

# Coaching Girls Lacrosse: DODGING

# DODGING

- A combination of footwork and stickwork that helps an attacker move past a defender
  - The main objective of a successful dodge is to get an opponent off balance, out of her defensive stance, and trailing the play
- Dodging incorporates a change of speed, change of direction and quick movements of their head, shoulders and sticks

# DODGING EFFECTIVELY

- Space
  - Start the dodge 3-4 yards in front of the defender
    - Players who are too far away won't eliminate the defender
    - Players who are too close will collide with the defender or defender's stick
- Speed
  - Feet should always been moving
  - Accelerate out of the dodge once past the defender
- Stick protected
  - On the approach as you near the defender so sticks don't collide
  - Sell the dodge with head/body/stick fakes or movements
  - Cradle and/or change the level and the position of the stick as the player moves around the defender

# TYPES OF DODGES

- Face dodge
- Split dodge
- Roll dodge
- Rocker dodge

# FACE DODGE

- Face dodge on top
  - Start with stick in right hand as you approach defender
  - Cradle the stick across your body to the opposite shoulder
  - Pull the stick back across body to strong-side shoulder
  - Explode to the right keeping the stick in the same hand as you pass the defender
- Face dodge underneath
  - Start with stick in right hand as you approach defender
  - Cradle the stick across your body to the opposite shoulder
  - Cradle the ball on the offside as you move past the defender
  - Explode 'underneath' or to the left keeping the stick on the offside

# SPLIT DODGE

- Split dodge
  - Start with stick in right hand as you approach the defender
  - Fake like you are going to continue right with a jab step
  - Pull the stick to the opposite side of your body and switch hands
  - Explode to the left past the defender

# ROLL DODGE

- Roll dodge
  - Approach the defender with the stick in the right hand
  - Plant your left foot across the front of the defender
  - Drop the stick down in between your shoulders and drop step your right foot around the defender
  - Switch the stick to the left hand and explode out of the roll as you move past the defender

# ROCKER DODGE

- Rocker dodge
  - Approach with stick in the right hand
  - Plant your left foot across the defender
  - Drop the stick down in between your shoulders and turn your back to the defender as if you were going to roll
  - Turn back the same direction you started your roll
  - Explode out of the dodge keeping the stick in the right hand

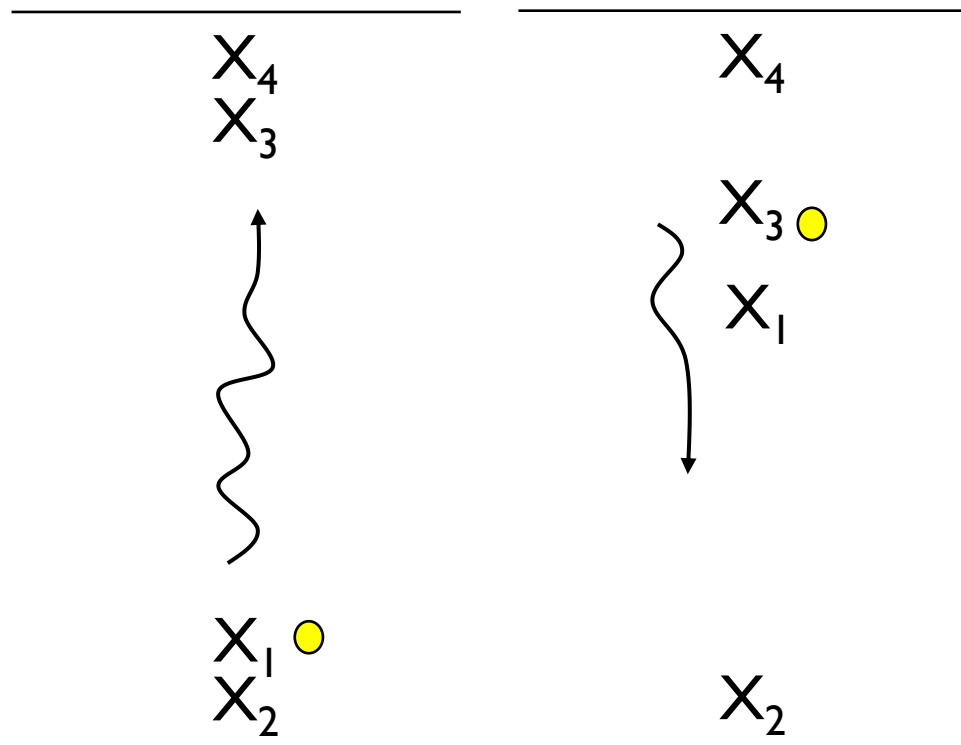


# DODGING DRILLS

# **DODGING DRILLS:**

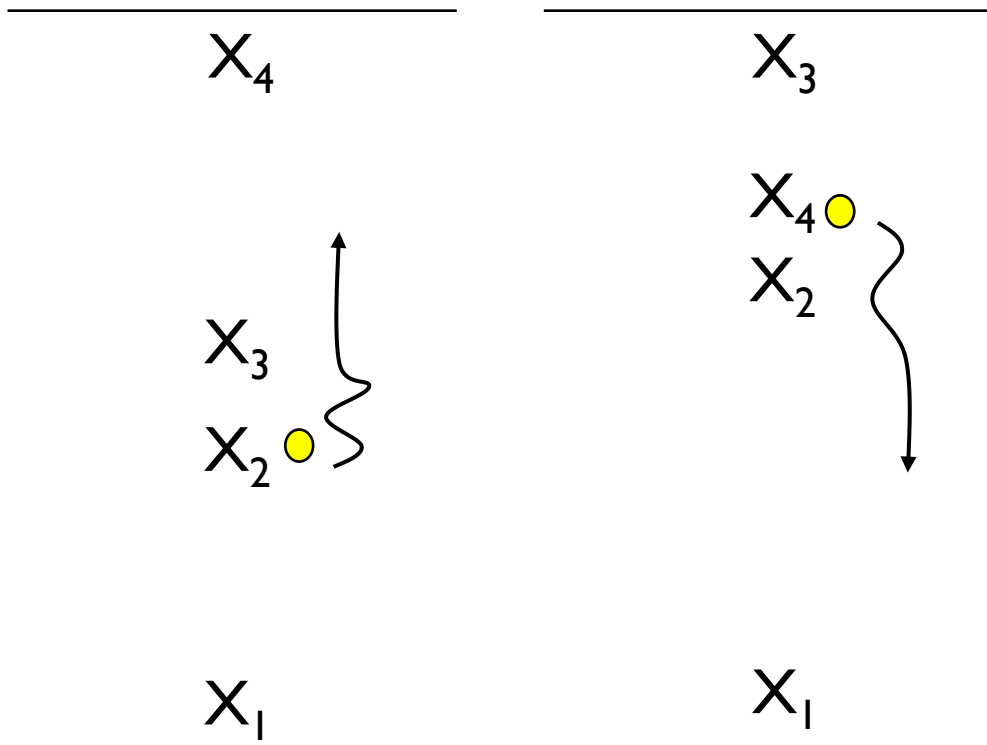
## **Dodging Buddy Runs**

# DODGING BUDDY RUNS



- In groups of 4, 2 players are lined up 20 yards across from the other 2 players; the coach can specify a dodging sequence or routine
- X<sub>1</sub> dodges in space as she moves across to X<sub>3</sub>; X<sub>1</sub> flips the ball to X<sub>3</sub>
- X<sub>3</sub> dodges as X<sub>1</sub> plays shadow defense; X<sub>3</sub> flips the ball to X<sub>2</sub>
- X<sub>1</sub> returns to her original side

# DODGING BUDDY RUNS

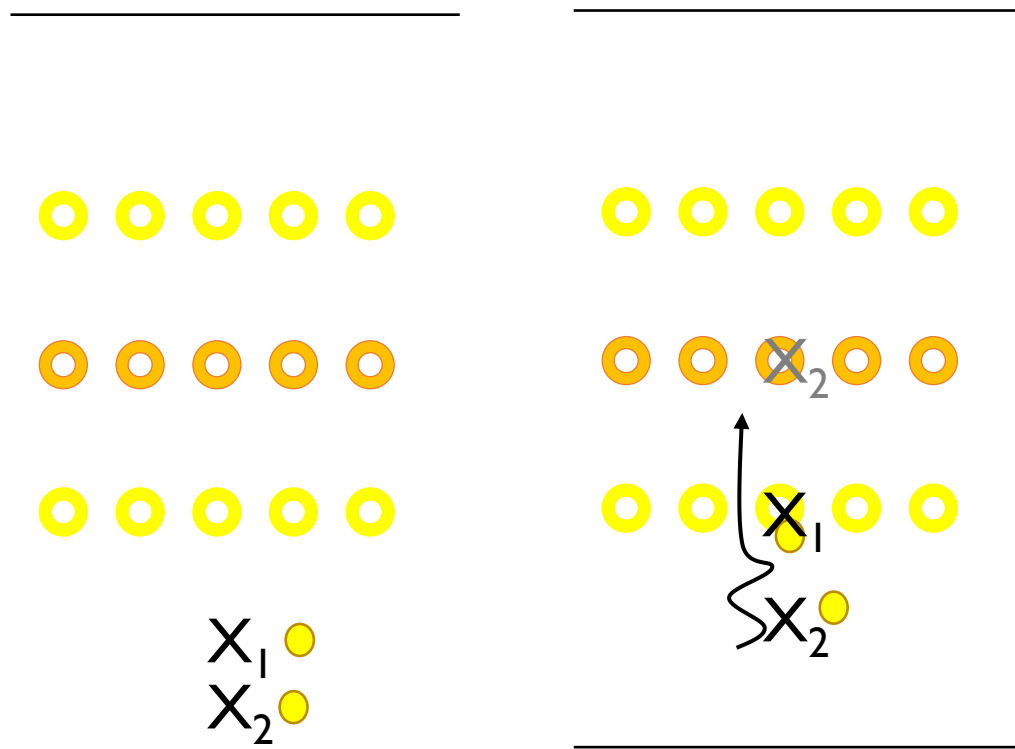


- $X_2$  dodges as  $X_3$  plays shadow defense;  $X_2$  flips the ball to  $X_4$
  - $X_3$  returns to her original side
  - $X_4$  dodges as  $X_2$  plays shadow defense;  $X_4$  flips the ball to  $X_1$
  - $X_2$  returns to her original side
- 
- This pattern continues for a specified amount of time; change routines to work all types of dodges

# **DODGING DRILLS:**

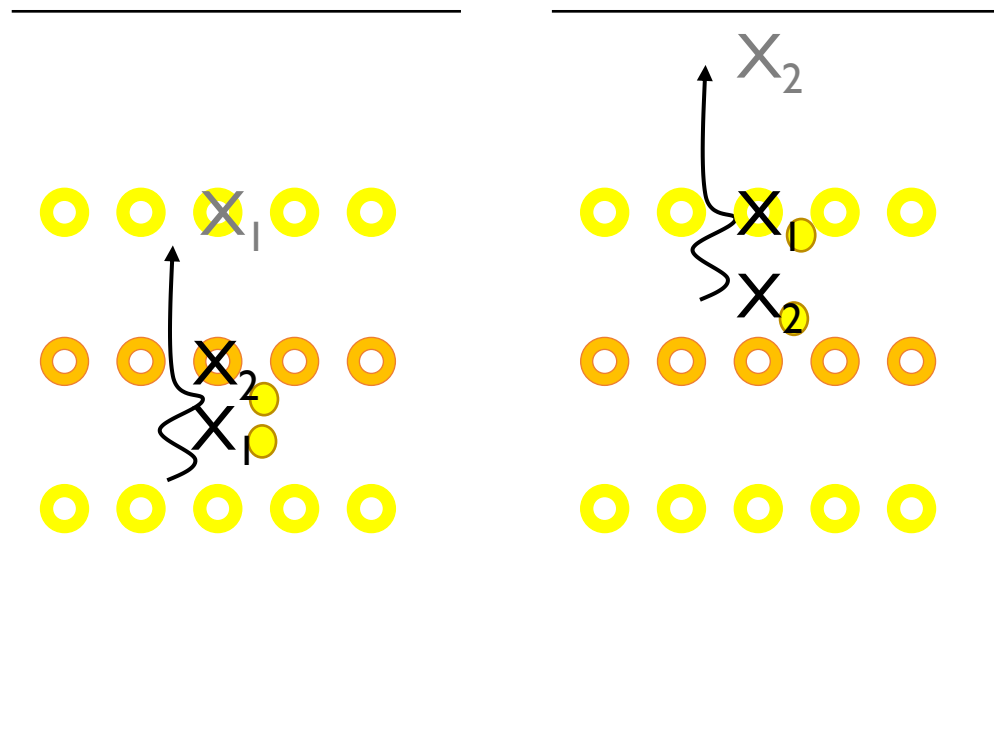
## **Dodging Seesaw**

# DODGING SEESAW



- In partners, players are lined up on the sideline (each player has a ball in her stick); the coach specifies the dodge that players should use
- $X_1$  sprints to the first row of yellow cones cradling the ball in her stick and turns and faces her partner
- $X_2$  dodges past  $X_1$ , sprints to the orange cones, turns and faces her partner

# DODGING SEESAW



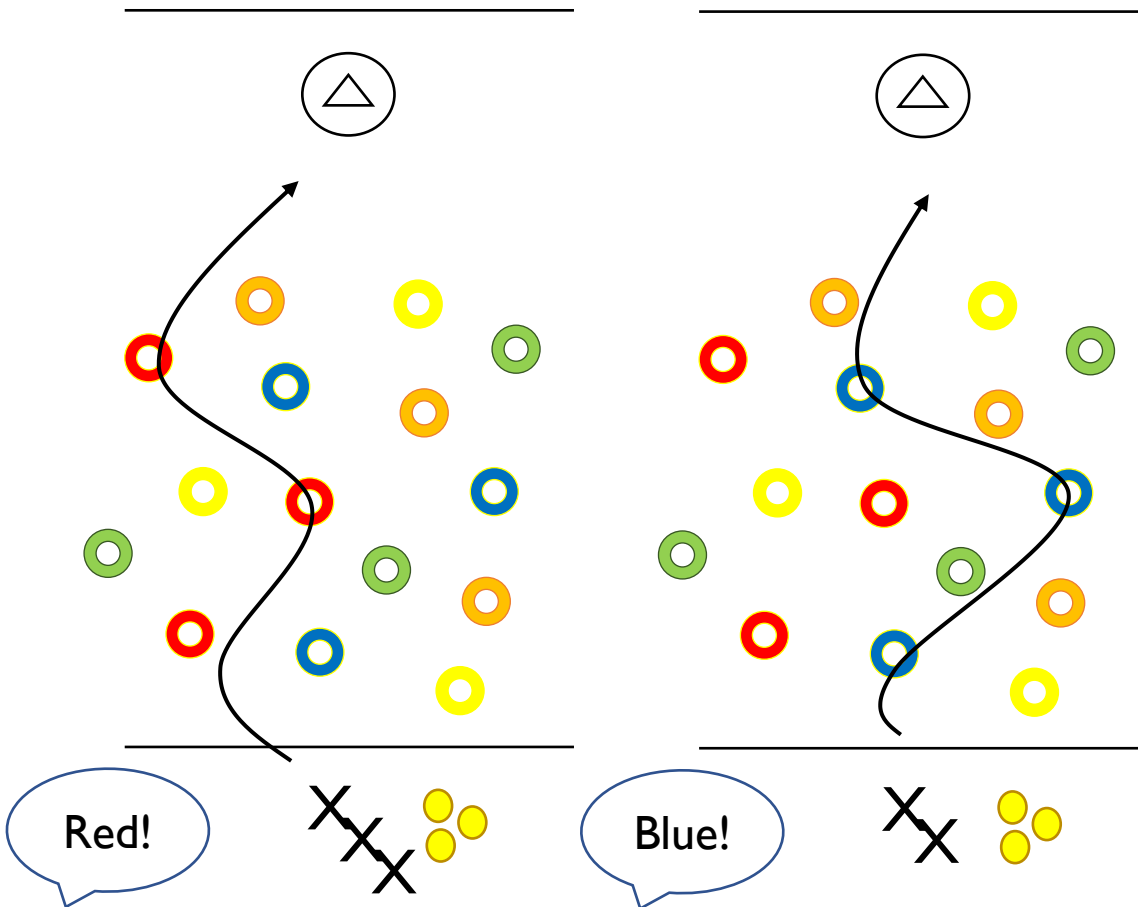
- $X_1$  dodges past  $X_2$  to the second row of yellow cones and turns and faces her partner
- $X_2$  dodges past  $X_1$ , sprints to the opposite end line, turns and faces her partner;  $X_1$  sprints to the end line
- The partners switch roles as they come back;  $X_2$  heads to yellow cones and  $X_1$  heads to orange cones

# **DODGING DRILLS:**

## **Tricolor Cone Dodging**



# TRI-COLOR CONE DODGING

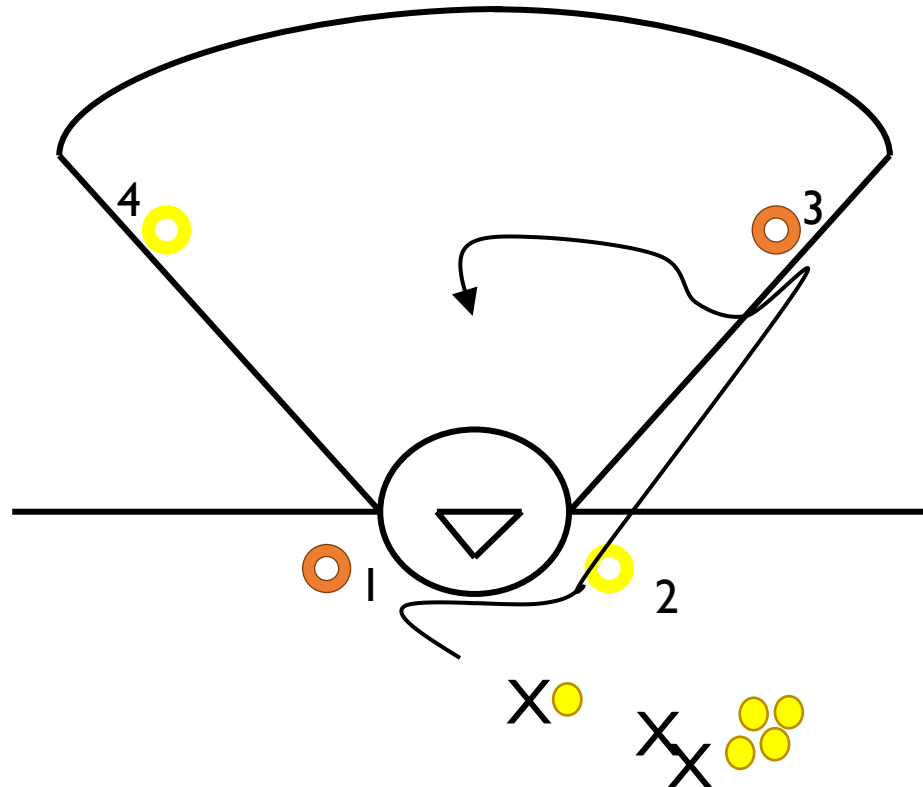


- Find multiple colors of cones and scatter them in front of the goal; players form a line approximately 30 yards from the goal
- The coach yells out a color and the first player in line (with a ball) dodges at each cone of that color; she then takes a shot after she completes a dodge at each cone
- The coach calls out another color and the next person in line completes a dodge at each cone of that color

# **DODGING DRILLS:**

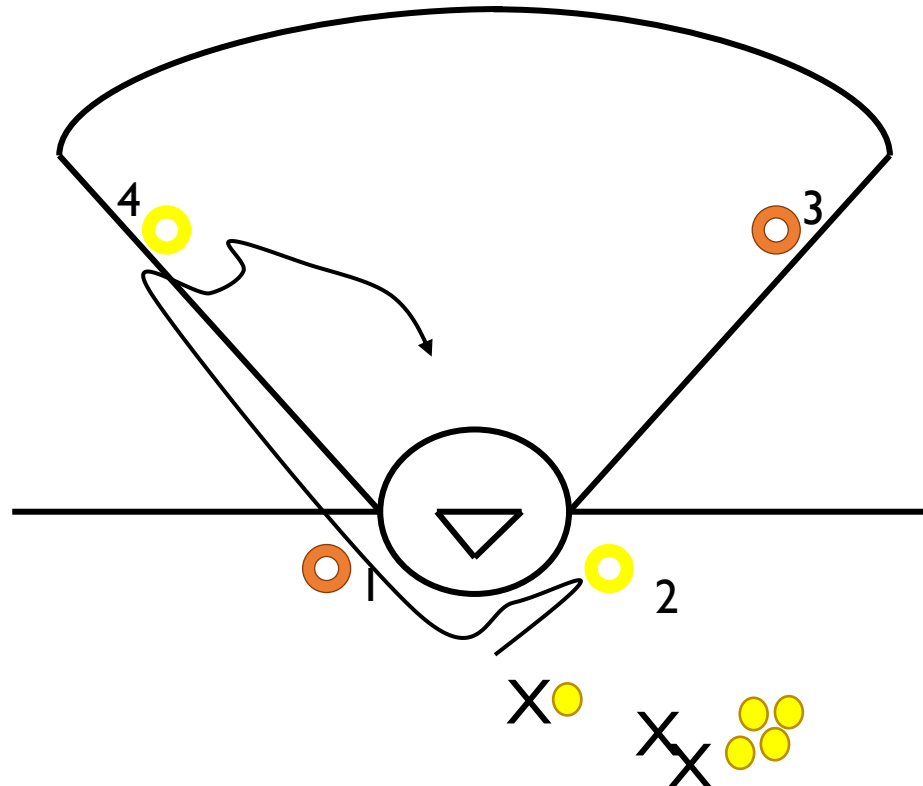
## **2 Cone Dodging from Low**

# 2 CONE DODGING FROM LOW



- A line is formed behind the cage with a pile of balls
- The first player in the line picks up a ball
  - At the Cone 1, with the stick in her left hand, she is going to do a split dodge – switching her stick from her left hand to right hand
  - She then heads to Cone 3 and does a roll dodge inside – she should plant her left foot across her body, drop stepping inside, take a few steps toward the middle of the cage and then shoot – the player should keep her stick in her right hand throughout the dodge and shoot with her right hand

# 2 CONE DODGING FROM LOW

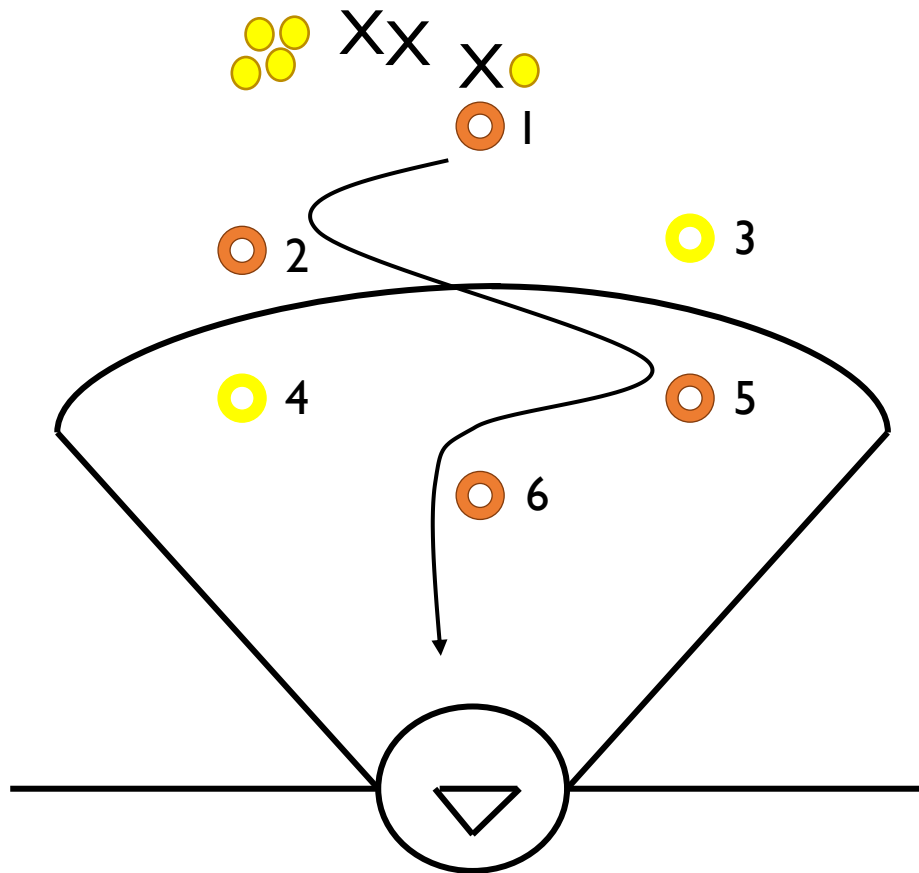


- The next player in the line is going to pick up a ball and dodge in the opposite direction of the first player
  - At Cone 2, with the stick in her right hand, she is going to do a split dodge – switching her stick from her right hand to left hand
  - She then heads to Cone 4 and does a roll dodge inside – she should plant her right foot across her body, drop stepping inside, take a few steps toward the middle of the cage and then shoot – the player should keep her stick in her left hand throughout the dodge and shoot with her left hand

# **DODGING DRILLS:**

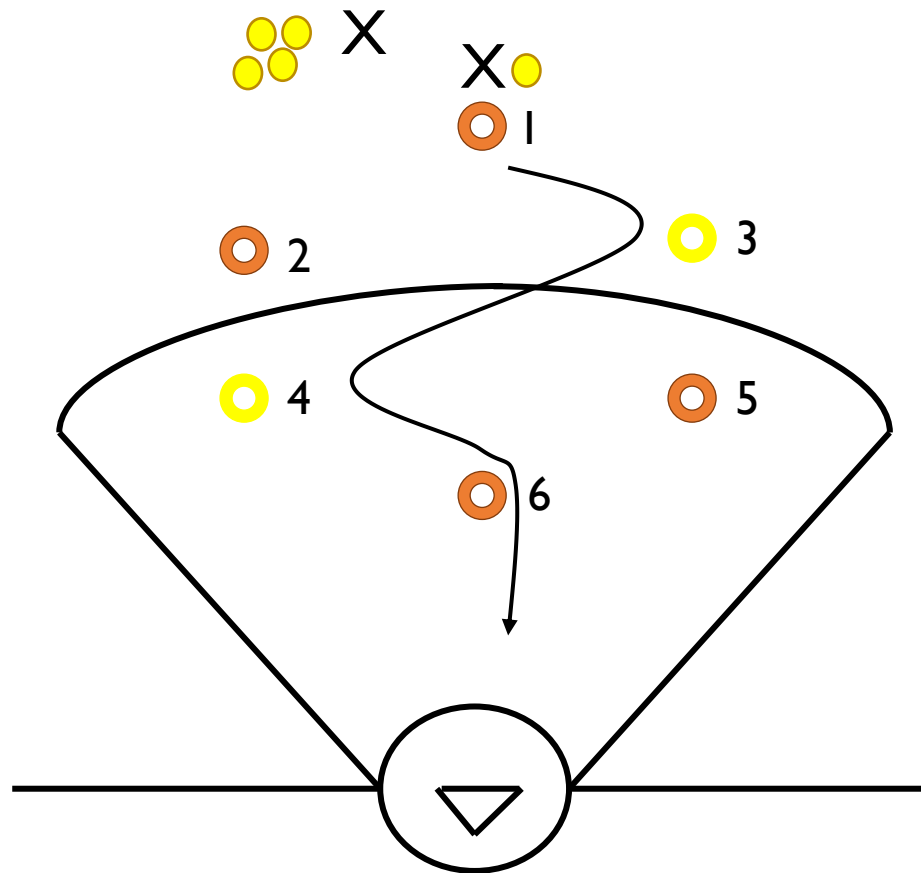
# **Northwestern Dodging Drill**

# NORTHWESTERN DODGING DRILL



- A line is formed outside of the 12M with a pile of balls
- The first player in the line is going to pick up a ball
  - At the Cone 1, with the stick in her left hand, she is going to do a split dodge – switching her stick from her left hand to right hand
  - She then heads to Cone 2 and does a split dodge – switching her stick from right hand to left hand
  - She then heads to Cone 5 and does a split dodge – switching her stick from left hand to right hand
  - She then heads to Cone 6 and does a roll dodge – planting her left foot across her body, drop stepping her right foot and exploding out of the roll towards the cage and takes a shot
- The second player can pick up a ball and begin the drill once the player in front of her has completed her last dodge

# NORTHWESTERN DODGING DRILL



- Players can also go the other direction
  - At the Cone 1, with the stick in her right hand, she is going to do a split dodge – switching her stick from her right hand to left hand
  - She then heads to Cone 3 and does a split dodge – switching her stick from left hand to right hand
  - She then heads to Cone 4 and does a split dodge – switching her stick from right hand to left hand
  - She then heads to Cone 6 and does a roll dodge – planting her right foot across her body, drop stepping her left foot and exploding out of the roll towards the cage and takes a shot