



# Level 2 Online Course

**Skill School**  
**Lesson 5: Dodging**

**One for all.**



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## Lesson 5: Dodging

### Introduction

Whether an attacker is a shooter or feeder, dodging dictates offense. At this level an athlete should have enough confidence in his ball handling ability to not only execute the basic dodges which are the bull, face, split and roll dodges, but also to read defenses to recognize which dodge to use and when to execute. This lesson focuses on when to use which dodges, treating dodges as a calculated measure by the ball carrier to create offensive advantage for himself and ultimately his team.

### Teaching the Skill

#### Technique Improvement

Now that players know the fundamental dodging motions which were discussed in Level 1, you should focus on improving their technique.

A player should know the dodge he is likely to use before he gets into a pressure situation. Dodges are offensive moves. Waiting until you are tightly defended causes you to lose momentum - you're responding to the defense rather than forcing the defense to respond to you.

Some key points of concentration which will allow them to improve their dodging technique are: stick placement, potential outlets and shots, finesse and footwork.

**Stick Placement:** In most dodges with the swim dodge being the only exception, the stick should be tight to, and protected by, the body.

**Outlets and Shots:** Encourage players to seek an open man or take a shot immediately out of a dodge. Dilly dallying after a dodge defeats its purpose.

**Finesse:** A newer player often develops his dodge while muscling through opponents. At this level, develop his finesse. Teach him that a dodge is a means of avoidance.

**Footwork:** Emphasize a "north-south" or up and down field orientation at this level, as opposed to the "east-west" or side to side motion which happens with newer players. A dodge is not only a means of avoidance; it's a means of advancement.

**Reading the Defense:** Your players should become more proactive in their dodging. Develop in your dodger the ability to read a defense to determine the most effective dodge for a given situation. That means knowing where the defender is, and thinking about what the defender is trying to force him to do. Your player's dodge of choice should be based on the specific situation presented. Stick placement should also be considered.

- Bull Dodge - Level 1 taught your player to execute a bull dodge by drawing a defender and powering by him in one direction, freeing our hands and shooting. At this level, tweak his bull dodge by having him "roll" his stick-side shoulder over the top of the stick for maximum protection. Suggest this dodge in instances where a size advantage is evident. It is also best used inside of a tight, non-pressure defense.
- Face Dodge - Level 1 taught your player to execute a face dodge by whipping his stick across his face as he attacks a defender, gaining a step, sealing the defender behind him and shooting. Emphasize at this level that he keep his stick head at or below the level of his helmet. A face dodge is useful just about anywhere, but more so from the midfield and inside the restraining line - at that point, the seal can hold long enough to shoot or feed before the oncoming slide.



- Split Dodge - Level 1 taught your player to bring his stick tight across his face, change hands and free his hands for a shot. Furthermore, it is important to "sell" this dodge. If he throws a fake or looks in the opposite direction, tell him to wait until his defender bites before conducting the dodge. Timing is everything. Make sure his stick transfer between hands is swift, and that the head does not drop. The stick is not tossed between hands; rather, it is transferred like a baton from one hand to the other.



- Roll Dodge - Level 1 taught your player to run at one side of the defender and roll back hard, sealing the defender behind him. Concentrate now on his footwork. Your player should plant his up-field (inside) foot toe-to-toe with the defender. That's his pivot foot. Now have him kick his outside foot behind both him and the defender. This traps the defender as your player comes out of his dodge. Also, be sure he does not hang his stick, as is a common liability with the roll dodge. Doing so will draw a back check. As for hand placement, he can choose to change hands or not, depending on the specific field position he seeks out of the dodge. Recommend this dodge to attackman inside of 4 feet of the cage and behind the cage, where sealing the defender between his outside foot and the cage can create a lay-up opportunity.



- Split and Roll Dodge - Introduce this as a combination dodge. Have your player attack with a split dodge, and if the defender stays with him, teach him to roll back in the other direction to seal the defender.
- Roll Dodge Variations - Challenge your more adept dodgers by having them change hands, dodge from different points on the field, cut dodge while rolling, dodging hip-to-hip and with shoulders squared, and working otherwise standard field motions into a roll dodge.

\* To target his dodge, have your player aim at the defenders lower hand - that will serve as his center point.

## Error Detection and Correction

**Error:** Your player hangs his stick on the tail end of a dodge.

**Correction:** Have him tuck his elbow to keep the stick tight to his body.

**Error:** Your player loses the ball mid-face dodge.

**Correction:** Draw an imaginary box around his head, from head to shoulders and ear to ear, and emphasize that the stick head not leave this box during a dodge.

**Error:** Your player loses the ball mid-split dodge.

**Correction:** His transfer is jerky. Show him the proper transfer of hands, with the stick remaining vertical and the top and bottom hands transferring with one another.