



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

Approach Drill

Objective: To improve player's ability to dodge, pass, and dodge off passes (DOP) and shoot.

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

Players needed: Seven players are needed for this drill.

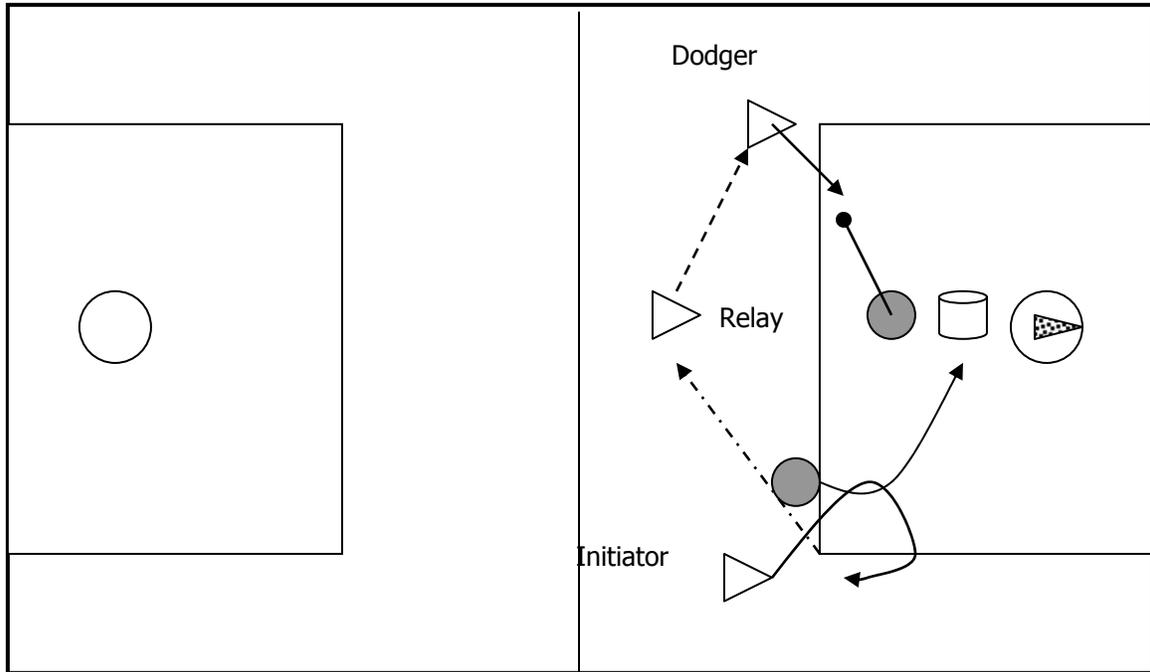
Description of Drill-Execution (matches and explains diagram)

Place a bucket or cone in front of the crease. Determine the distance from where you are dodging. Two defensive players are on the ball, playing the initiator and attempting to force him to roll back. Once the Initiator makes a pass, you must quickly open your hips to the ball side and drop to the cylinder. There are also two defenders off the ball, where they wait at the cylinder for the ball defender to drop to the cylinder, then leave to make a one to one approach with the dodger. There are three offensive players at or above the restraining line (adjust to level of players). The initiator will make the initial dodge to draw the defender, then either slice pass, or roll back to pass to the relay. The relay simply receives a pass from the dodger and changes fields by quickly passing to the dodger. The dodger immediately dodges off the pass (DOP) attempting to beat the defender one to one for a shot.

Drill key aspects:

1. offense must move the ball quickly
2. offenders must be moving quickly to create one to one shots.
3. defenders must have good body position
4. defenders should be communicating

Drill diagram



Skills practiced

1. passing
2. dodging
3. defending on dodges
4. creating one to one shooting situations

Variations/Progression/Increased difficulty (As your players improve their skills incorporate the following...)

1. Vary the position of the 3 lines from in front, to behind the cage as well as the sides of the restraining box. The bucket or cone will have to move as well.
2. Use stumps for one or both defenders.
3. Vary the tempo of the 1:1 with the defender and the initiator. If you play this both sides full speed: The drill is the same, unless the defender puts the ball on the ground. At that point, the coach can throw a ball to either the goalie or the middle defender for a quick clear, or the coach can throw a ball to the relay man to continue the drill.

Goalie involvement: Full, goalies should be involved in this drill