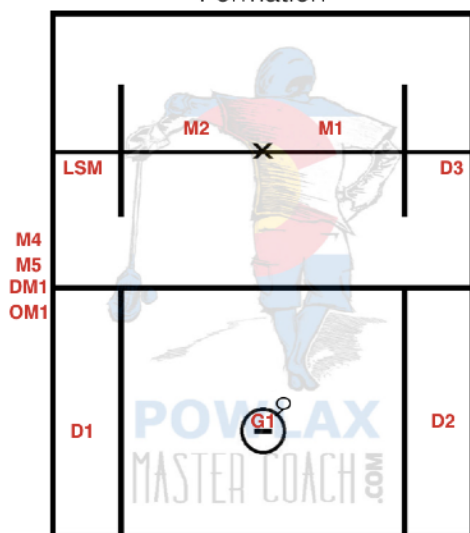




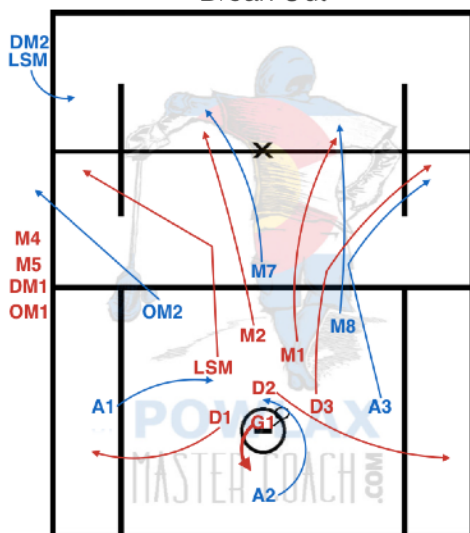
4-3 Alpha Clear



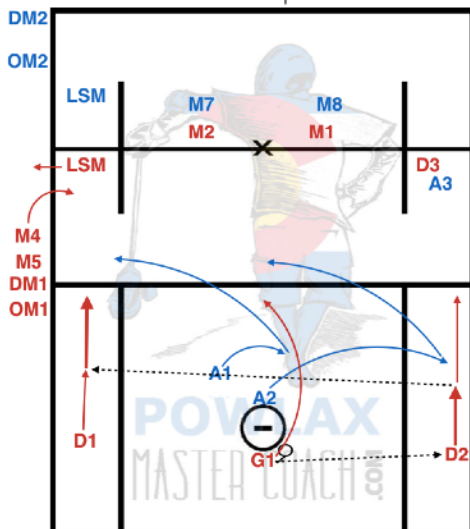
4-3 Alpha Clear Formation



4-3 Alpha Clear Break Out



4-3 Alpha Clear Walk it Up 3v2



4-3 Alpha Clear

The 4-3 Alpha Clear utilizes spacing, the midline, ball movement and our opponents desire to keep their attackman on offensive side of the field to clear the ball efficiently.

4-3 Alpha Clear Formations

The Alpha Clear is run out of the 4-3 formation with:

- 4 Players on the Midline. A defenseman , **D3**, to the off box side and will start on sides. Two Midfielders, **M1** and **M2**, who will move across the midline, and the **LSM**, who will move to the box side and potentially sub for **M4**.
- 3 Players who will set up the base of the clear by staying even with each other. The Goalie, **G1**, and two defenseman flanked out to the right and left, **D1** and **D2**, flanked out to the right and left.

*We will not involve our own Attackman or their defenseman in our example. They should be below the opposite restraining line and away from the midfielders.

4-3 Alpha Clear Break Out

Once our defense has gained possession of the ball, our players will spread the field as much as possible because we have 7 players trying to clear and they only have 6 who are riding. We should always have a player open.

Setting The Base

D1 and **D2** - will banana cut to the sides of the field by getting deep, wide, and never losing sight of the ball and staying even with **G1**.

G1 - will get out away from any riding attackman and stay in the middle of the field, splitting **D1** and **D2**.

Moving Up Field

M1 and **M2** - will run a rounded fly routes to just across the midline on either side of the faceoff X.

LSM - will run a corner route to the Box Side.

D3 - will run a corner route to the off box side and make sure to stay on sides.

***As players are running these routes, they must be aware of whether they are open or not!** If they can receive a pass for a quick easy clear, that is what we want to do.

Walk It Up

In the event that all of the up field players are covered and we can not get up and out early, the base players will move the ball and walk it up to just below the restraining line.

As the base players are walking it up, the **LSM** can sub off for **M4** who should be the best defensive midfielder on the 2nd line in case something goes wrong.

I used a 2 Down "Windshield Wiper" ride in the example, because it is used a lot.

Communication

Using communication that lets the ball carrier know the location of the open player is imperative during a clear because it allows the ball carrier to react faster. If you use the names of the player he should pass to, the ball carrier still has to locate the player you want him to pass to. For instance, when **G1** throws to **D2**, **D2** should have said "Right". When **D2** passes to **D1**, **D1** should have yelled "Over".

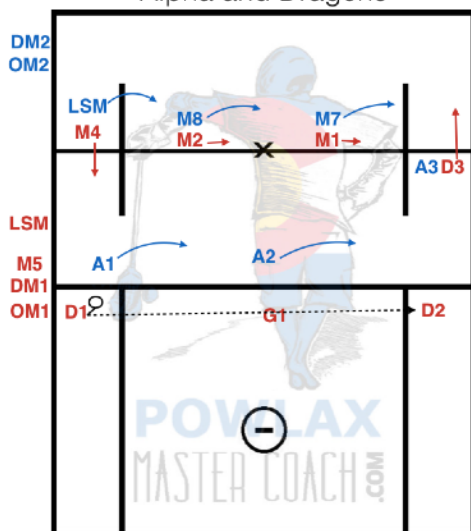
For a more complete description of the clearing vocabulary, reference the [Clear Passing Drill](#) pdf.



4-3 Alpha Clear Looks



4-3 Alpha Clear
Alpha and Dragons



How the Alpha Clear Works

As the opposing team rides, we know that only 3 of the offensive opposing players will be allowed to cross the midline. Once we are in the 4-3 formation, we will use the midline to create a 4v3 across the field to free up a player who is across the midline.

M2 and **M1** are across the midline which brings **M7** and **M8** over. This leaves only one more opposing player who can cross the midline.

Now we will create our 4v3 by having **M4** and **D3** exchange over the midline. The player on the ball side of the field is allowed to step over the midline while the player who is off ball side will have on sided responsibility.

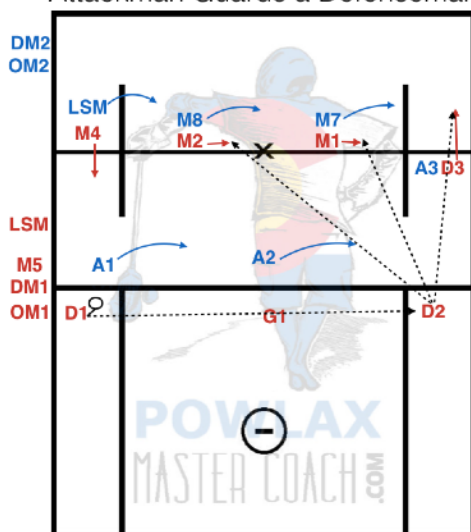
Alpha

Alpha is the call that a player will make when he is being defended by an attackman. In the example, that is **D3**. **D3** will yell "Alpha", **D1** will throw the over pass to **D2** and **D2** will have a few looks that he can make.

Dragon

Dragon (Drag) is the action made by **M1** and **M2** as the riding midfielders rotate. **M1** and **M2** will drag across the field into the space left by the riding attackman trying to get open.

4-3 Alpha Clear
Attackman Guards a Defenseman



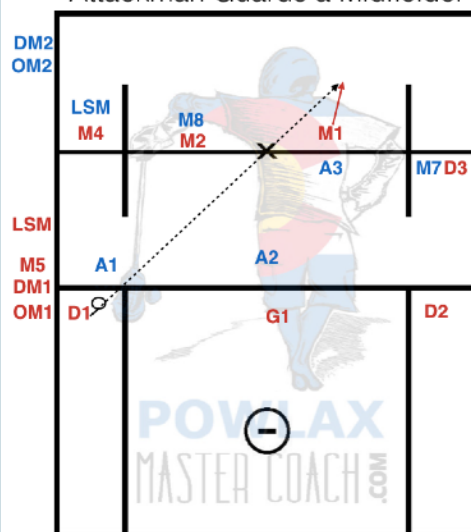
Attackman Guards a Defenseman (Left)

If the attackman guards our 3rd defenseman, **D3**, **D3** will yell "Alpha". **D1** will throw an over pass to **D2**. **M4** will move back on sides, allowing **D3** to move over the midline forcing the riding midfielders to shift over. As the riding midfielders shift over, **M2**, **M1**, and **D3** could be open for passes.

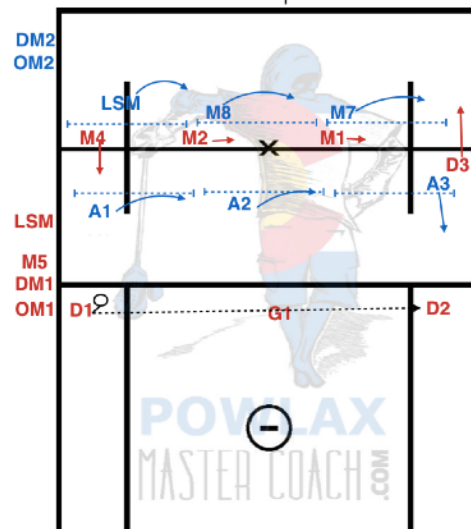
Attackman Guards a Midfielder (Right)

If a riding attackman guards a midfielder, the midfielder must be aware that his defender did not cross the midline with him and yell "Alpha" to receive a pass. In our example, that is **M1**.

4-3 Alpha Clear
Attackman Guards a Midfielder



4-3 Alpha Clear
vs 3 Deep Ride



4-3 Alpha Clear vs 3 Deep Ride (Left)

If the opposing team tries to use a 3 deep ride, it doesn't change much for us as we clear because our 4v3 over the midline will still work.

4-3 Alpha Clear vs Match Feet (Right)

If the opponent matches feet, our 4v3 won't work because **A3** will follow **D3** over the midline and the defense will not be forced to rotate. When this happens, we will have to beat someone in open field and we'd like to get as many of the opposing attackman on the defensive end as possible. In our example:

D2 runs it out against **A2**.

D3 drags **A3** into the offense zone.

M2 is forced to get back on sides.

4-3 Alpha Clear
The Opponent Matches Feet

