

DODGE

PURPOSE

Dodging is a quick movement to the left or right, then changing direction again to lead onto the ball. Dodging enables a player to lose their opponent to take a pass.

EXPLANATION / DEMONSTRATION – Skill Progression I

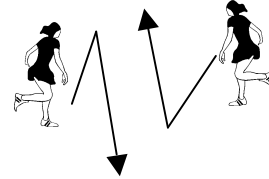
Teaching Points

1. Demonstrate what a dodge looks like
2. Keep body upright, balanced stance with weight on balls of feet
3. Suddenly change direction by bending knees and pushing off strongly with the opposite foot in the new direction – e.g. lead left push off right foot
4. Use arms to lead off in new direction
5. Lead towards the ball - Use short quick steps
6. Attacker make the first move to the defenders 'Blind Side'.

BASIC MOVEMENT WITHOUT EQUIPMENT – Skill Progression No. 2

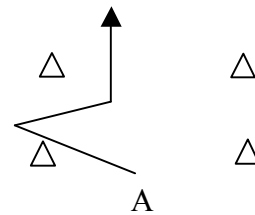
Set up a working Grid

1. Players running around in space
2. When two players meet – they both must dodge to the right / left



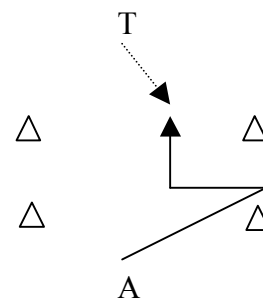
BASIC MOVEMENT WITH EQUIPMENT – Skill Progression No. 3

1. Player drives into cones, moves feet quickly to place left foot (outside foot) beyond the line of the cones.
2. Player pushes off powerfully to lead into space



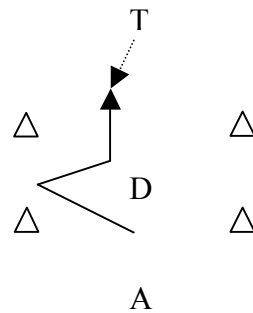
ADD BALL AND THROWER - Skill Progression No. 4

1. Player pushes off powerfully to lead at thrower to receive pass



ADD OPPONENT (Active) Skill Progression No. 5

1. Add a passive defender – facing T
2. Remove cones
3. Defender aggressive – facing T
4. Attacker drive hard to enter the area marked out by cones
5. Strongly push off left / right
6. Attacker make the first move to the defenders blind side.

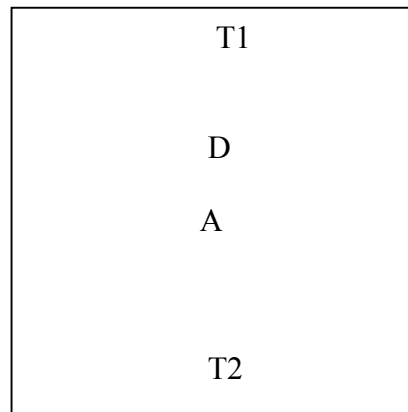


DYNAMIC DRILL & COURT APPLICATION – Skill Progression No. 6 & 7

1. Set up dynamic drill in a specific grid space
2. Attacker dodge hard to left / right (dodge to defenders blind side first)
3. Lead back into free space and receive from Thrower
4. Attacker Pivot on outside foot
5. Attacker pass off to T2 and repeat the process – working the other side eg Lead to T1 dodge L / R – Lead to T2 dodge R / L.

Add:

1. T3 and T 4 to the sides of this set up
2. Two attackers & two defenders
3. A1 & A2 must pass five successful passes; using the dodge to get free



Rules:

1. Only use T's if A's can't get free with dodging movement (3 second rule)
2. If A's need to use T's that pass can't count as one of their five.

COURT APPLICATION – Skill Progression No. 7

1. In pairs – A v D lined up down the court
2. 1 Player is on the goal line as T
3. T throws ball in the air, catches, turns and throws to A who has used good timing to dodge to get free
4. Continue down court

Add:

1. Back Line Throw Ins – D & A end
2. GS v GK in goal circle
3. Off centre pass
4. Side Line Throw Ins

