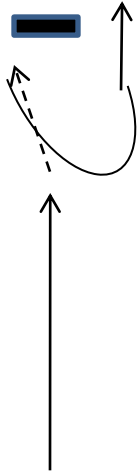


Simple Dodge Drill

Roll Dodge



Straight Dodge



Face Dodge



Purpose: The goal of this drill is to teach basic dodging skills while encouraging the attacker to choose a dodge based on the defender's posture.

A coach should set up in the defender position with players in lines of no more than six (6). Players should be instructed to choose their dodge based on how the defender's feet are positioned. If the defender's feet are square to the attacker, a roll dodge should be employed. If the defender's front foot is on the same side as the attacker's stick, a straight dodge should be employed. If the defender's front foot is on the opposite side of the attacker's stick, a roll dodge should be employed.

The drill should start half-speed without a ball then progress to full speed without a ball then progress to half-speed with a ball then progress to full speed with a ball. The defense should be minimal.