

HOURLASS DODGING DRILL

OBJECTIVE

To practice dodging at full-speed and moving the ball to open teammates.

SPACE/EQUIPMENT

- Balls
- Cones
- Goals

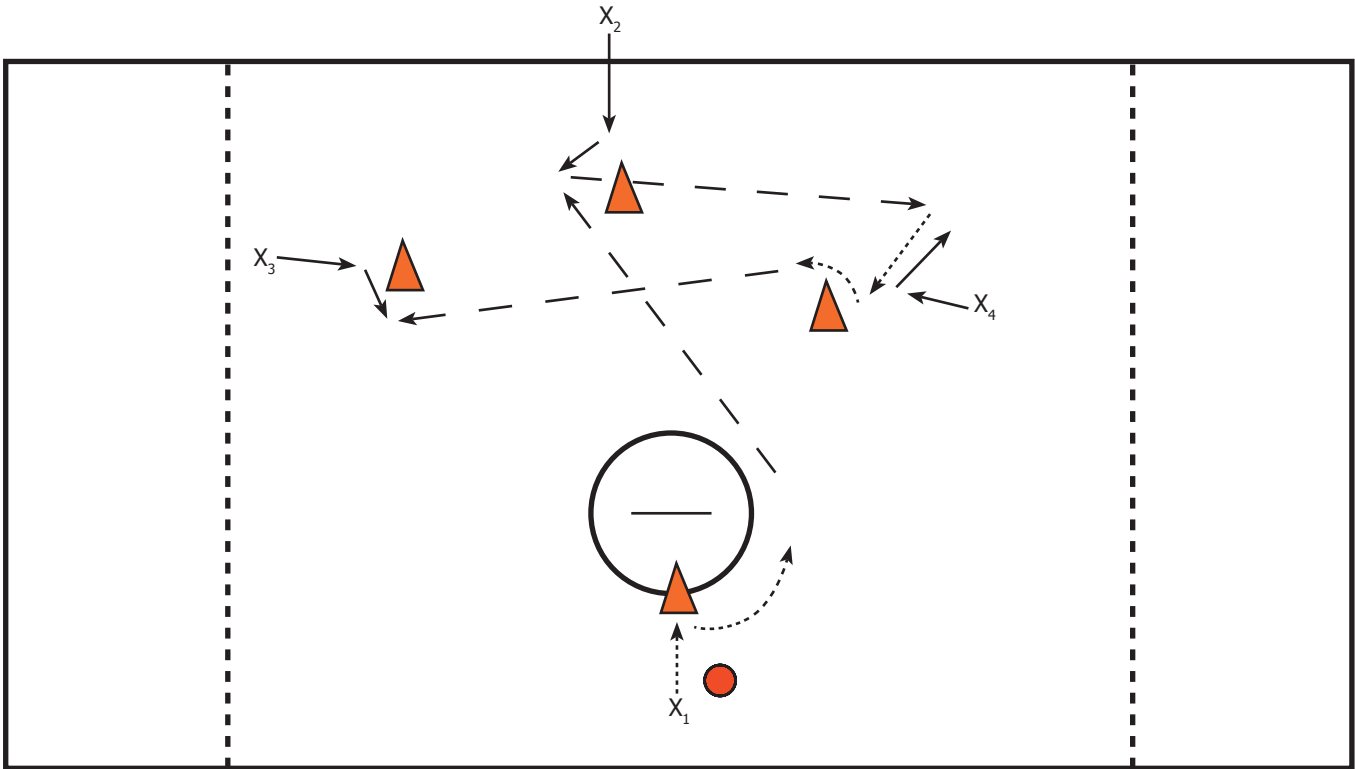
PLAYERS NEEDED

Approximately 12-16 players can participate in this drill at one time.

Set four cones around the goal at the four dodging positions of a 1-4-1 offense – one behind the goal at X, one on each wing about 10 yards from the goal, and one up-top approximately 12 yards from the goal. Set a line of offensive players approximately 8 yards outside of each cone. The player at X picks up a ball and makes a hard dodge, “beating the cone” to his right hand. The player up-top makes an L-cut to his right, and receives a pass from the player at X. The player on the right wing makes a V-cut, and immediately receives a pass from the player up-top. The player on the right wing makes a hard dodge, “beating the cone” to his right hand. The player on the left wing makes an L-cut to his right, and receives a pass from the player on the right wing. The player up-top makes a V-cut, and receives a pass from the player on the right wing. The player up-top makes a hard dodge, “beating the cone” to his right hand. A new player at X makes an L-cut to his right and receives a pass from the player up-top. A new player on the left wing makes a V-cut, and receives the pass from the player at X. The player on the left wing makes a hard dodge, “beating the cone” to his right hand. The player on the right wing makes an L-cut to his right, and receives a pass from the player on the left wing. The pattern continues as the ball is moved in an hourglass pattern, and players move to the line to their right after one turn.

DRILL-EXECUTION

Drill Diagram



SKILLS PRACTICED

- Dodging hard with head up
- Creating passing lanes off-ball

VARIATIONS/PROGRESSION

This drill can – and should – be run using both hands (to run it left-handed, the direction is reversed). This drill can also be shifted to fit different offensive sets (most easily to a 2-2-2). To add another level, coaches can incorporate a shot into the drill after the first two dodges.

GOALIE INVOLVEMENT

None

RELATED DRILLS

Monkey in the Middle
Live 1-on-1s