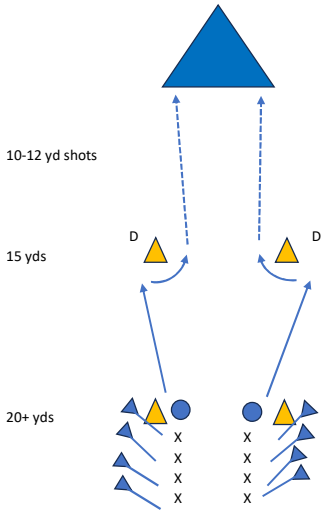
"PCLA Fall-Ball" Drills
On ball Offense and Defense

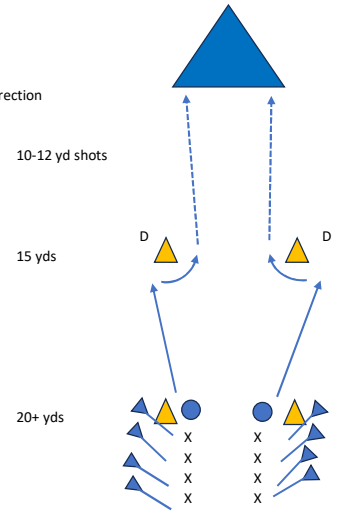
Player Runs
Pass or Roll the ball

Skeleton Dodging from Up Top

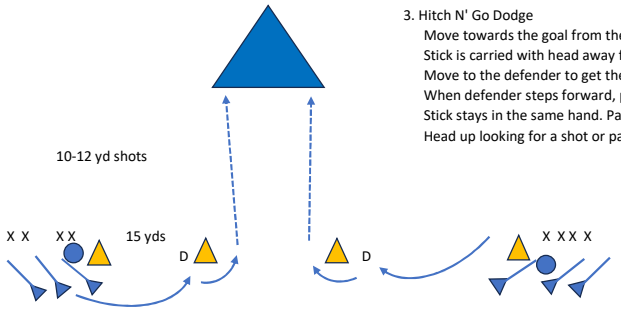
Change Speeds while dodging
Head up to look through or adjacent



1. Split Dodge
   Move towards the goal from midline
   Stick is carried with head towards the sidelines
   When picked up by defender move to go by defender
   When defenders hips point to the sideline use outside foot to change direction
   Change hands in front
   Head up looking for a shot or pass
   This can also be executed with the stick on the inside to start

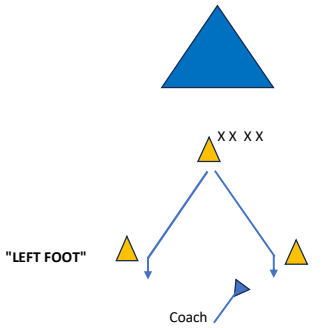


2. Face Dodge
   Move towards the goal from midline
   Stick is carried with head towards the sidelines
   When picked up by defender move to go by defender
   When defenders attempts to check stick pull it across your face
   Stick stays in the same hand. Pass defender as close as possible.
   Head up looking for a shot or pass
   This can also be executed with the stick close to the ground (toe drag)



3. Hitch N' Go Dodge
   Move towards the goal from the wing area
   Stick is carried with head away from the defender
   Move to the defender to get them to commit to stepping towards you
   When defender steps forward, plant outside foot and go around them.
   Stick stays in the same hand. Pass defender as close as possible.
   Head up looking for a shot or pass

Skeleton Defensive Approach -Strong Foot



1. Use your feet and mouth. Stick is always last
   Player begins in front facing towards the goal
   Coach will blow the whistle and point to a cone
   Player will approach the cone. Coach calls strong foot
   Approach the player one foot in front of the other from the goalside
   Stick should be in the same hand as offensive player to give you your forearm.
   Breakdown when you are stick length away and shuffle.
   Establish strong foot to prevent room to the middle. Direct towards sideline.
   Contact the player with your forearm and provide resistance at the pipe.
   EQUAL PRESSURE ONLY IS ALLOWED. PREVENT MOVEMENT TO THE GOAL.