

Drill Name: J DODGE – STEP DOWN

Stage of Activity	Train to Train, Train to Compete
Skills	Dodge, Passing, Shooting
Equipment	Balls, One Stick per Player, Goals, Target or Goalie
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Two lines of players (left and right handed players) • The first players, Players A1 & B1, are the dodgers • Players A2 & B2 are the shooters • Players A1 & B1 alley dodges with roll back to opposite hand, then passes back to shooter (A2 & B2) for step down. • Players A2 & B2 step down and shoot from 10-12 yards.
Modifications	<ul style="list-style-type: none"> • Fake roll back, re-dodge to shoot. • Can use a target in goal if a goaltender is not available • Players can aim for the post or crossbar

