



## MEN'S LOB AND DODGE DRILL

### AUTHOR INFORMATION:

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### DRILL SPECS:

**Drill Theme:** Defensive Drills

**Drill Style:** Skill, Warm-Up

**Field Location:** Half Field

**Field Position:** Offense, Defense, Midfield

**Time Needed:** 5 Min

**Skill Level:** Basic

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### OBJECTIVE:

To develop footwork necessary for successful defense.

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### DRILL DESCRIPTION:

Start the drill with the coach throwing a lob pass to one of the four offense players (X). The offense then dodges to the goal. The defender (D) must come out to meet the ball as the offense is catching it, then correctly address the ball and prevent the dodger from getting a shot off.

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### SKILLS PRACTICED:

- Defensive Footwork
- Defensive Positioning
- 1v1
- Forcing

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### VARIATIONS:

Add an extra offensive player as an outlet pass to the dodger. Attack the goal from multiple locations.

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**DRILL DIAGRAM:**

