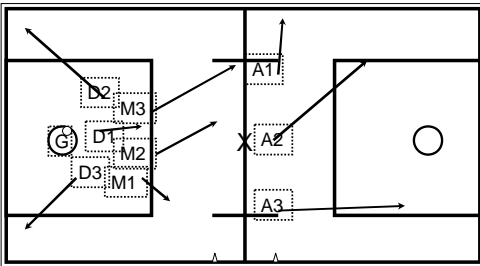


Call = Isaac - Middle ISO Clear - Goalie gets the ball to M2 who carries it over midfield



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Normal - Clear

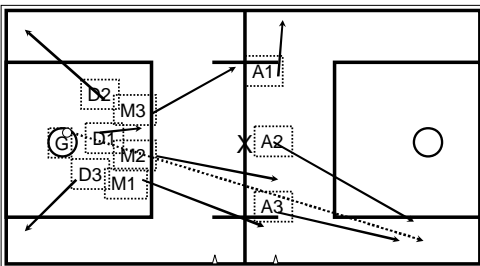


When the Goalie has control of the Ball he will shout Clear. On the word Clear all players will move to their respective positions on the field. Goalie must be like a quarterback scanning the field. It is important for players to hear the Goalie command to make sure he is in control of the ball.



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ADAM - Clear

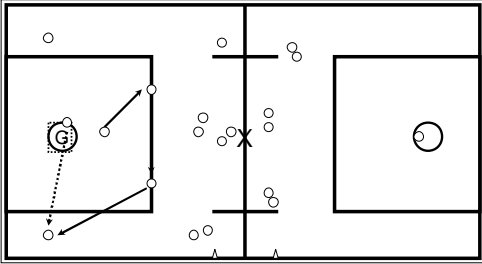


Call = ADAM - Adam Clear or Cheap Clear - Goalie makes save and calls Adam - Goalie throws the ball to a designated area between sideline and box. This gives the attack a 50/50 chance of a ground ball opportunity. If you Cheap it do it with purpose!



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Red Ride

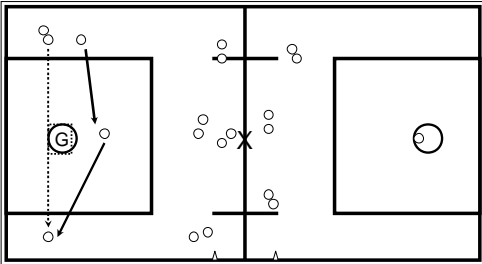


RED RIDE - Attack moves on the pass in a triangle middles lock and Defense Locks Attack.
 ○ Blue Equals Clearing Team
 ○ Yellow Equals Riding Team



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Bump Ride

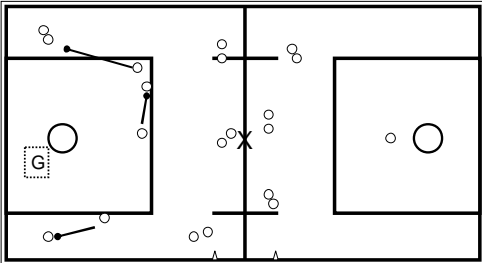


Bump RIDE - 2 Attack players below one high middles lock and Defense Locks Attack!
 ○ Blue Equals Clearing Team
 ○ Yellow Equals Riding Team



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MATCH Ride

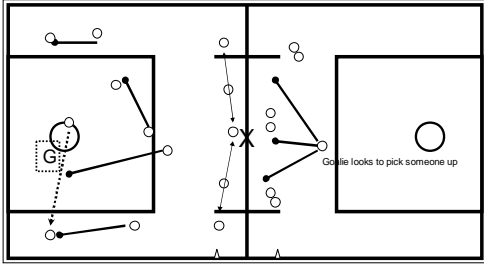


MATCH RIDE - Most Youth Teams will use a Ride like this. Match up with a clearing player. Do not play the Goalie until he passes you.
 ○ Blue Equals Clearing Team
 ○ Yellow Equals Riding Team



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10 Ride



10 RIDE - This Ride gets your Goalie involved. Orange (on this Chart) Midfielder Jumps Goalie.
Other 2 Midfielders Split Difference between Clearing players.

- Blue Equals Clearing Team
- Yellow Equals Riding Team



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