MEN’S WING DODGE AND CREASE PICKING

DRILL SPECS:

<table>
<thead>
<tr>
<th>Drill Theme: Ball Movement</th>
<th>Drill Style: Skills</th>
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</thead>
<tbody>
<tr>
<td>Field Location: Attack Zone</td>
<td>Field Position: Offense</td>
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<tr>
<td>Time Needed: 10 Min</td>
<td>Skill Level: Intermediate</td>
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</tbody>
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OBJECTIVE:
To practice various dodges from the wing and the movement of the crease players in relationship to which wing the ball starts.

DRILL DESCRIPTION:
Ball starts at wing. The crease players need to be opposite and away from where the ball will be coming.

SKILLS PRACTICED:
- Ball Movement.
- Picking
- Feeding

VARIATIONS:
As the players become familiar with the movement and dodge, to increase the difficulty for the offense crease can pick and repick, and pick and roll.
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