



**Coaches' Education Program  
Level 1 Online Course Reference Section  
Drill and Game Supplement**

**Dodging Drills 101**

*Objective:* To improve player's ability to cradle and dodge.

*Suggested space needed/equipment:* 25 yard by 25 yard area. Cones and balls.

*Players needed:* The whole team can participate in these drills.

*Dodging Summary:*

There are four different types of dodging: Bull, Split, Roll, and Face. See your Level 1 Coaching Guide for more details on how to execute these dodges. Drills for these dodges are similar to those used for cradling. Prior to the start of the drill, it is imperative that the coach demonstrates each dodge and concentrates on stick position and hand movements. Again, go slow at the beginning and then add speed as the players become more proficient.

*Drills*

**1 - Warm Up Drill**

Have all the players get a ball. Demonstrate each dodge that you want them to execute. Tell them that it is not a race and you want them to concentrate on "doing the dodges done correctly instead of quickly." Now, as they are jogging and warming up, have them dodge on the whistle. Whistle: split dodges. Whistle: roll dodges. Whistle: face dodges. Whistle: one handed roll dodges. Whistle: split dodge. Etc. This drill gives coaches an excellent opportunity to correct players and to help improve their basic skills.

**2 – Mirror Drill**

Many times, players can see their own mistakes. Encourage players to practice split dodges in front of a mirror. This allows players to see exactly what they look like. Coaches should tell players to practice changing their hands and to watch for how high their sticks are coming out of the dodge. Sticks should never be higher than the player's head or outside the width of their bodies. The mirror is also good because it trains players to look up instead of looking at their sticks. Players do not want to get into the habit of looking down during a dodge. They

need to always look up to see a sliding defensive person, the next pass, or to shoot on goal.

### 3 – Cone Drill

Set the cones five yards apart in a straight line. Have the players make a line in front of the first cone. Then, have each player perform a dodge at each of the different cones. Once everyone has gone through in one direction, have them come back using the opposite hand. Encourage players to go slow and to perfect the skills of each dodge. Once each player has been through the cones, replace the cones with players. Tell these defensive players that they cannot move and to stand in a good defensive position while the person dodges. After the player dodges through his teammates, they should take the last defensive position and everyone should move up one person. Dodges can also be done during line drills. The person making the pass to the line plays passive defensive while the player catching the ball must make one dodge and then pass. Remember, have all your players go slow and work on the skills of the dodge, especially when you are working on a player's weak or less dominant hand.

Drill key aspects:

1. players must understand the fundamentals of cradling
2. players must understand the fundamentals of dodging
3. players need to use correct form in order to get better

#### *Skills practiced*

1. cradling
2. dodging
3. running while cradling

*Goalie involvement:* Full, goalies should be involved in these drills, using their stick and appropriate protection for this activity.