



## MEN'S ROCK AND ROLL FROM X DODGE DRILL

### DRILL SPECS:

**Drill Theme:** Cradling and Dodging

**Field Location:** Attack Zone

**Time Needed:** 15 Min

**Drill Style:** Skills

**Field Position:** Offense

**Skill Level:** Intermediate

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### OBJECTIVE:

This drill is excellent for teaching players to dodge around X and go from side of the field to the other around the X location.

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### DRILL DESCRIPTION:

Have your players all get a ball and set up in a straight line at the x position, all with lacrosse balls.

Set up a cone to the left on goal line extended about 3 yards off the crease.

Set up a second cone on the other side of the crease, but about 5 yards above goal line extended and 3 yards off the crease.

Have your players attack the first cone to the left and touch the cone, then drive back around the back of the crease.

When they drive behind the crease they must sprint to the second cone at 5 yards above (GLE).

When they reach that cone they should inside roll and finish the ball in the net.

Have your players do this rapid fire, one after another.

(Be sure to switch sides half way through)

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### SKILLS PRACTICED:

- Dodging
- Footwork
- Shooting

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### VARIATIONS:

Vary the locations where the cones are set up. Also add defenders at the cones for added pressure.

**DRILL DIAGRAM:**

