MEN’S SPLIT AND ROLL DODGE DRILL

DRILL SPECS:

Drill Theme: Cradling and Dodging  
Field Location: Attack Zone  
Time Needed: 10 Min

Drill Style: Skills  
Field Position: Offense  
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. You players will one at a time 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.

SKILLS PRACTICED:

• Dodging  
• Footwork  
• Shooting

VARIATIONS:

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