

## Split to Roll Dodge Drill

### Drill Specs

**Drill Theme:** Cradling and Dodging  
**Field Position:** Offense

**Drill Style:** Skills  
**Time Needed:** 10 Min

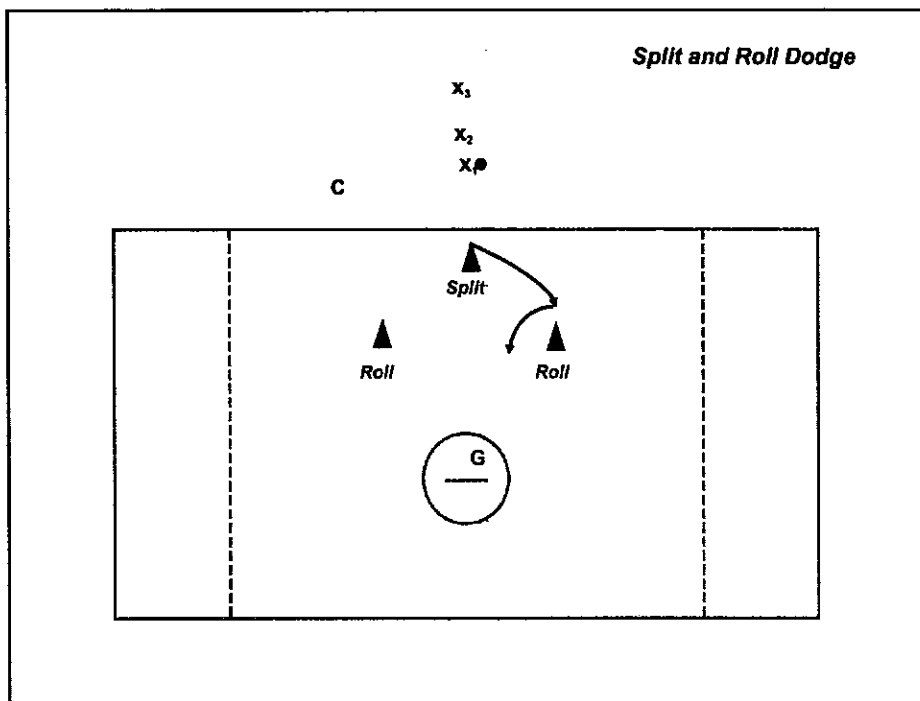
**Field Location:** Attack Zone  
**Skill Level:** Basic

### Objective

This drill is excellent for teaching players to dodge and go from one dodge to another.

### Drill Description

Have your players all get a ball and set up in a straight line at the top of the attack zone. Set up a cone in the middle of the box about 5 yards inside of the attack zone, and then another cone to both the right and left about 5 yards down and 5 yards over. One at a time, your players will drive into the zone and split dodge at the first cone. The player will then go right or left and when they reach the next cone they will roll inside and drive for the shot.



*Continued on next page*

## Split to Roll Dodge Drill, Continued

---

**Skills Practiced**

- Dodging
  - Footwork
  - Shooting
- 

**Variation**

Vary the locations where the cones are set up. Also add defenders at the cones for added pressure.

---

*Variation*  
- Start position Above GLE, Substitute Face Dodge for Roll Dodge - Finish with a shot on goal.

Face Dodge emphasis - stick impacts opposite shoulder.