

S-DODGE DRILL

DRILL SPECIFICATIONS

DRILL THEME: Dodging

FIELD LOCATION: Half-Field

DRILL STYLE: Skills

SKILL LEVEL: Beginner-Advanced

OBJECTIVE

To work on general dodging, stick control, and changing speeds in and out of our different dodges.

DRILL DESCRIPTION

Start by placing eight cones, as shown below, and two lines of players. Players will dodge towards the first cone and drive up the crease to the second cone, as they arrive to the second cone, they will push out to the third cone. As they arrive to the third cone, they will turn, protect their stick and run the final cone behind GLE. Players will re-attack up-field and tight to the crease and finish once they touch the final cone.

SKILLS PRACTICED

- Dodging
- Stick Control
- Shooting on the Run

VARIATIONS/PROGRESSIONS

Z-Dodge Drill.

DRILL DIAGRAM

