MEN’S LOB AND DODGE DRILL

AUTHOR INFORMATION:
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DRILL SPECS:
Drill Theme: Defensive Drills  
Field Location: Half Field  
Time Needed: 5 Min  

Drill Style: Skill, Warm-Up  
Field Position: Offense, Defense, Midfield  
Skill Level: Basic  

OBJECTIVE:
To develop footwork necessary for successful defense.

DRILL DESCRIPTION:
Start the drill with the coach throwing a lob pass to one of the four offense players (X). The offense then dodges to the goal. The defender (D) must come out to meet the ball as the offense is catching it, then correctly address the ball and prevent the dodger from getting a shot off.

SKILLS PRACTICED:
• Defensive Footwork  
• Defensive Positioning  
• 1v1  
• Forcing

VARIATIONS:
Add an extra offensive player as an outlet pass to the dodger. Attack the goal from multiple locations.

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