



## Dodge a Coach

**Appropriate Age Group:** 8-12

**Skill(s) Practiced:** Dodging, Cradling, Stick Protection

**Drill Duration:** 5 minutes

**Resources:** Balls, Multiple cones

**Description:** Set up field as shown. Player will start at one end of the cones and perform a specified dodge around the coach. When they get to the opposite end, the player will turn around and repeat the dodge using either their other hand or the same one.

**Progression(s):** Alternate top hands on the stick. Have players use different dodge types. Coach can check or use other age appropriate defensive tactics. Add a player to the coach spot and have them play progressively increasing defense. Have players complete a pass to a teammate after a dodge or a shot on goal can be added.

**Drill Diagram:**

