

OWNING YOUR MATCHUP

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OVERVIEW

Utilizing these drills/concepts our hope is that you are able to further develop your dodgers within the parameters of your offense. The approaches and dodges taught will be applicable to all offensive sets, however will be most aligned with principles taught within motion and pairs.

Approach **C**hange **E**xamine

APPROACHES: by implementing different approaches into our dodges we change the **cushion** and **angle** of the on ball defender. By eating up space on our approach it opens up more room to work with when we come out of our dodge. This not only changes the positioning of the on ball defender but also the hot guy and adjacent defenders.

***Float/Drift:** Should be slow and our level should be high so that we are able to incorporate a speed change. This results in either a slow reaction or overreaction. Both are good.

- **Goal: Alley** (Basic Variations)
 - Float up hash + Speed/level Change + Split
 - Float down hashes + Speed/level Change + Split + roll
- **Goal: High Side** (Basic Variations)
 - Float down hash + Speed/level Change + Split
 - Float up hash + Speed/level Change + Split + Roll

Float/Drift -> Re-attack: Done when our defender does not react appropriately to our float. If we get a table top reaction or flat reaction we're-attack and condense the cushion.

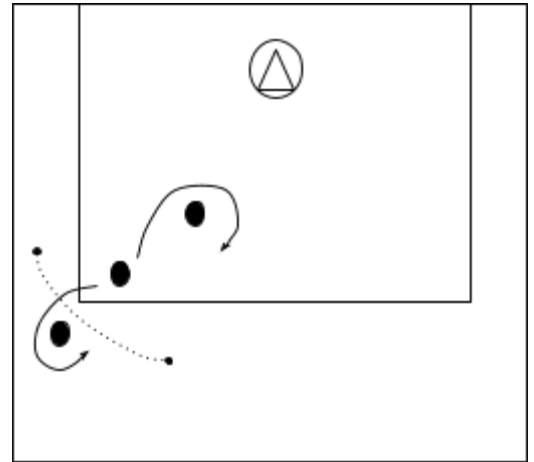
- **Goal: Alley** (Basic Variations)
 - Float up hash + Re-attack + Two/Three Step Split
 - Float down hash + Re-attack + Two stepFace + Roll
- **Goal: High Side** (Basic Variations)
 - Float down hash + Re-attack + Two/Three Step Split
 - Float up hash + Re-attack + Split + Roll

DRILL ONE: FIGURE 8 1v1'S

3 Cones equal distance apart. Players will start back to back on the middle cone. On the whistle they will each run around the appropriate cone initiating the 1v1.

The defensive player can give a variety of different looks/pressure keys during the dodge.

- Turn Sit (Table Top on Float) Keeping cushion
- Turn and Close to high side foot of dodger
- Turn and close giving two way go



Offensive players will have to read not only the approach but also the pressure key after the first phase of dodge. **They must float/drift on the dotted line first before the second phase of the dodge.**

RESQUARES: An important part of dodging is being able to re-dodge/re-square. If your initial move as a dodger does not work, you should split defenders in half and initiate lean. Carry lean for no more than two steps and have defensive awareness on how quick they are to slide. (Will impact your lean)

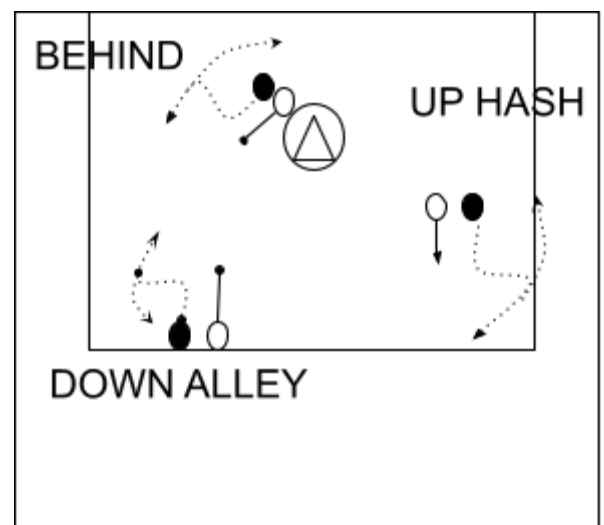
Different types of Re-squares

- **Quick** Re-square + Split
- Re-Square + Face + Roll
- Re-square + **Float** + Split
- Resquare + **Float** + Hesitation (See-Saw)

DRILL TWO: RE-DODGE DRILL

Setup: Can do from all four corners of the diamond no matter where the points are facing. This drill is designed to emulate the second half of your dodge when you are getting even pressure from the defender.

- Drill should be done going up the hashes
- Drill should also be done going down the alley/hashes
- Drill should also be done coming from behind



DRILL THREE: SPLIT FIELD 2 V 2'S

Setup: Put cones in the middle of the field from the crease all the way to the top of the restraining box. This drill helps your offensive players apply the resquare technique to beat the on ball defender while also being able to manipulate the crease defender. You start the drill in the re-dodge position similar to dodge drill.

- Offensive guy in the crease has limited movement.
 - Can mirror or follow slide
 - If working on pairs can also have them set picks after the initial re-square (Make rules that align with offensive concepts)

Progression: Both sides would live at the same exact time. However, you still cannot cross the middle of the field.

- Opposite ball side you can cut-set picks/screens
- Backside you can emphasize hitches as well

