



## WOMEN'S SLALOM DODGE DRILL

### DRILL SPECS:

**Drill Theme:** Cradling and Dodging  
**Field Location:** Midfield  
**Time Needed:** 5 Min

**Drill Style:** Warm Up, Skills  
**Field Position:** Offense, Defense, Midfield  
**Skill Level:** Basic

---

### OBJECTIVE:

This drill is excellent for teaching players how to execute a dodge on the move. It creates enough space and lanes for players to perform various dodges quickly and efficiently. This warm-up drill enhances stick work and protection for players who move through multiple defenders.

---

### DRILL DESCRIPTION:

Four to six players stand facing front to back in a row about five yards from the player in front of them. The first player in line has the ball. The coach will call out the type of dodge you want them to execute.

The first player faces the line, and then begins weaving through, in and out, of each of her teammates. The player with the ball is running and executing each dodge toward the end of the line and circles back to the front, weaving on her way back. When she returns to the front of the line, she passes to the next player, whom she replaces in a stationary position as the drill continues.

---

### SKILLS PRACTICED:

- Dodging
  - Cradling
  - Stick Protection
  - Strong and Weak Hand Play
- 

### VARIATIONS:

There are a couple variations for this drill such as to make a drill a race to see who can slalom fastest without dropping the ball.

Or have the players execute dodges in a specific order. Ex: pull right, pull left, roll dodge, switch hands dodge.

---

**DRILL DIAGRAM:**

