

## DODGING DRILLS

### 1 V 1 DODGING FROM 4 CORNERS

In this drill players will be dodging from 4 different locations. They will dodge from the 2 back corners and from each sideline along the restraining line. Dodgers will form a line in each corner. Defenders will form a line in each corner. Dodgers will then go one v one against a defender. Each line will take a turn. Players can alternate lines.

### 1 v 1 DODGING FROM RESTRAINING LINE

In this drill players will do a 1 on 1 from the restraining line. Form a line for offense and a line for defense. The first two players in each line will step out. Defenders should position themselves so they are angling the dodger to the sideline. Dodgers should use a split or roll dodge to try and beat the defender.

### 1 V 1 DODGING FROM X

In this drill players will do a 1 on 1 from the X. Form a line for offense and a line for defense. The first two players in each line will step out. Players on offense will work themselves up to the 5 and 5 spot in front of the goal and either:

Shoot, do an inside roll dodge, do a rocker dodge, do a question mark dodge.  
Defenders will try and prevent dodgers from getting a good shooting angle.

### DUMMY DODGING

Form a line of players who will dodge to the net. Have one player play passive defense. Players will dodge the passive defender with a split, roll, or swim dodge and take a shot on net. Alternate the passive defender.

### FACEDODGE/HITCH AND GO FROM UP TOP

Form a line of players who will dodge to the net. Have one player play passive defense. Players will dodge the passive defender with a face dodge or hitch and go and take a shot on net. Alternate the passive defender.

### GROUND BALL/DODGE/CHANGE DIRECTION DODGE DRILL

#### Purpose of the Drill-

To practice stick skills. To practice getting pushed to the outside by a defender (that is what a defender wants to do) and rolling back to the inside toward the goal.

1) Players line up in the middle of the field about 25 yards from the goal. There are 2 lines of players. Line 1 is on the right facing the goal and line 2 is on the left facing the goal. A coach/player who will play defense (about 20 yards from the goal) faces the lines and has his back to the goal. The first player in line 1 starts with the stick in his right hand and scoops a ground ball which is at his feet (there is a pile of balls at the front of the line).

2) The first player then runs at the defender and does a split dodge on the defender, the stick switching from his right hand to the left.

3) The player then angles off to the left and toward the goal a little to a cone, and does a change of direction dodge at the cone, back toward the goal. (He switches the stick back to his right hand while performing the dodge). He then takes a shot on goal.

Note- As soon as the player gets a step of separation from the defender after doing the change of direction dodge, he shoots on goal. This is because in a game situation it is most likely that if he moves too close to the goal it will be crowded with defenders.

4) The player in the next line goes (left line), repeating the above steps except using the opposite hand for

all the above steps. (Start with stick in left hand- split left to right  
-roll back to the inside switching stick to left hand- shot on goal lefty).

5)The next player in line goes etc.

#### SCOOP/DODGE/SHOOT DRILL

1)Players line up in the middle of the field about 25 yards from the goal. There are 2 lines of players. Line 1 is on the right facing the goal and line 2 is on the left facing the goal. A coach/player who will play defense faces the line and has his back to the goal. The first player in line 1 starts with the stick in his right hand and scoops a ground ball which is at his feet (there is a pile of balls at the front of the line).

2)The first player then runs at the defender and does a split dodge on the defender, the stick switching from his right hand to the left. The player then takes a shot on goal with his left hand.

3)The first player in the second line will then go.. The stick should be in his left hand starting out. He splits from left to right.

4)Players switch lines after going.

#### Notes-

The player should try to go as straight (north/south) to the goal as he can to a better dodging and shooting angle.

Player should shoot to the opposite side of the goal from where they are standing and shoot low.

The defender can play passive defense and then some more aggressive defense.

#### DODGE-FOLLOW POP DRILL- UP TOP

##### Purpose of the Drill-

To give players awareness that they have options if they dodge to the net and get stopped. They can roll back to the outside and pass the ball to an open man up top. This drill also helps players to realize they can find an open man by moving the ball back to the opposite side of the field.

1)Players line up in the middle of the field about 25 yards from the goal. There are 2 lines of players. Line 1 is on the right facing the goal and line 2 is on the left facing the goal. The first player in line 1 starts with the stick in his right hand and scoops a ground ball which is at his feet (there is a pile of balls at the front of the line).

2)A cone has been placed about 10 yards toward the goal from the dodger and off to the right.

3)Another player has been placed in the crease area and off to the left of the dodger.

4)The dodger runs to the cone and at the cone rolls off to the right, switching hands. This is simulating not being able to dodge any further and rolling back to the outside to look for someone to pass to.

5)The dodger then passes back up top to a player in the left hand line. This player has followed the dodger toward the dodgers original starting spot (drifted to the middle). FOLLOW.

6)The player up top then passes to the player who is down low and off to the side (crease). That player takes a shot on goal. This player had been in the crease but pops out to side to get the pass.

7)Players then switch lines. Dodger goes to catching line up top. Catcher up top goes to shooting line.

## DODGE FOLLOW POP - FROM X

### PURPOSE

To have players practice rolling away from pressure as an option if they can't complete a dodge. To have players practice passing the ball to players as a triangle rotates and to learn how to follow a dodger and cut to open space.

- 1) Form 1 line behind the goal at X. Another line is on the wing to the right of the goal and the other line is to the left of the goal.
- 2) The first player in line in at X starts with the ball. Starting with the ball in his right hand, he runs up 5 yards toward GLE and then switches the stick in his hands and rolls back to the outside (rolling back away from GLE toward the end line). As he rolls back he switches the stick to his left hand.
- 3) The player on the wing to the right of the goal (facing the goal) runs towards X and gets a pass.
- 4) The player in the wing to the left of the goal cuts towards the goal and gets a pass and takes a shot on goal.
- 5) Players then rotate positions.

## DEFEND THE ALLEY

### PURPOSE-

To have players develop their one on one dodging skills and their one on one defense.

- 1) Set up a line of cones parallel to a sideline for about twenty yards. The cones should be about 5 yards from the side line.
- 2) Players will do a one on one down the alley that was created. One player starts with the ball and the other is on defense. The player with the ball will do a dodge and try to get by the defender. If he gets by the defender, he should stop and both players will re-position. They should do a series of dodges down the alley.
- 3) After the first pair goes, the next pair will go. When all pairs have gone, the pairs should go back in the other direction. Players should reverse rolls.
- 4) Encourage players to play defense with their feet. Offensive players should try a variety of dodges.

## DEFEND THE CONE

### PURPOSE-

To have players develop their one on one dodging skills and their one on one defense.

- 1) Set up a cone in an area. Two players step out from the group; one with the ball playing offense and the other on defense defending the cone.
- 2) The player on offense dodges and tries to touch the cone with one foot. He use a variety of dodges. The player on defense tries to prevent the dodger from touching the cone.
- 3) To have the defender learn to play defense with his feet, give the defender a small club to defend with as opposed to a stick. The defender should try and control the dodger by staying between the dodger and the cone by using his feet. When the dodger has his back to the defender, the defender should also place the club in the small of the back of the dodger to control him better (as opposed to the shoulder area).

## DODGE-BOUNCE-RE-DODGE

#### PURPOSE-

To have players develop their one on one dodging skills and their one on one defense.

1) Set up a line of cones parallel to a sideline for about twenty yards. The cones should be about 5 yards from the side line.

2) Assemble a group of players. Players will pair off with one player the dodger and the other player defending. The dodger will be facing the sideline and the defender will be defending the side line. The dodger will dodge and try and reach the side line.

3) The defender will try and stop the dodger from reaching the side line. If so, the dodger will step back (bounce) and dodge a second time (re-dodge)

4) There should be multiple pairs going at the same time. Pairs should stay in a reasonably confined space. Players should switch roles..

#### ZIG ZAG DODGING

#### PURPOSE-

To have players practice a variety of dodges.

1) Set up about ten cones in a zig zag pattern. Players will line up before the first cone. The first player goes and does a split dodge at the first cone, and then runs to the second cone where he does a split dodge with the other hand. He continues in this pattern until he goes through all the cones.

2) The second player in line starts when the first player is part way through. When all players have gone, have the players then come back the other way. The players can do the same dodge or move onto another dodge.

3) Continue with the same pattern, having players do the roll dodge and swim dodge at the cones.

Note-You can make this drill more challenging by adding a defender without a stick and have him play defense. It is good practice for the defender to practice his foot work (shuffling and drop step).