



Zig Zag Dodging

Appropriate Age Group: 8-15

Skill(s) Practiced: Dodging, Cradling, Stick Protection

Drill Duration: 5 minutes

Resources: 1 ball per player, Cones

Description: In the alley area of the field, set up cones as shown. Player will jog from cone to cone executing a dodge (Face, Split, or Roll) at each cone. When players have reached the end, they will turn around and repeat the pattern.

Progression(s): Alternate top hands on the stick. Add a defender at each cone. Have a defender run with the dodger.

Drill Diagram:

