Split to Roll Dodge Drill

Drill Specs

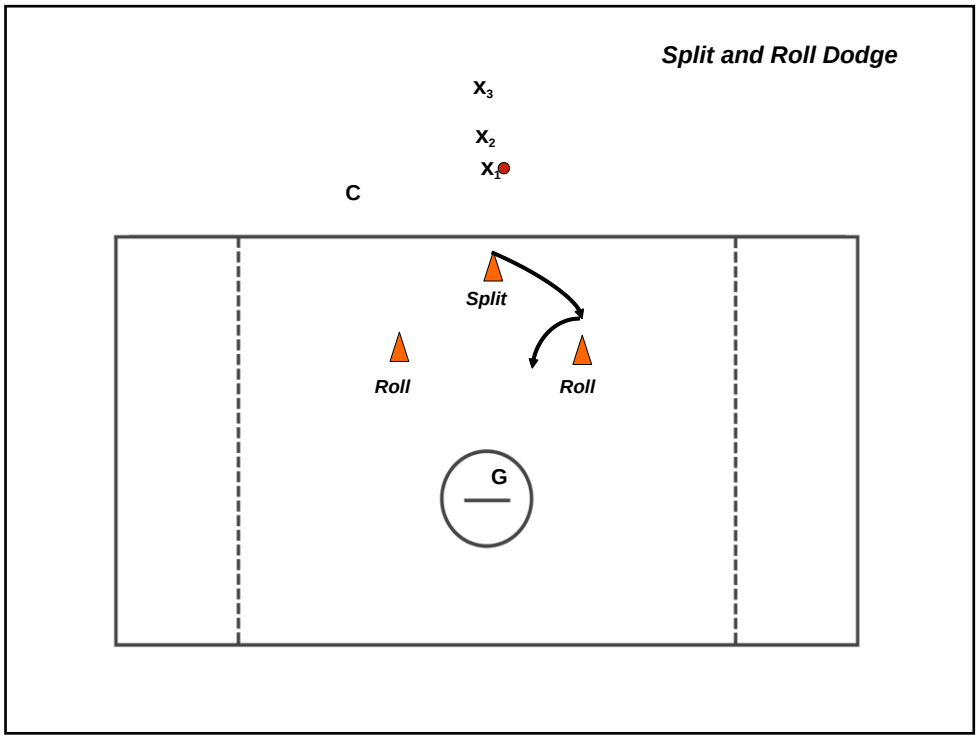
Drill Theme: Cradling and Dodging
Field Position: Offense
Drill Style: Skills
Time Needed: 10 Min
Field Location: Attack Zone
Skill Level: Basic

Objective

This drill is excellent for teaching players to dodge and go from one dodge to another.

Drill Description

Have your players all get a ball and set up in a straight line at the top of the attack zone. Set up a cone in the middle of the box about 5 yards inside of the attack zone, and then another cone to both the right and left about 5 yards down and 5 yards over. One at a time, your players will drive into the zone and split dodge at the first cone. The player will then go right or left and when they reach the next cone they will roll inside and drive for the shot.



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Split to Roll Dodge Drill, Continued

Skills Practiced	• Dodging • Footwork • Shooting
Variation	Vary the locations where the cones are set up. Also add defenders at the cones for added pressure.