



BUILDING RIDING + **CLEARING INTO PRACTICE**

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- Thank you- NILCA, Joe Bac

- Everything here is stolen or adapted
 - Hopefully I do everyone justice!

WHERE ARE WE GOING?



*How can we create, teach, and develop our Transition (Riding / Clearing / Transition / Subbing) game in a functional and efficient manner?

- Full Field Lacrosse
 - What it is and what it isn't
 - Why focus on it?

- Game Model
 - General principles
 - Clearing
 - Concepts and objectives
 - Scheme considerations
 - Riding
 - Concepts and objectives
 - Scheme considerations
 - Phases of Transition

- Practice implementation and drills

“FULL FIELD LACROSSE”



- What is it?
 - A focus on how Riding, Clearing, and general transition impacts games
 - Connecting phases of the game to one another in scheme and in practice
 - “All position no position” player development - Making sure that we develop “Lacrosse Players”
- What FFL isn’t:
 - Ignoring position-specific development
 - Playing “wreckless”- Can play at any “tempo” and still focus on FFL
- Why?
 - It’s more fun
 - Everyone is a “Lacrosse player”
 - Mentality: We’re on Offense whenever we have it and Defense whenever we don’t.
 - Everyone is a threat to score. Everyone helps defend.
 - Better player development- Creates an understanding of both sides of the ball
 - Attackmen have to play D (Ride) and Defensemen have to play O (Clear/Transition)
 - Hard to score 6v6
 - 2 failed Clears = 1 goal per game on average
 - Reduce your failed Clears by 2 per game + Increase your Ridebacks by 2 per game = 2 goals per game aggregate
 - Can decide games (especially in HS)
 - Notre Dame vs. Albany 2014 quarterfinals
 - IDENTITY!

PRINCIPLES



BIG PICTURE: "Eliminate the Pause"

- Win "Sudden Change" First 3 steps (sprint)
- Beat the Whistle
 - The play almost never really "stops"
 - How to "inbound" the ball
- "Spike" every GB
 - "Ground Ball Offense"- Move it 2 passes

CLEARING: Move the ball quickly into our Offensive end. Look to create scoring opportunities.

RIDING: Slow their Clear down. Look to win the ball back.

- **Create Spacing**
 - Get Width and Depth to force the opponent to cover the 110x60.
- **Use Speed + Movement**
 - Sprint to our Spacing
 - Run hard with and without the ball- Get ahead of it
 - "Hit open sticks"- Pass ahead
- **Hunt Advantages**
 - 2v1s
 - Attackmen
 - Subbing advantages

- **Organize to Protect the Goal**
 - Inside → Out: Paint → Find One → Matchups
 - Identify responsibilities, locations, subs, etc.
 - Build walls: ChestBack (See Ball's Chest → expand. See Ball's back → in).
- **Delay the Ball's Movement**
 - Limit any Scramble situations: Make them "set up" their Clear/Offense.
 - Ball pressure whenever possible.
 - Force ball E ←→ W
 - Restrict space on the Ballside

CLEARING



- Personnel
 - Sub as few as you need to
 - Importance of Positionless drills
 - Can your poles handle the ball? What does this mean in your clear?
 - Types of passes they have to throw
 - Can they run by an attackman and play on the run?
- Think of it as a progression (Phases slide)
- Importance of Terminology and Communication
 - Label the field
 - Tells guys where to get to, where the look is
 - Name specific passes and motions that you want
 - “Audibles” vs. pressure

RIDING



- Why Ride?
 - Attitude → Belief and energy. We “get to Ride”
 - Hard to score 6v6. More possessions = more goals.
 - Don’t make things easy for your opponent.
 - It doesn’t cost as much as you think.
- What type of Riding team do you want to be?
 - You don’t have to 10 Man to be successful Riding. Any scheme can be “good”.
 - Ball pressure vs. drop and cover?- 6, 9, 10 Man
 - Fit this with the rest of your schemes
- Personnel:
 - Depth and need to sub
 - 2way vs. OM/DM
 - Can always sub 1. Can usually get 2, even if you 10 Man.
 - Can sub post-Clear typically also
 - Just like anything else- fit this to what you have (but be creative)

PHASES OF TRANSITION



PHASE	CLEAR	RIDE
BREAKOUT (0-4 seconds)	<ul style="list-style-type: none"> ● Win sudden change <ul style="list-style-type: none"> ○ We're on Offense now ● Create space quickly <ul style="list-style-type: none"> ○ Can we get out quickly or create transition? 	<ul style="list-style-type: none"> ● Win sudden change <ul style="list-style-type: none"> ○ We're on Defense now ○ What Ride are we in? ● Delay ball movement <ul style="list-style-type: none"> ○ Ball pressure ○ Build walls
SET (5-20 seconds)	<ul style="list-style-type: none"> ● Ball and People Movement <ul style="list-style-type: none"> ○ Hunt 2v1s ○ Find their Attackman 	<ul style="list-style-type: none"> ● Organize <ul style="list-style-type: none"> ○ Sub efficiently ○ Flow Ballside ○ Force E ←→ W passes
TRANSITION (Post Clear)	<ul style="list-style-type: none"> ● Hunt Advantages <ul style="list-style-type: none"> ○ Fast Break/Secondary Break ○ Good matchups early on before subbing ○ Above the goal vs. Through X 	<ul style="list-style-type: none"> ● Ball pressure or get in? ● Organize and Protect <ul style="list-style-type: none"> ○ Work inside out ○ Get to "Neutral"
SUBBING	<ul style="list-style-type: none"> ● Efficiency ● Can we create advantages with Sub Games/Playing through Subbing? 	<ul style="list-style-type: none"> ● Organize and Protect <ul style="list-style-type: none"> ○ Have a plan for picks and games

“TRADITIONAL” R+C PRACTICE



- Full Field 10v10
- Always takes longer than you want it to
- It's cold and guys are standing around
- You're yelling across the field and you have no idea if guys are actually hearing or listening
- Guys are constantly switching jerseys because you don't have enough depth or numbers. Or you're going against your JV and probably not getting the look you want.

There are plenty of ways to get Ride + Clear work in without explicitly working on it.

- Efficiency of time
- Builds habits
- Better competition
- Play more conceptually so players can “figure it out” and “read the game”
- You still need to live Ride + Clear full field!!! Do it however you can/need to.



PRACTICE + DRILL PHILOSOPHY

- Ride and Clear everyday!
 - Your priorities lie in how you spend your time
 - Look at your practice plans
 - Doesn't have to always be full field or "Rides and Clears"
 - Incorporate drills/concepts every day that reinforce the concepts and smaller pieces.
 - Stickwork, Stations, Indy- Breakdown drills
- "Positionless" drills
 - Everyone plays O and D: Touches and exposure to situations → Translates
 - Include this in every practice
 - Great for competition
- Make all (or as many as possible) ½ Field drills either "2 ball" and/or end with a Ride/Clear
 - The best Clear is when you don't have to use one
 - This coaches the "eliminate the pause" mentality and ties phases/concepts together
 - Adds spice to 6v6. Different "balls" can be different things (Ex: Spike → Endline)
- Reward what you want repeated
 - Scoring systems
 - Ex: 6v6- Goals = 1, Clears = .5, "Fast Break" = 2



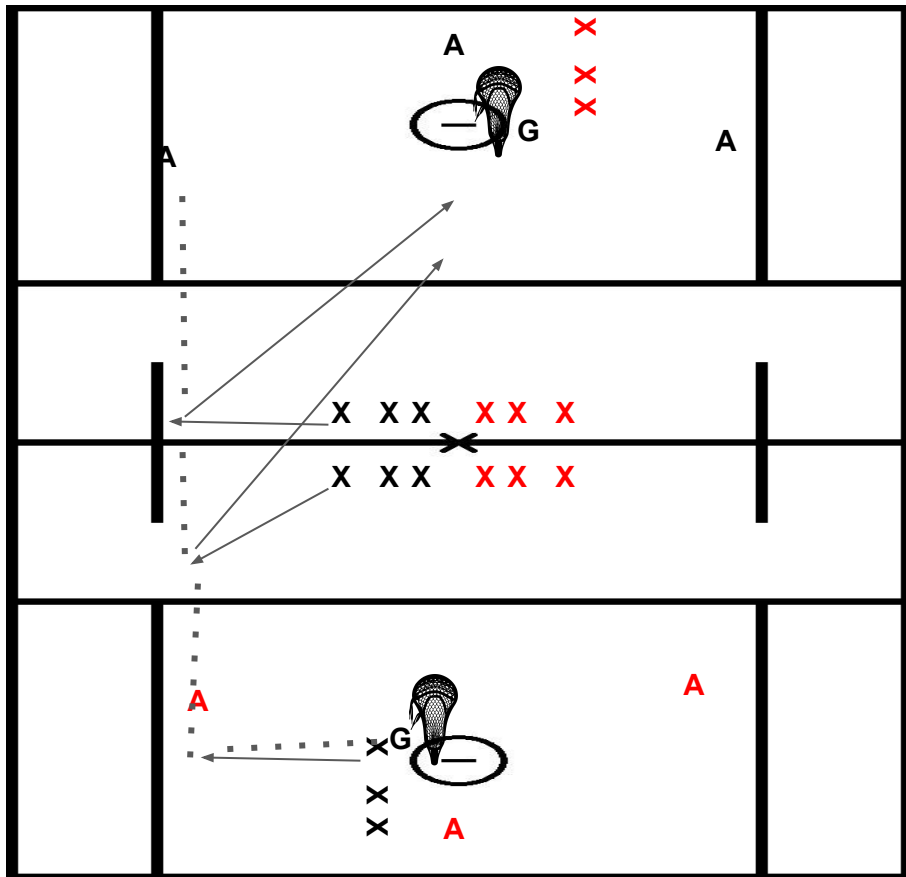
STICKWORK

KEEPAWAY



- Clearing is a big game of Keepaway
- Positionless
- Multiple groups going at once
- Can/should use this incorporate other offensive and defensive concepts
- Gives players the chance to police themselves and lead

SPLIT CLEAR STICKWORK



- **SETUP:**
 - 2 sides going at once
 - Each: 1 Attack, 2 Mid Lines, 1 D Line
- **PLAY**
 - G passes to D → Passes to low Mid → Passes to High Mid → Passes down to Attack to play out Skeleton Transition
 - Players follow their pass and then move to the other side of the field. (D → M1 → M2 → D line on opposite side). Attack stays.
- **FOCUS POINTS**
 - Fit this to your Transition Offense
- **ADDS/MODIFICATIONS**
 - Run it one side with low numbers
 - Goalies can get shot on or not
 - Don't need all 3 Attack if you want to Pass + Pick

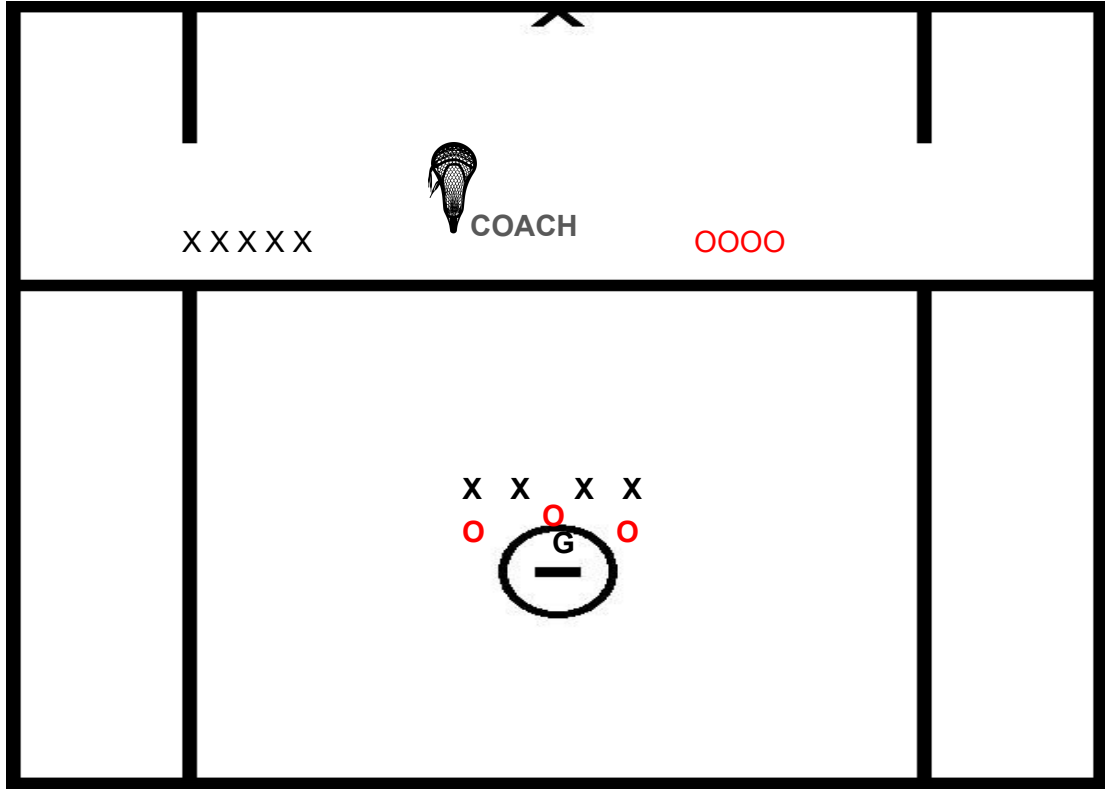


BREAKOUT

SPIKE

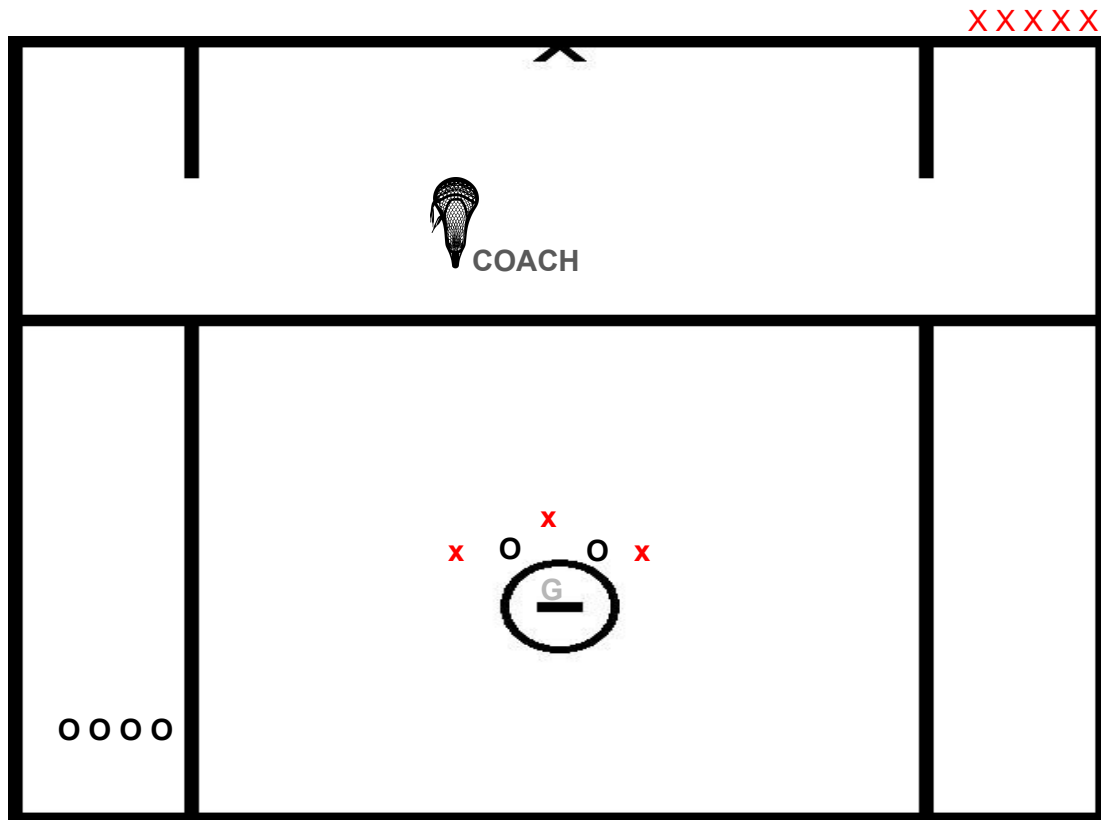


- **SETUP:**
 - Positionless
 - “Defense” starts inside of the Crease.
 - “Offense” starts 1-2 yards ahead of them
- **PLAY**
 - Coach rolls ball in → All players are released.
 - Once the first ball “dies” → coach immediately rolls 2nd ball in.
- **RULES**
 - Offense must “Spike It”
- **FOCUS POINTS**
 - Offense: Spike. Spacing
 - Defense: Ball Pressure vs. Retreat. Rotations/Heding.
- **ADDS/MODIFICATIONS**
 - Location on the field: Alley, “Sideways”, etc.
 - Around the World: Have players jog around/in the Crease before the first ball is rolled out
 - 4v4 Double: Defense must “Double” the GB and then recover on ball movement



RIDE + CLEAR BUILDUP

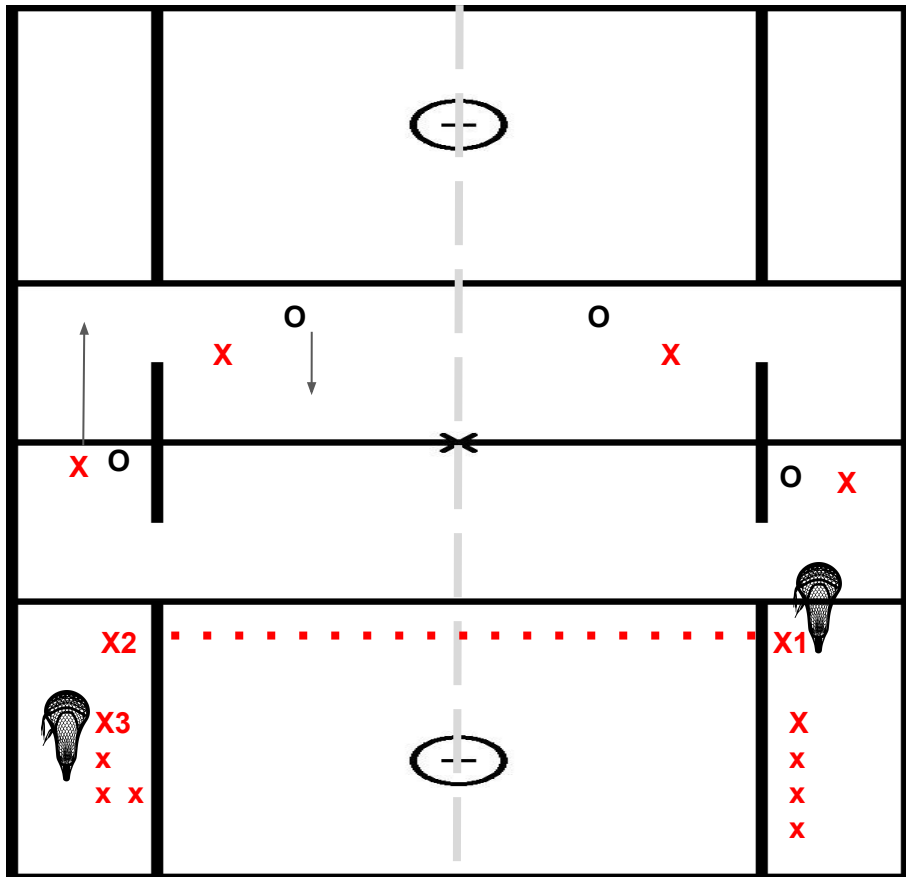
- **SETUP:**
 - 3v2 (or any number) in front of the Goal.
 - “Offense is 1-2 yards in front of “Defense”.
 - 1 “Offensive” line just past midfield (team with the advantage)
 - 1 “Defensive” line just below GLE (team with the disadvantage)
- **PLAY**
 - Coach rolls ball in → live
 - When ball “dies” (score, out of bounds, turnover, save) → Add one player from the Defensive line to clear
 - Once D clears → throw the ball to the Offensive line → everyone stays in and plays to the goal
 - Build up as high or as low as you want
- **RULES**
 - 1st Clearing pass cannot go to the “Add”
 - Riders must pressure the ball
- **FOCUS POINTS**
 - Sudden change
 - Riding rotations and communication (Don’t want to give up easy ones)
 - Clearing breakout and spacing
- **ADDS/MODIFICATIONS**
 - Can start the drill even and not add on the first ball
 - Hippo (3 seconds with the ball in your stick)
 - Change the location of the GB to start
 - Move the Offensive line to different areas of the field





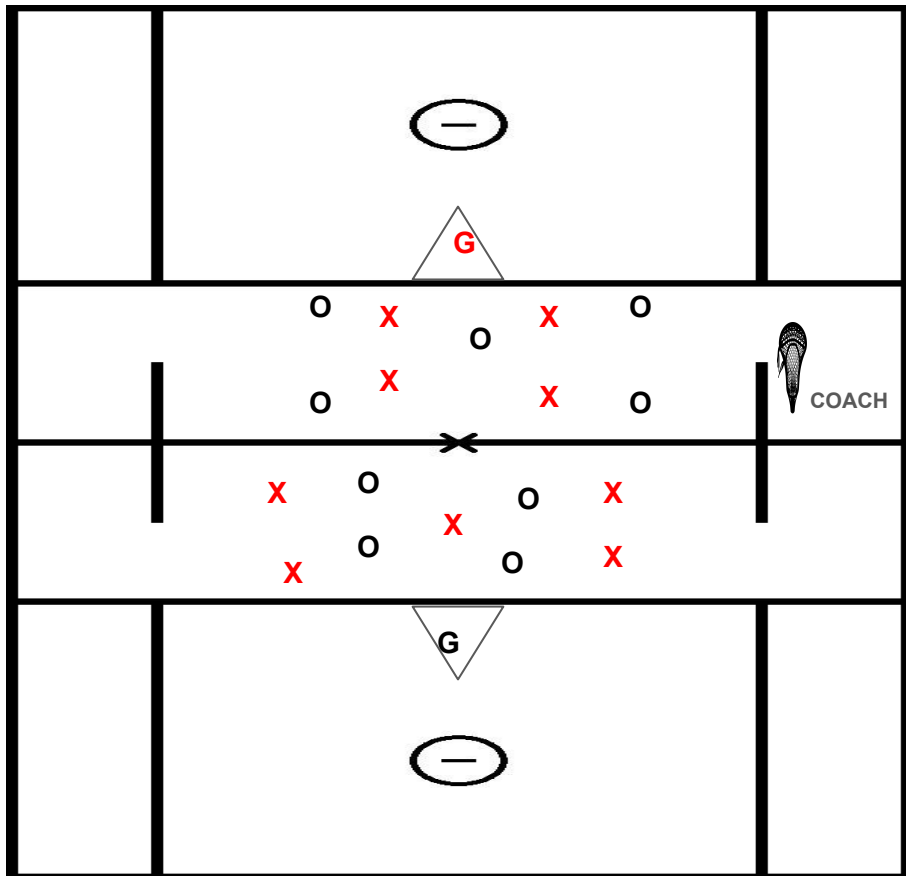
SET

SPLIT FIELD READS



- **SETUP:**
 - Field is split down the middle by the Rim Line. 2 different drills going on at once.
 - Balls are in the low lines (X1 and X2).
- **PLAY**
 - Drill starts with an Over pass (X1 → X2 in diagram)
 - Becomes a 3v2. Mids should move in whatever your Clearing pattern is.
 - The Riding team can play it however they like (jump the low man, split, etc.). Can give a specific look or change it up each time.
 - Next guy in line throws an Over pass to the original passer (X3 → X1) and then play begins on the other side of the Rim Line.
- **FOCUS POINTS**
 - Simulate your Clear vs. specific types of Riding looks.

MUNRO



- **SETUP:**
 - Pull Goals up to Restraining lines
 - Each team has 5 Offensive players on one side of the Midfield Line and 4 Defensive players on the other side of it.
 - Play must stay within the width of the Faceoff Wing lines.
- **PLAY**
 - Players cannot cross the Midfield Line. The ball must be passed across.
 - 15 second Clearing and Shot clock.
 - Each group gets 2-3 balls
- **FOCUS POINTS**
 - Clearing team = Dealing with pressure
 - Riding team = Bumping and prioritizing
- **MODIFICATIONS**
 - 10MAN: Goalies come out during the Ride to simulate a 10Man Ride.
 - Clearing decisions: Shoot, etc.
 - Riding decisions: When to break the Ride, etc.
 - Can let players “swap” across the Midline to Clear the ball.

TRANSITION/EARLY OFFENSE/SUBBING



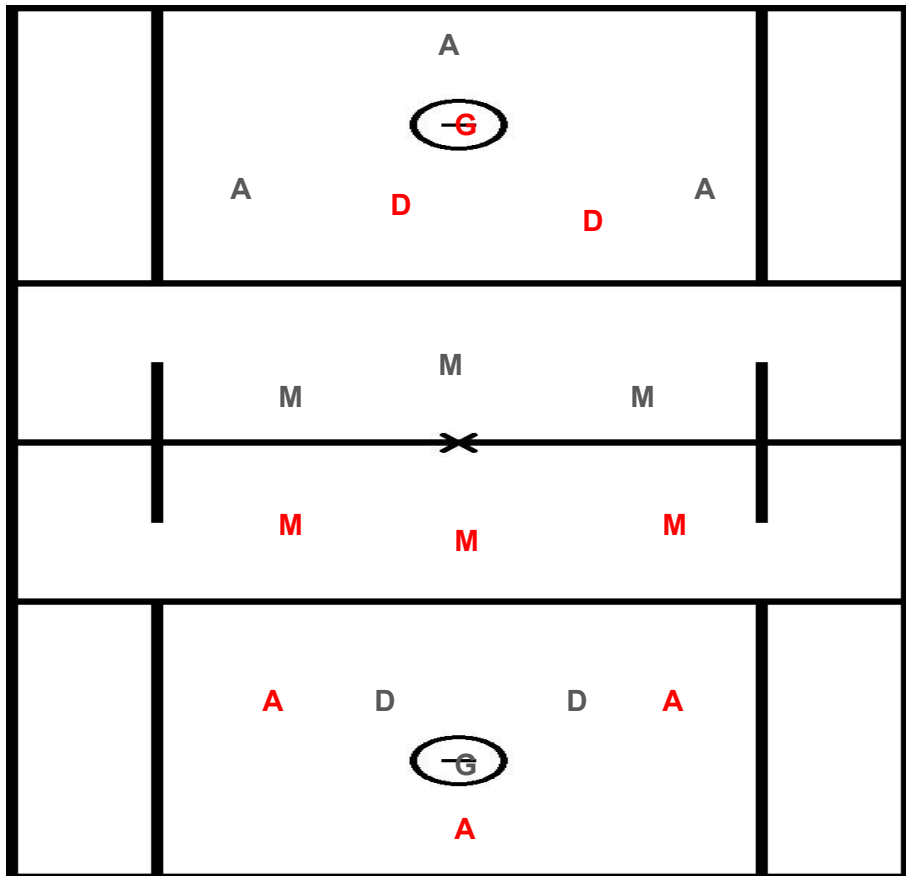
- Transition
 - Only sub what you need to!
 - Have a plan to get your best players the ball
 - Above the goal vs. Through X → Just get it to the Attack!
 - FO and D crash the pipes (can do this with whatever you're doing)
 - "Cut and grab"
- Early Offense/Sub Games
 - Find FO Men and OMARS/GOATS
 - Statue
 - Picks
 - Importance of scouting
 - Attack Probe through subbing (Can be "Red" but need to look like you're attacking)
- Flow into O
 - More of a need for this with shot clock upcoming
 - Determine which of your OMids come out in what order

STATE CHAMPIONSHIP DRILL



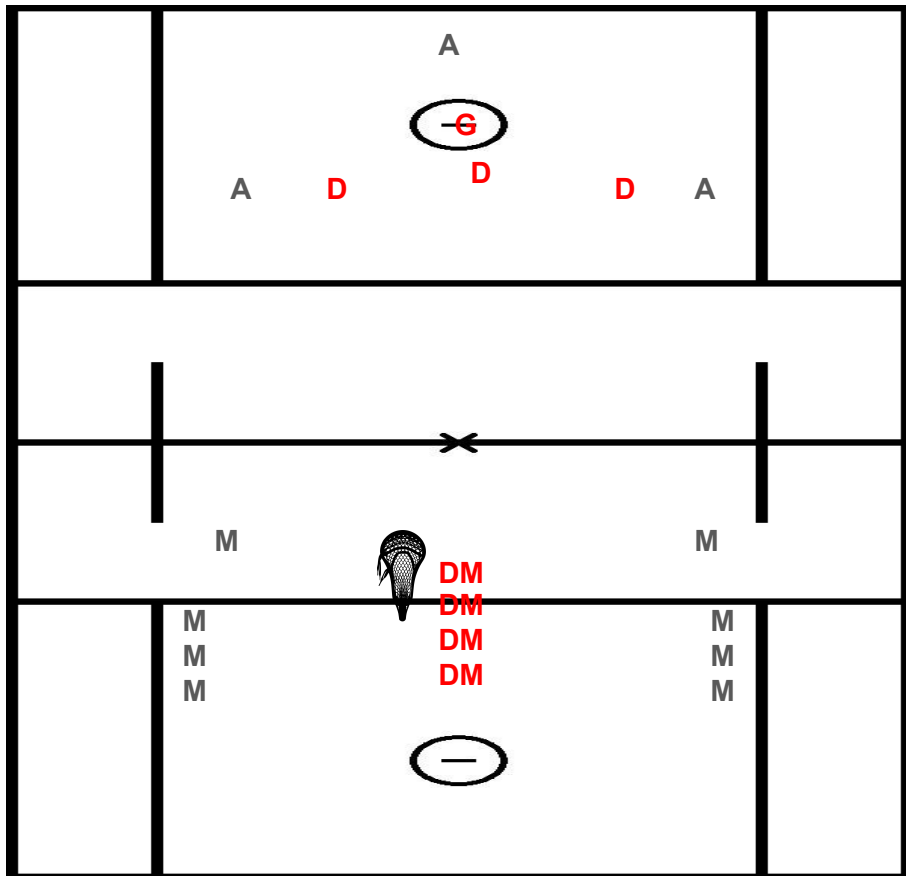
- Can be added to almost any drill
 - Best in any type of scrimmage or 6v6-type drill
 - If you can't do 10v10 → 7v7 (2A/2M/2D/1G) or 8v8 (2A/3M/2D/1G)
- Objective is to work on “Sudden Change” and “Beating the Whistle”
- Setup:
 - Coach(es) have multiple balls with them. Playing field should be lined with balls.
 - During course of play, coach blows the whistle → ball changes possession and goes the other way
 - Pretend infractions (ball turns over on the spot)
 - Gets guys used to bad officiating too
 - New ball- Old ball is “dead” and players must react to new ball
 - Can call out situations for players to respond to as well (Ex: “Sideline Clear!”)

DOWNHILL



- **SETUP:**
 - 9v9 = Full field setup, but each team only has 2 D
 - All players not in are playing “midfield” and on the sideline/Sub Box
- **PLAY**
 - Can start with a Faceoff or a GB (anywhere)
 - Play the ball out like you typically would. Each team will have a 6v5 in their offensive end.
 - Can sub on the fly or in shifts.
 - When the ball “dies” → Roll a new one in
- **FOCUS POINTS**
 - Transition reads/sets
 - Getting in defensively
- **ADDS/MODIFICATIONS**
 - Reduce numbers and shorten the field
 - Hippo (3 seconds with the ball in your stick)
 - VIRGINIA: Teams can only pass the ball over the Midfield line. Goalies can (should) leave the cage and “10 Man”
 - Can add STATE CHAMPIONSHIP DRILL rules

HOYA



- **SETUP:**
 - DM and M lines should be mixed
 -
- **PLAY**
 - DM rolls a ball to either M → 54 w/ Trailer (2nd player from DM line goes once the ball crosses the Midline) → Have 1 Offensive player from a M line go to Midline to run a Midline sub → Can play 55 from here
- **FOCUS POINTS**
 - Transition reads/sets
 - Subbing
 - OMids should be at the front of DM line for initial transition, and should be subbing on Offensively when in the M line.
 - DMids should be playing Offense for initial transition.
- **ADDS/MODIFICATIONS**
 - Can work on Defensive subbing by having DM “marry up” with the subbing OMid.



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