

Drill Name: DODGING TO SHOOTING

Stage of Activity	Train to Learn, Train to Train, Train to Compete
Skills	Player Movement, Ball Control, Stutter-Stepping
Equipment	One Ball, One Stick per Player, Pylons
Time	15 Minutes
Number of People	3+
How It Works	<ul style="list-style-type: none"> • Set-up pylons in a 'V' shape. • Each player has a ball. • Player runs towards to pylons, shutter steps and chooses which direction to move around the cones. • Players perform the dodge and then shoot on the net. • Teach and model the theory, footwork and stick work of a face dodge, roll dodge and split dodge. <p>Give each athlete a minimum of 4 reps before modifying or changing the drill. Stress footwork and proper technique over speed.</p> <p><i>“Do it right....then do it fast”.</i></p>
Modifications	<ul style="list-style-type: none"> • Add targets for shooting • Require 1 or 2 fakes before shooting. • String different dodges together (i.e. split dodge to weak hand, drive alley, roll-dodge back to strong hand) • Add dodge to bounce to re-dodge. • Add dodge to bounce to free the cutter (feeder becomes next cutter).

