Up and Over

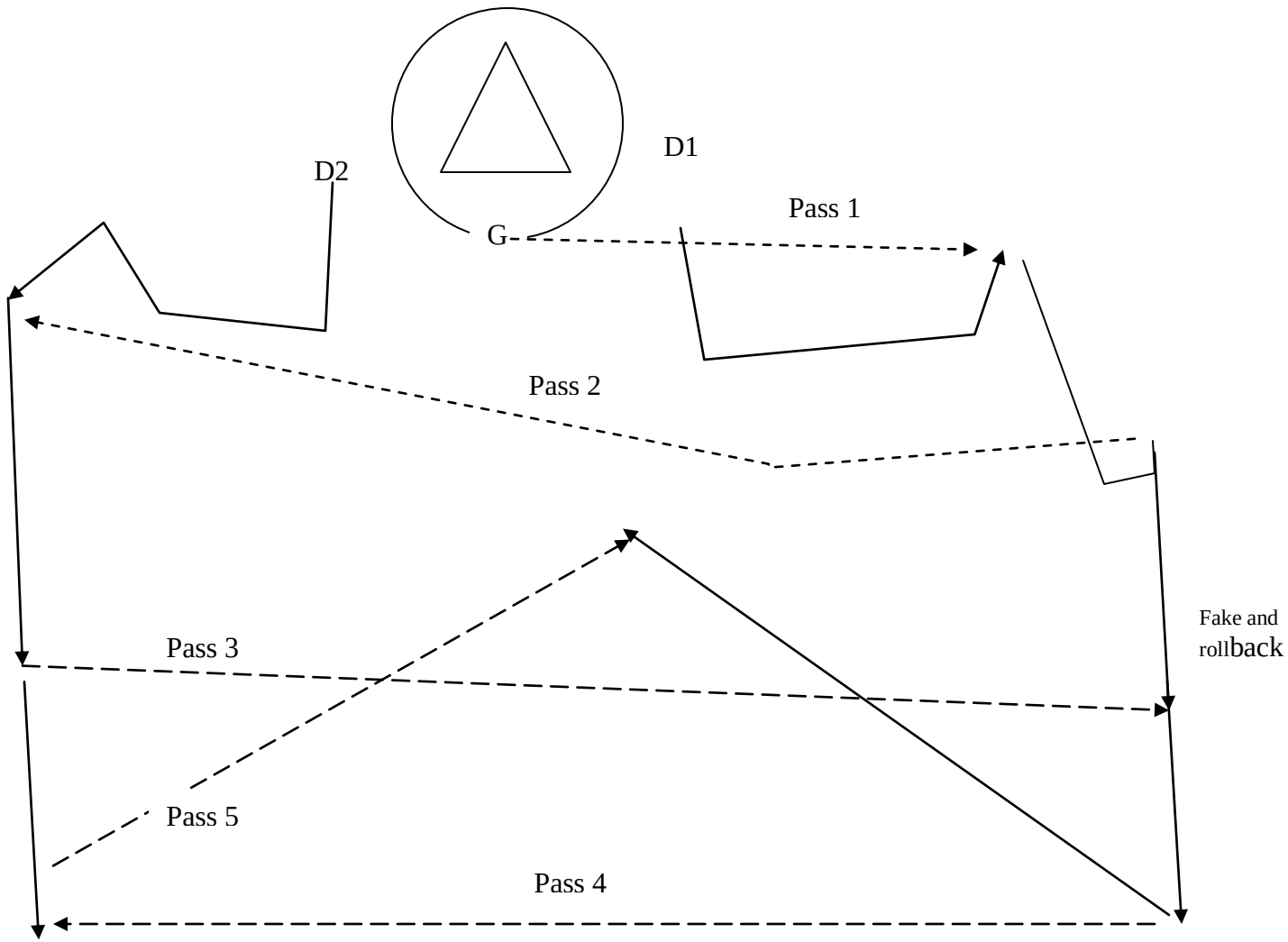
Goal:
For the defense to successfully clear the ball.

Description:
Goalie starts with the ball and clears to either side. We make is the side that yells louder (D1)

D1 (with ball) heads upfield, throws a fake and rolls back.

He then throws the over pass to D2 and breaks up field

They throw 2 more long passes.

D2 then throws a pass to D1 cutting in who catches it and drops it at the coaches feet.

Up and Over