

Coaching Girls Lacrosse: IvI OFFENSE

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

TYPES OF DODGES

- Face dodge
- Split dodge
- Roll doge
- 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 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

A COMBINATION OF DODGES

- Utilize You Tube/Videos to enhance teaching
 - Send/bring players video clips of skills or teaching points; teach/have players emulate
- Dodging examples
 - Sam Apuzzo Crease Dodge (Roll dodge, split dodge)
<https://www.ncaa.com/video/lacrosse-women/2018-05-25/di-womens-lacrosse-semifinal-sam-apuzzo-boston-college-0>
 - Kayla Treanor Crease Dodge (Face dodge, split dodge)
<https://www.youtube.com/watch?v=TaYp0V8Uro>
 - Hilary Bowen Wing Dodge (Face dodge, drop step, face dodge)
<https://www.youtube.com/watch?v=PgOWasvdt38&t=17s>

IvI OFFENSE

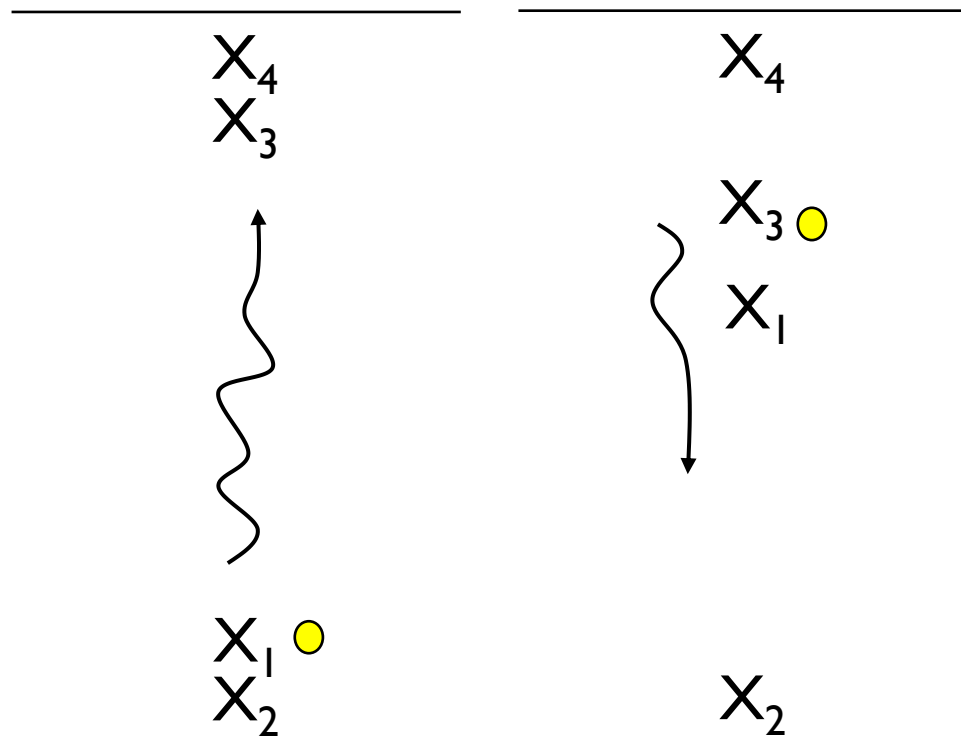
- The most effective IvIs are created not by the ball-carrier, but by the attackers off-ball
 - Patience (allow teammates to create lanes)
 - Dodging to goal creates scoring opportunities for teammates
- Utilize the space and go at speed
 - Make one quick move and go hard
 - Pick a dodge and stick to it
- If the opportunity is not there, do not force – pull out and move the ball

DODGING DRILLS

DODGING DRILLS:

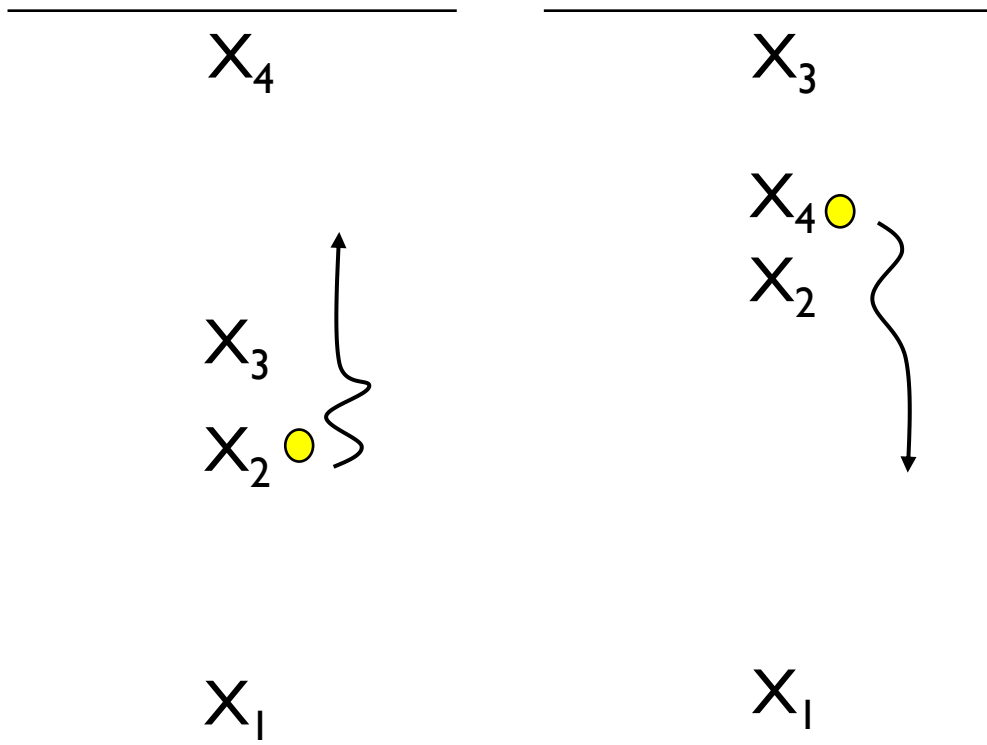
Dodging Buddy Runs

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
- X₁ dodges in space as she moves across to X₃; X₁ flips the ball to X₃
- X₃ dodges as X₁ plays shadow defense; X₃ flips the ball to X₂
- X₁ returns to her original side

DODGING BUDDY RUNS

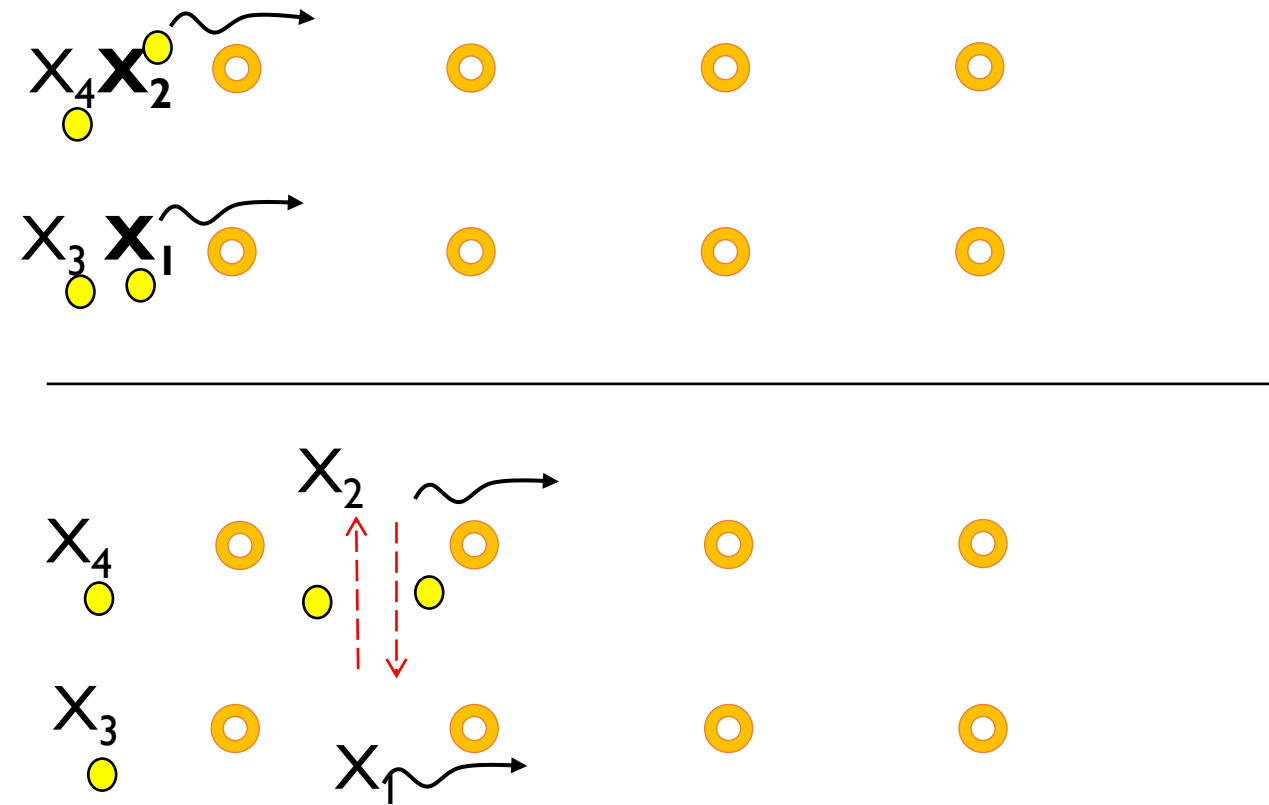


- X₂ dodges as X₃ plays shadow defense; X₂ flips the ball to X₄
 - X₃ returns to her original side
 - X₄ dodges as X₂ plays shadow defense; X₄ flips the ball to X₁
 - X₂ returns to her original side
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- This pattern continues for a specified amount of time; change routines to work all types of dodges

DODGING DRILLS:

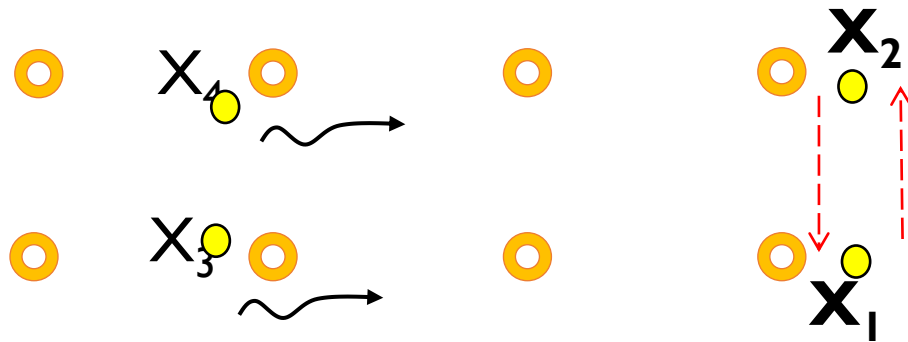
Dodging Lanes with Partner

Dodging Lanes with Partners



- Four cones set up across the field (10 or 15 yds apart), two lines behind the start of the cones. Each player will need a ball.
- Main focus is dodging, working on approach, stick protection than exploding past the cone.
- X₁ and X₂ dodge around the first cone; they then exchange balls (pass/gb/etc.), and then approach the next cone and dodge.

Dodging Lanes with Partners

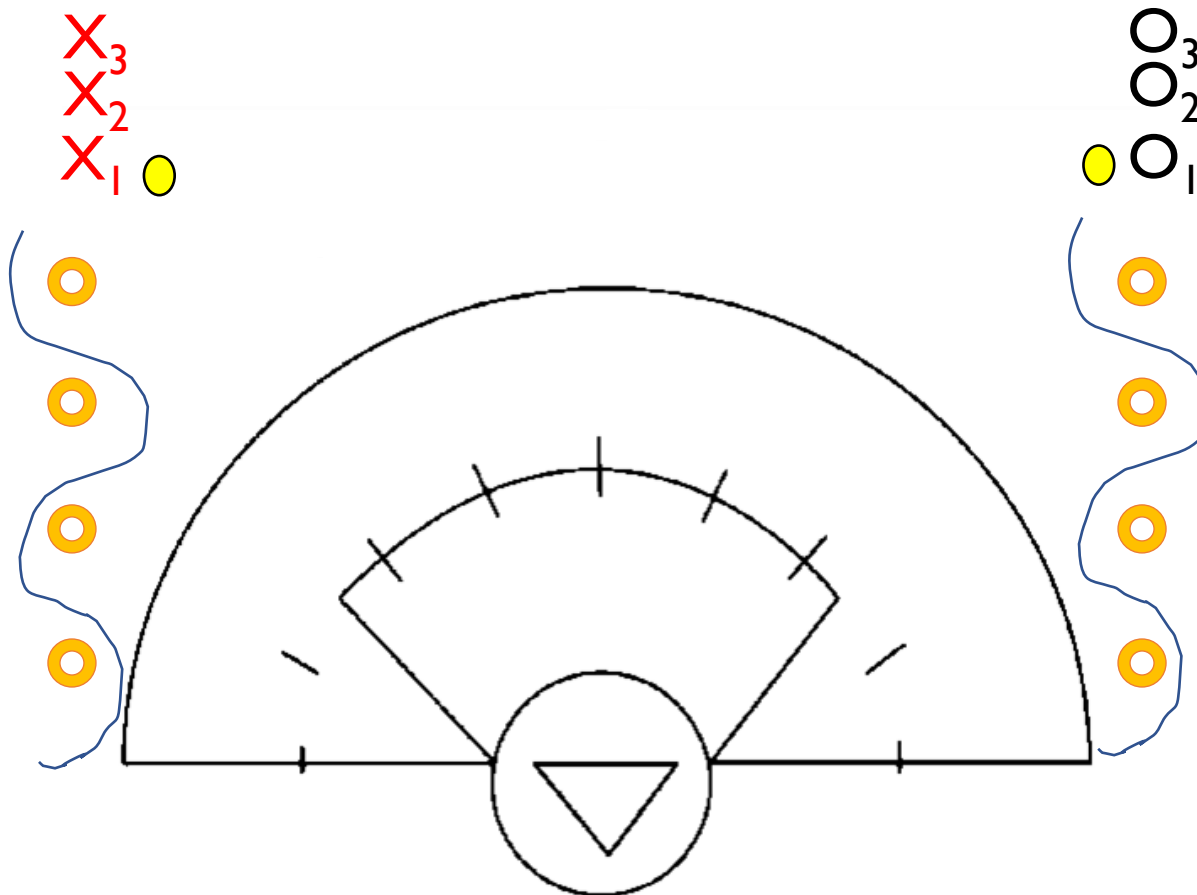


- X_3 to X_4 can go when the first group is halfway through.
- Can make it as simple or as challenging as you want for the group you have. As they get older combining multiple dodges at each cone is great for quick stickwork.
- It will be helpful to lay out a series of dodges
 - 1st Round – Face dodge, a ground ball across
 - 2nd Round – Split dodge, bounce pass
 - 3rd Round – Rocker dodge and Split dodge, high pop

DODGING DRILLS:

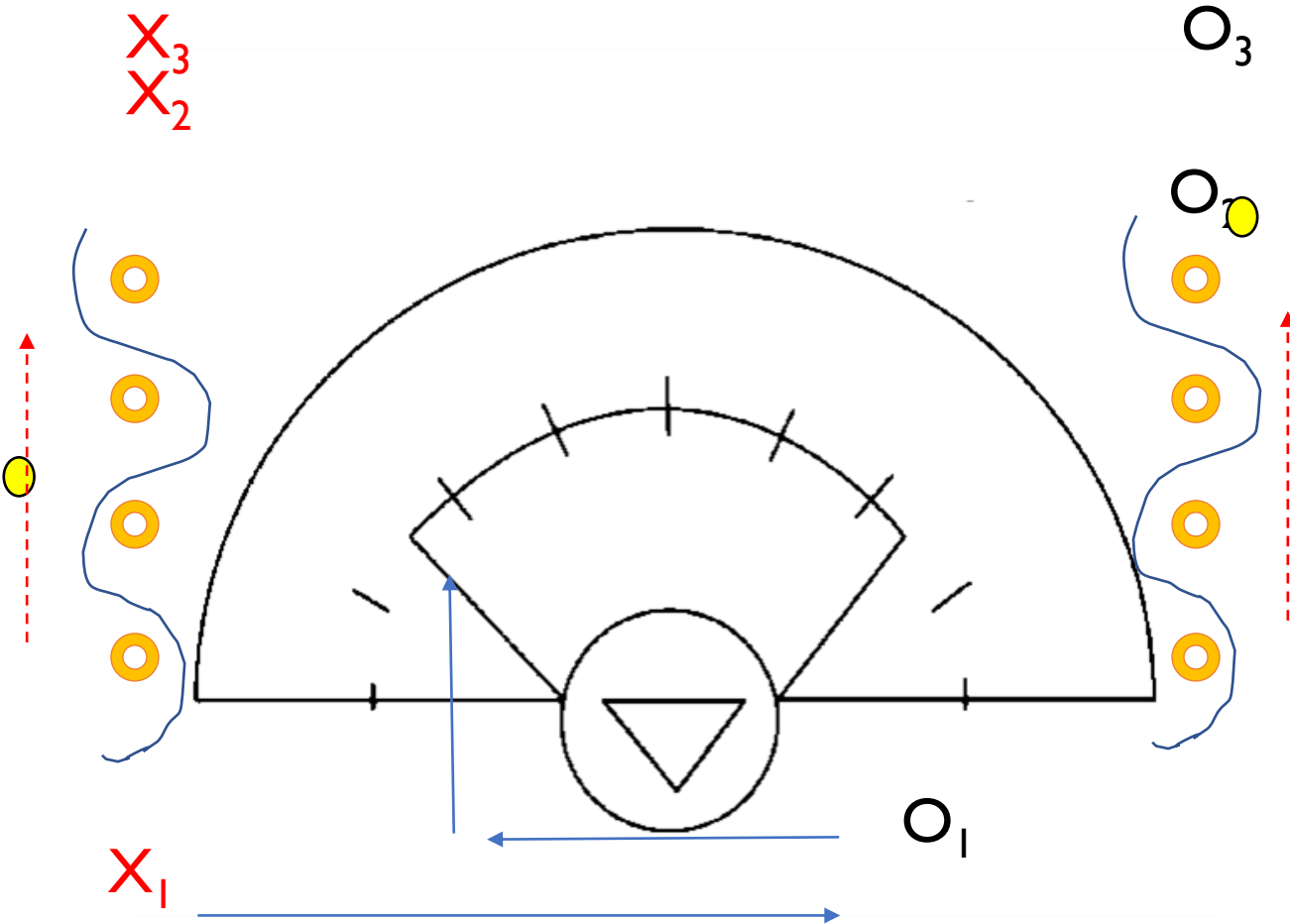
4 Cone Dodge to Goal

4 CONE DODGE TO GOAL



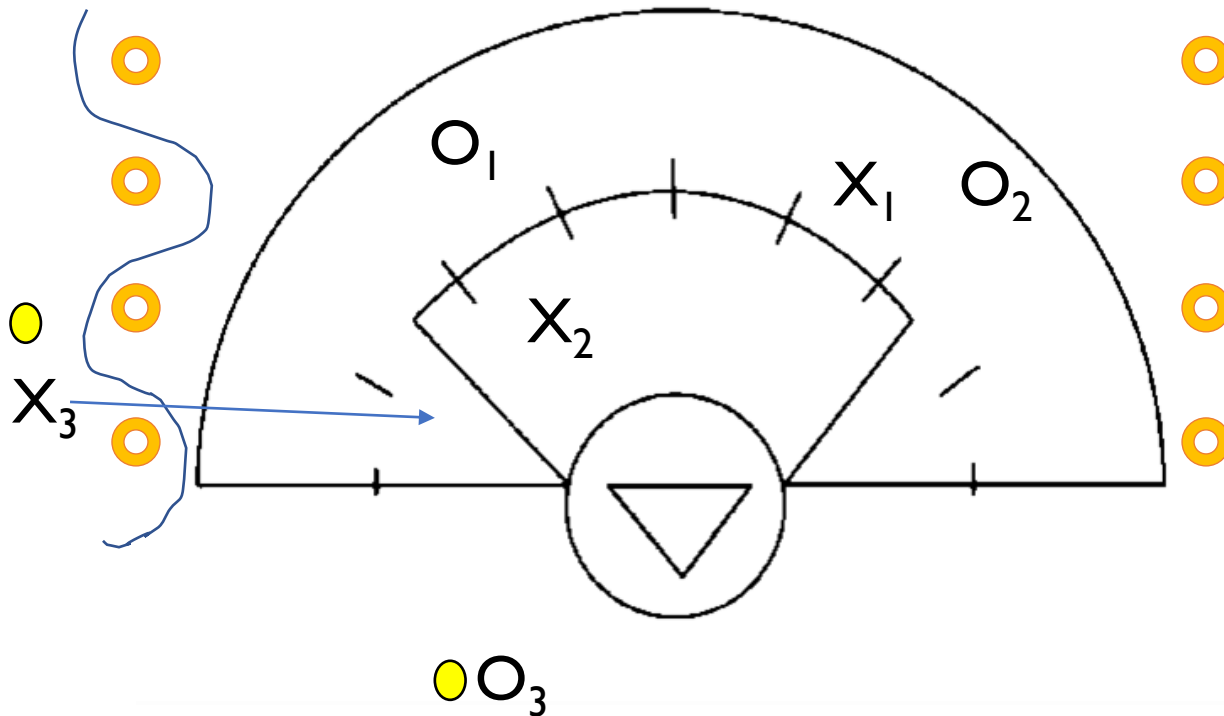
- Line up four cones from the 12M down to goal. Start with 2 lines, 3-4 players in each line. Gradually build up to 7 players.
- The first player in each line has a ball.
- On the whistle the first player in each line dodges through the cones. Once X₁ and O₁ get to the end of the cones, they turn and pass back to their teammates X₂ and O₂ waiting in line.

4 CONE DODGE TO GOAL



- Once X₁ and O₁ pass, they sprint behind the goal getting ready for play to begin.
- X₂ and O₂ dodge through, pass back to X₃ and O₃, and run around the net spacing out.
- X₃ and O₃ follow the dodging pattern and once they get to the end, they carry the ball behind the net into a live play.

4 CONE DODGE TO GOAL

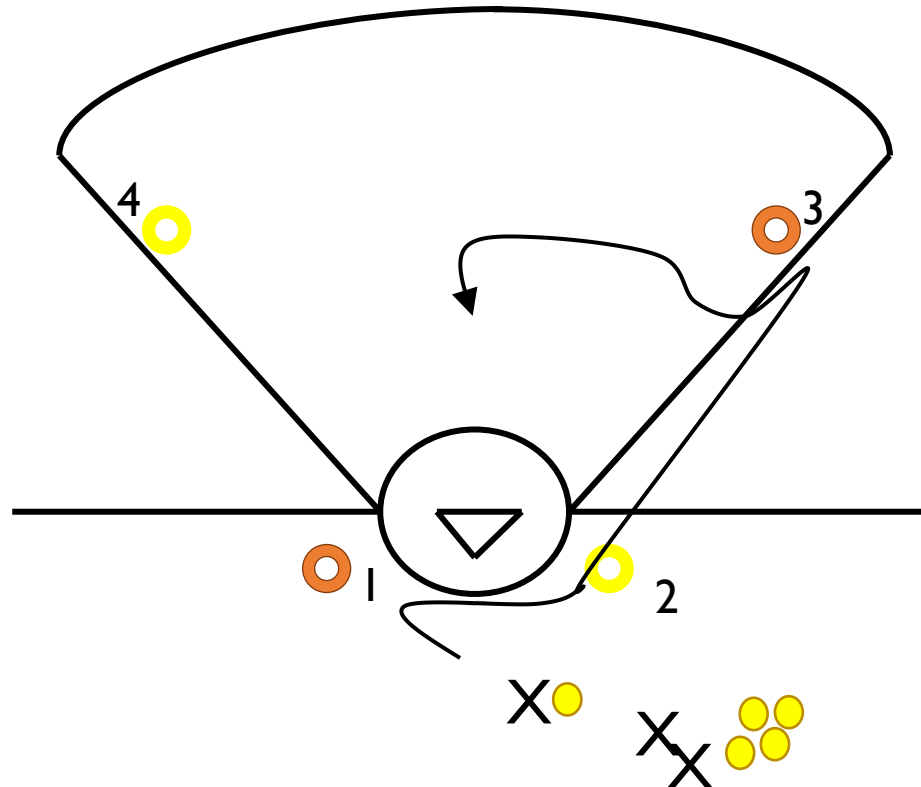


- If team X completes the dodge before team O, the coach should be calling for O to drop the ball and get in on defense.
- Essentially a relay race, red and black are competing working on dodging, then getting around quick enough spreading out working in a settled attack space.

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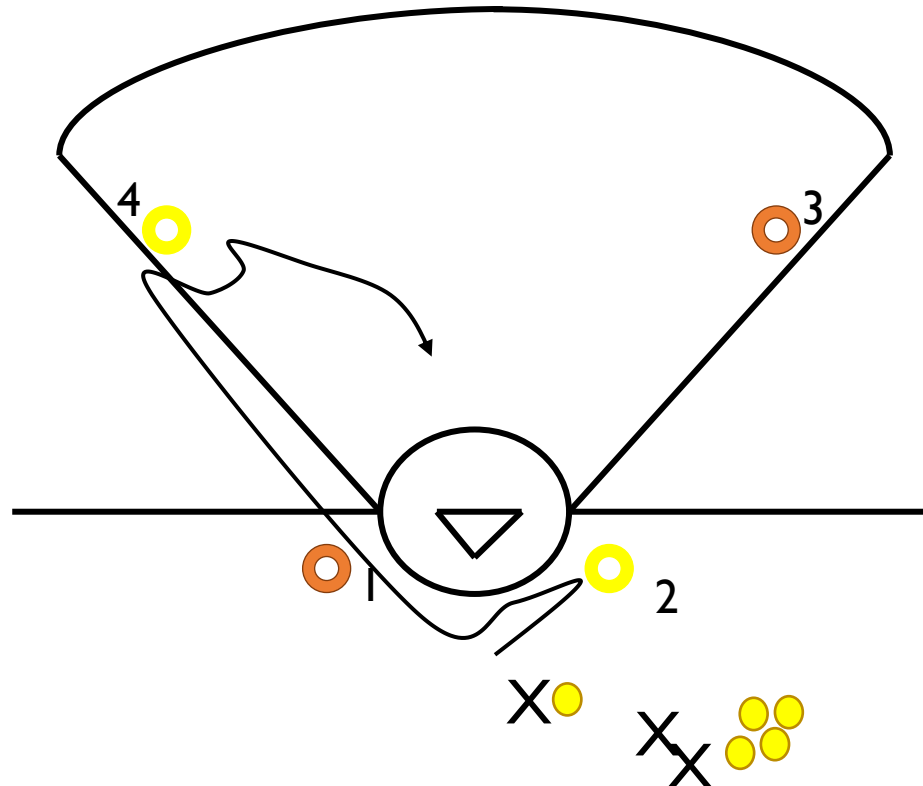
2 Cone Dodging from Low

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



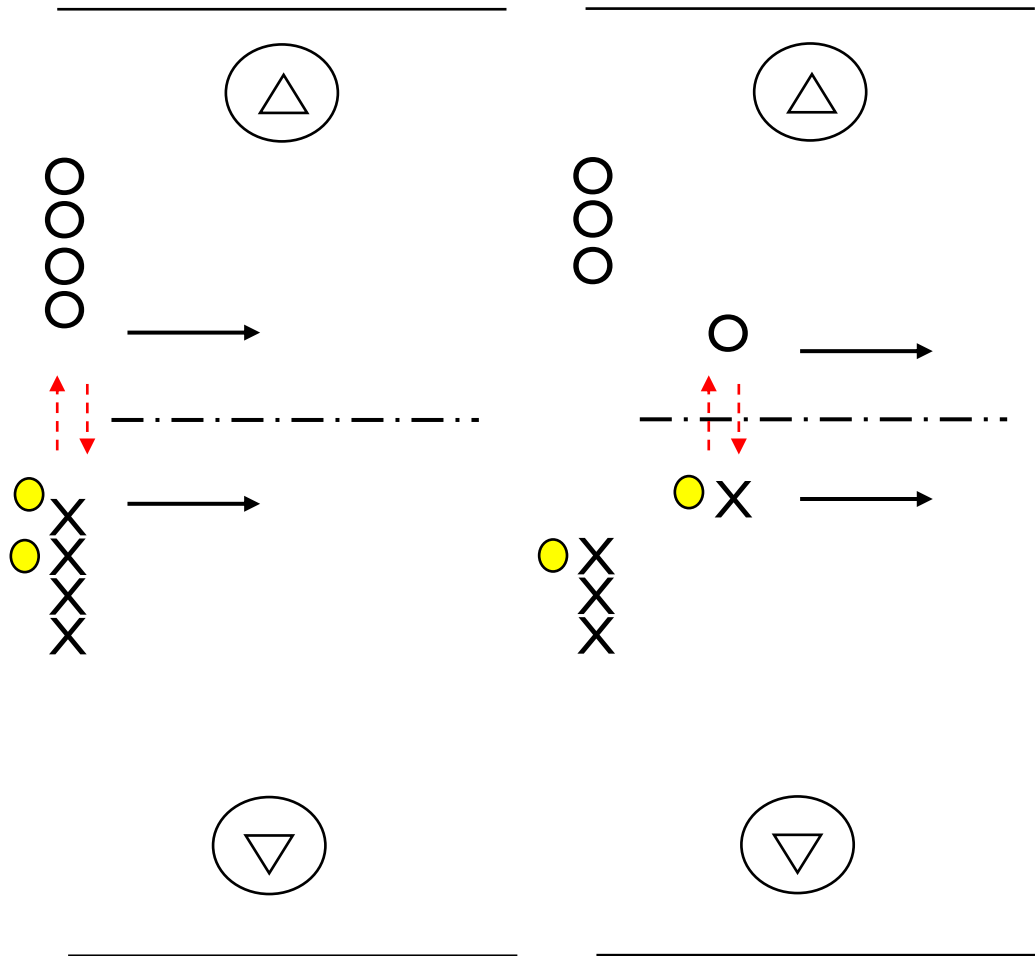
- The next player in the line is going to pick up a ball and dodge in the opposite direction of the first player
 - At Cone 2, with the stick in her right hand, she is going to do a split dodge – switching her stick from her right hand to left hand
 - She then heads to Cone 4 and does a roll dodge inside – 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

I v I ATTACKING DRILLS

IvI ATTACKING DRILLS:

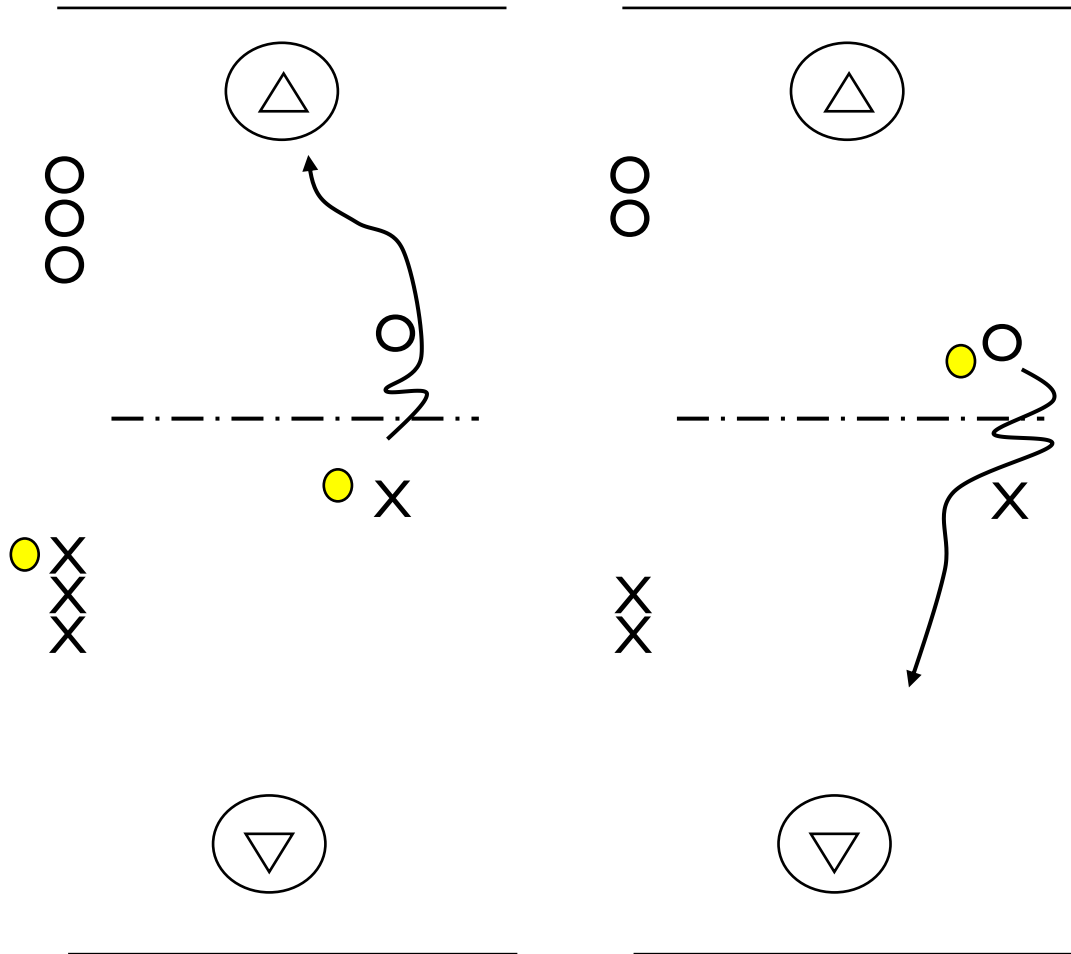
Quick stick IvIs

QUICK STICK 1v1s



- Divide players into 2 teams. Bring the goals in to shorten the field (approximately 25-30 yards long)
- The two teams line up on the sideline approximately 5 yards from the 50 yard line.
- The first two players quick stick (partner pass) on the move across the 50 yard line.

QUICK STICK 1v1s

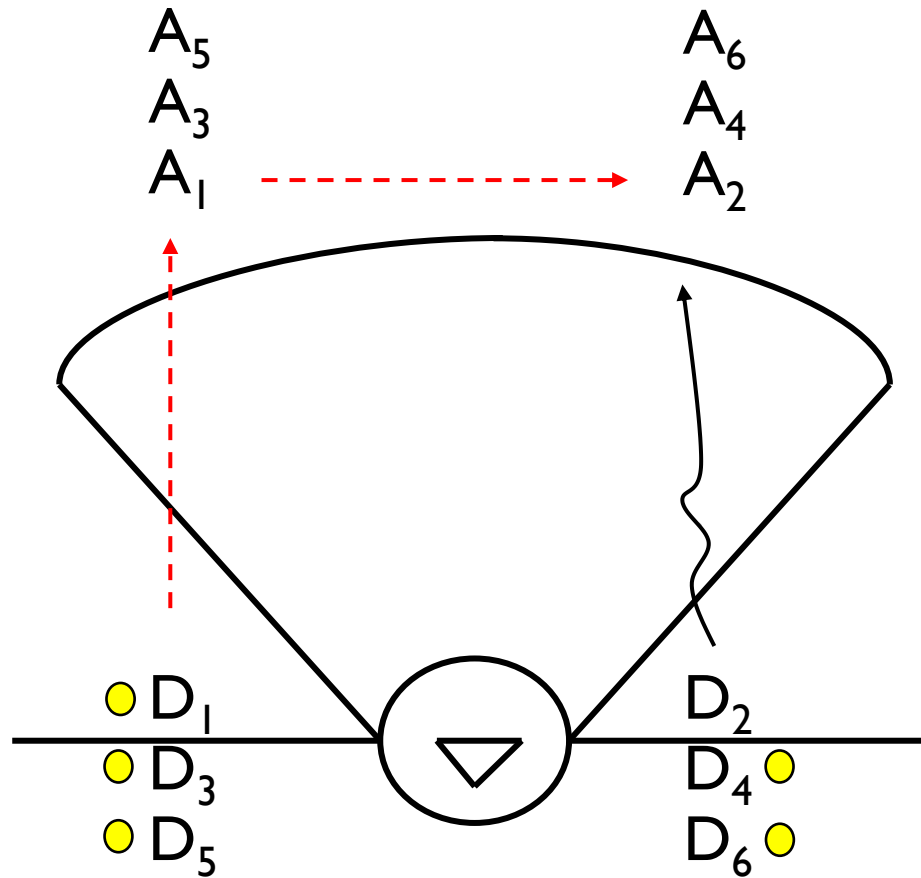


- The player that ends up with the ball on the opposite side line attacks the goal that she is facing. Her partner becomes the defender as they go 1v1 to goal.
- The next pair begins their quick sticks across the 50. At the far sideline, the other team becomes attack and dodges to goal 1v1 in the opposite direction.

IvI ATTACKING DRILLS:

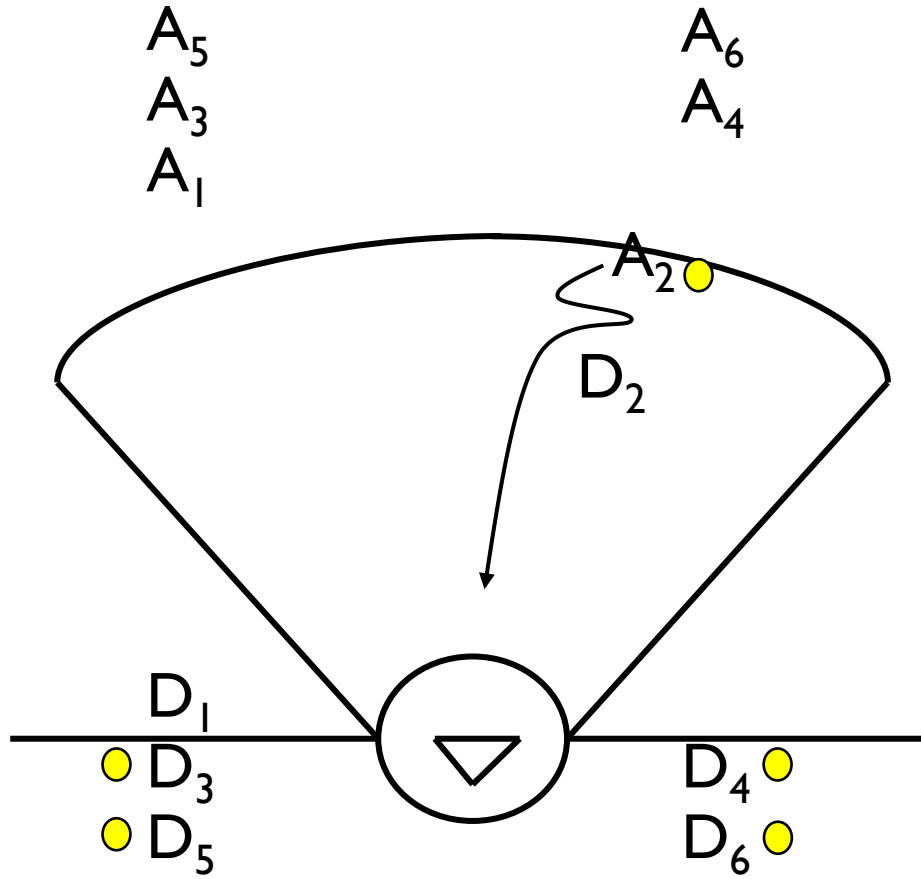
F7 IvIs

F7 Ivls



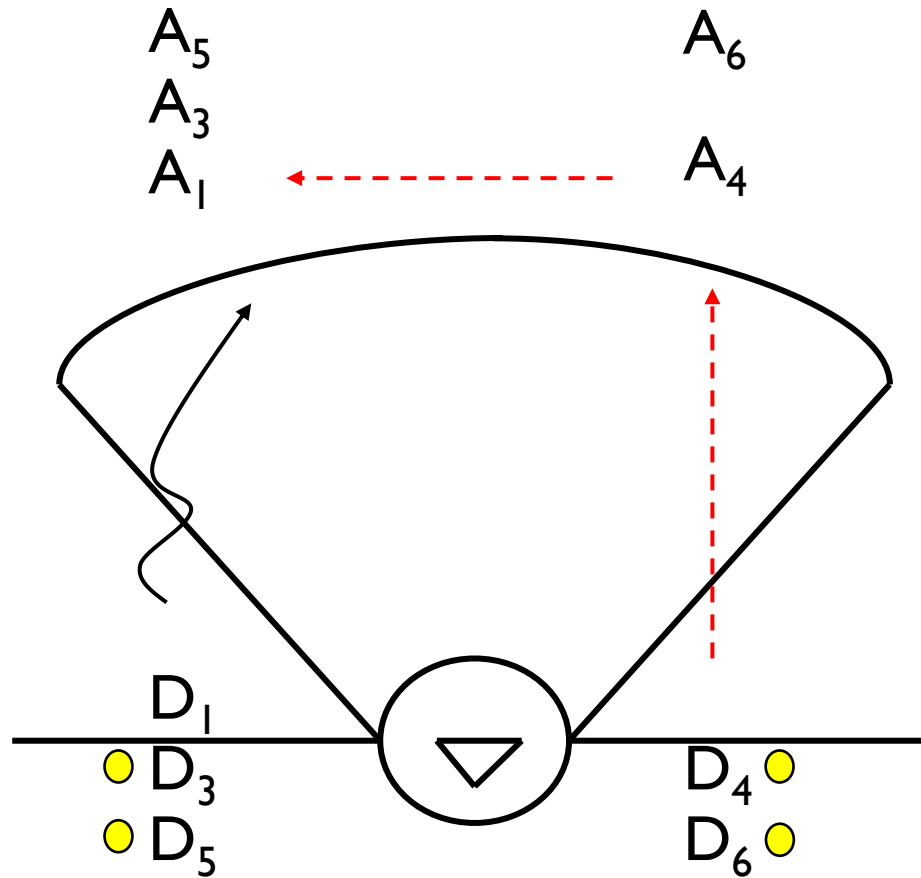
- 2 lines of attackers are formed above the 8M; 2 lines of defenders are formed at goal line extended.
- The first defender, D_1 , passes the ball up to A_1 . A_1 then passes to A_2 .
- As the ball is being passed to A_2 , defender D_2 closes the space, slides up, breaks down her feet, and is ready to play defense.

F7 Ivls



- A_2 then attacks D_2 in a IvI to goal.

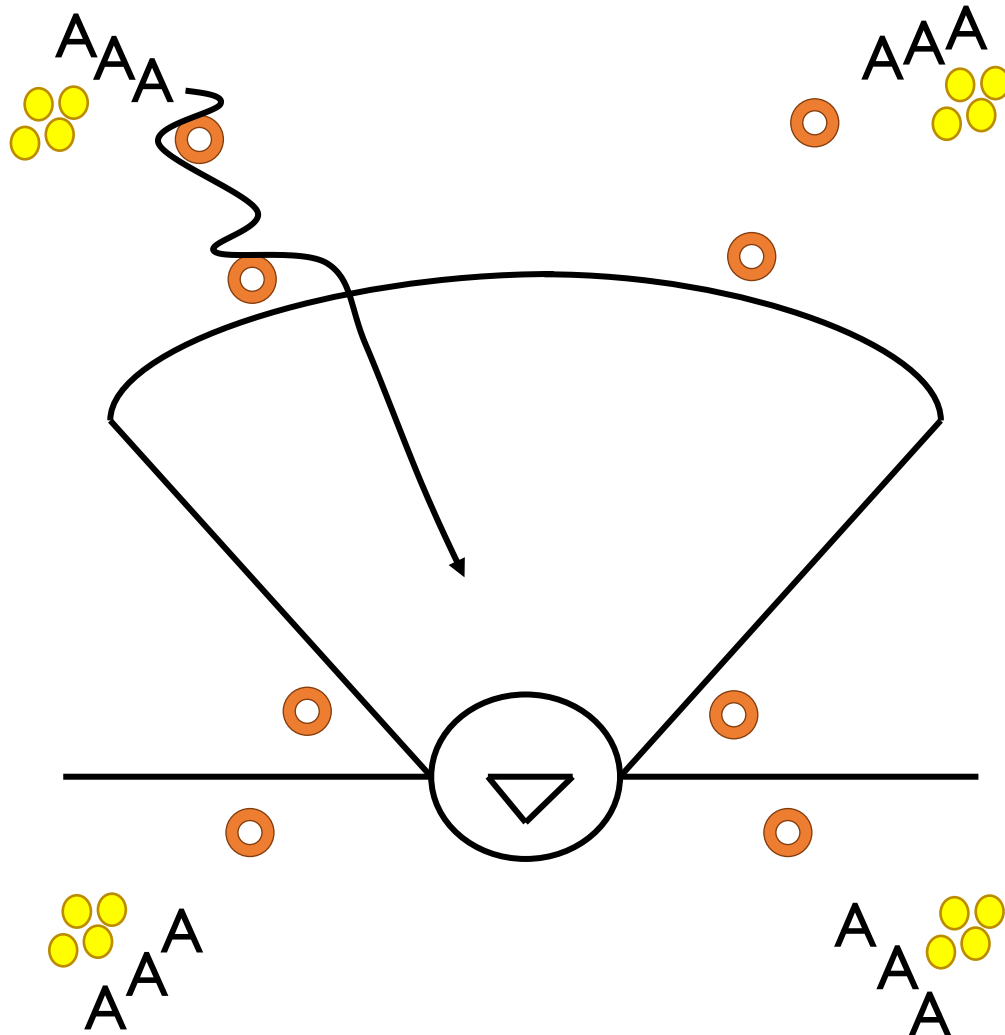
F7 Ivl's



- The next sequence starts when D₄ passes the ball up to A₄. A₄ then passes to A₁.
- As the ball is being passed to A₁, defender D₁ closes the space, slides up, breaks down her feet, and is ready to play defense.
- A₁ attacks D₁ Ivl to goal.
- The pattern continues. Each player passes the ball and then waits in order to play out the next Ivl.

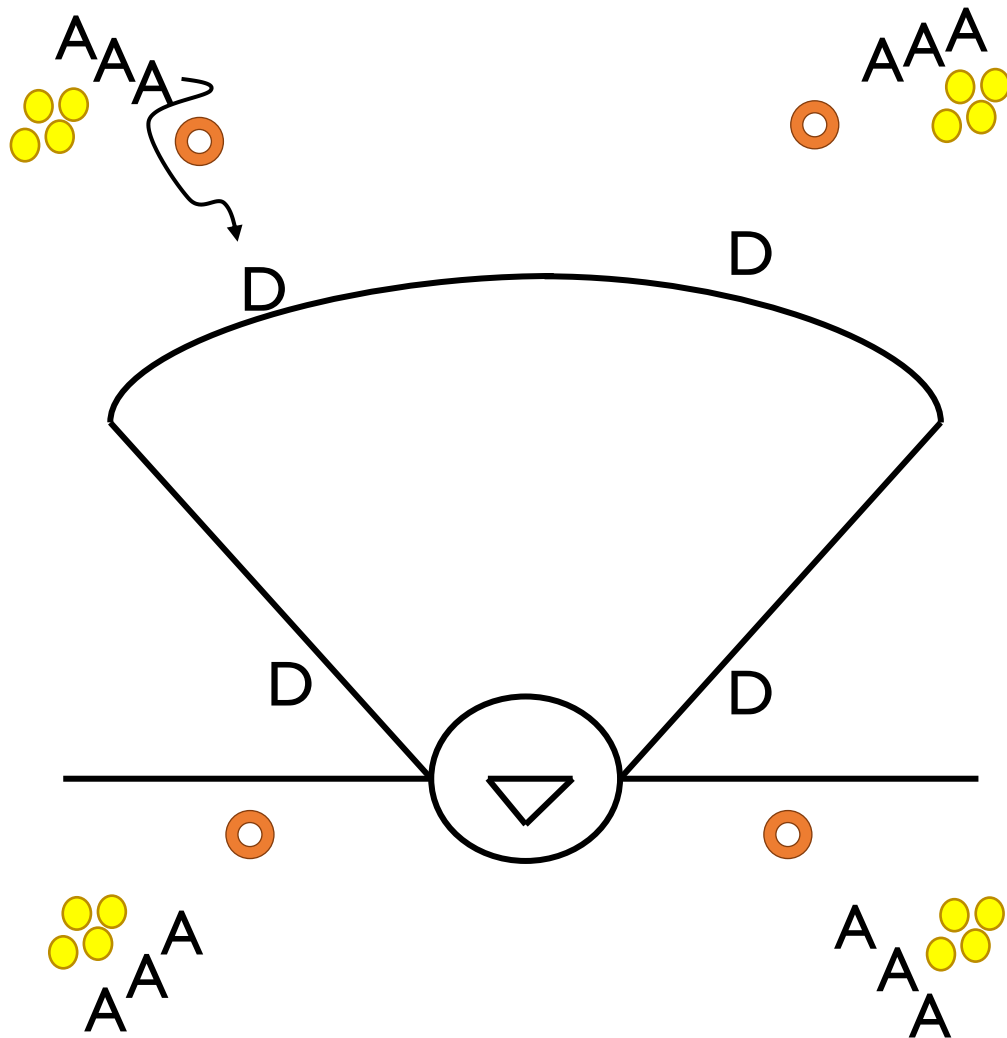
I v I ATTACKING DRILLS: Dartmouth Double Dodge Drill

DARTMOUTH DOUBLE DODGE DRILL



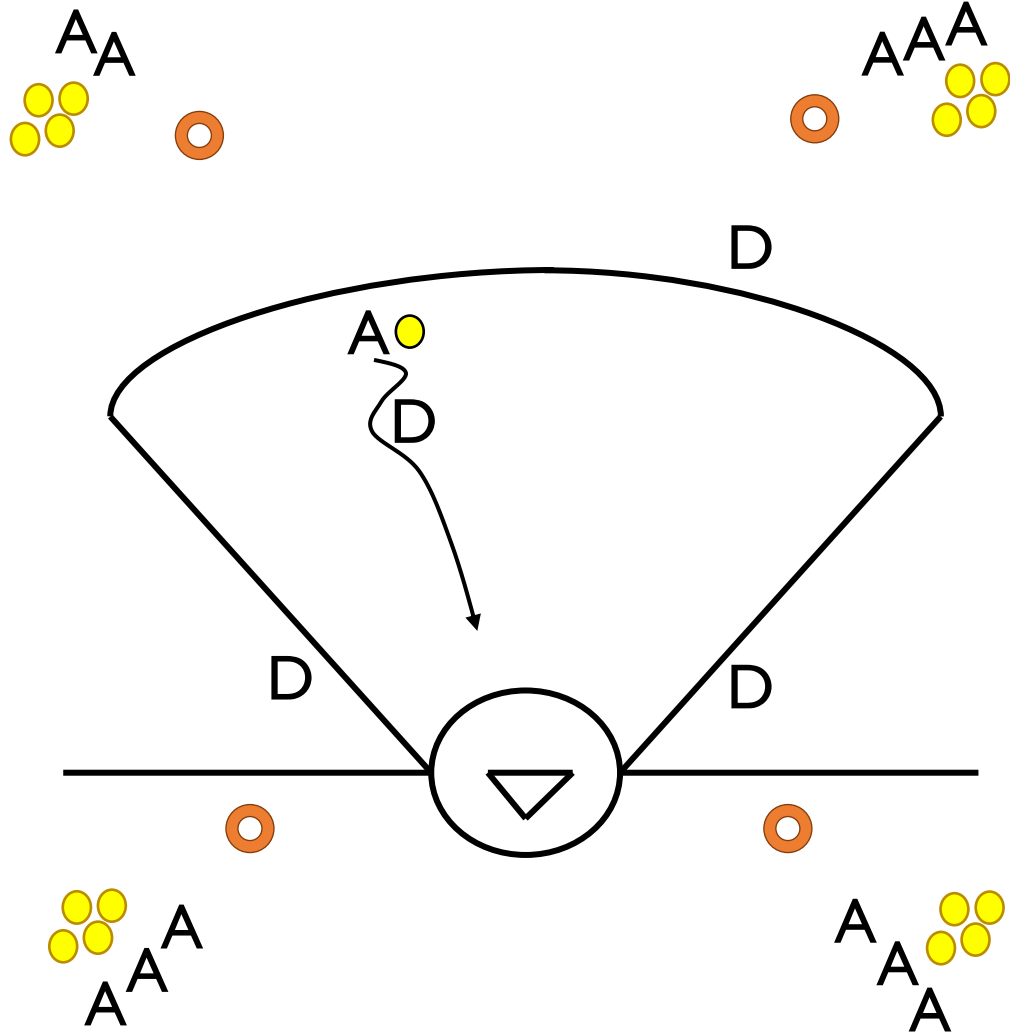
- Players are set up in four corners around the goal. Place two cones in front of each attacking line.
- The first attacker in each line takes turns dodging at each cone in front of their line. After the two dodges, the attacker takes a shot on goal.
 - Coaches can allow players to choose their own dodges or specify which dodges should be done at each cone.

DARTMOUTH DOUBLE DODGE DRILL



- After a few rounds, replace the second cone with a defender.
- The attacker dodges at the first cone.
- As the attacker approaches the defender, she should look to dodge as the defender becomes a live 1v1 to goal.

DARTMOUTH DOUBLE DODGE DRILL



- The pattern continues around the square.