



## MEN'S X DODGE AND CREASE PICKING

### DRILL SPECS:

**Drill Theme:** Ball Movement  
**Field Location:** Attack Zone  
**Time Needed:** 10 Min

**Drill Style:** Skills  
**Field Position:** Offense  
**Skill Level:** Intermediate

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### OBJECTIVE:

To practice various dodges from X and the movement of the crease players in relationship to what side the ball comes from behind the goal.

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### DRILL DESCRIPTION:

Ball starts with a player behind the goal at X. Which ever hand the ball carrier begins this will let the crease players know that the ball carrier will be dodging back to the opposite hand and coming around the goal to make a pass to the crease player cutting. The crease players need to be opposite and away from where the ball will be coming.

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### SKILLS PRACTICED:

- Ball Movement.
  - Picking
  - Feeding
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### VARIATIONS:

As the players become familiar with the movement and dodge, to increase the difficulty for the offense crease can pick and repick, and pick and roll. Drill can also be done with the man at the top of the diamond and crease players then go low away and opposite.

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**DRILL DIAGRAM:**

