

# ALLEY DRILL

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## Objectives:

- Fullspeed Dodging & Dodgingangles
  - Shooting and Stick protection
  - Fade out step and Backpass
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## Skills practiced:

- Dodging, Stickprotection, Backpass and Shooting, Fadeoutstep with look inside
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## Space/Equipment:

- Half field and cones, at least 20 balls
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## Players needed:

- Minimum of 4 to 6 players; up to 30 +
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## Description:

Attack the top middle cone. Drop the outside knee to the ground and then explode out towards the goal (stay inside of the outside cones). When exploding out, get your hands free in order to shoot before the two bottom cones. In the second part we can practice our re-dodge in case of an early slide. After the dodge the middies presses out from the inside foot and fades out with stick in passing position, while looking to the inside. After 3 steps to the outside turn to the outside, look inside again and pass back to the other middle, who goes towards the ball and re-dodges the other side.

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## Variations:

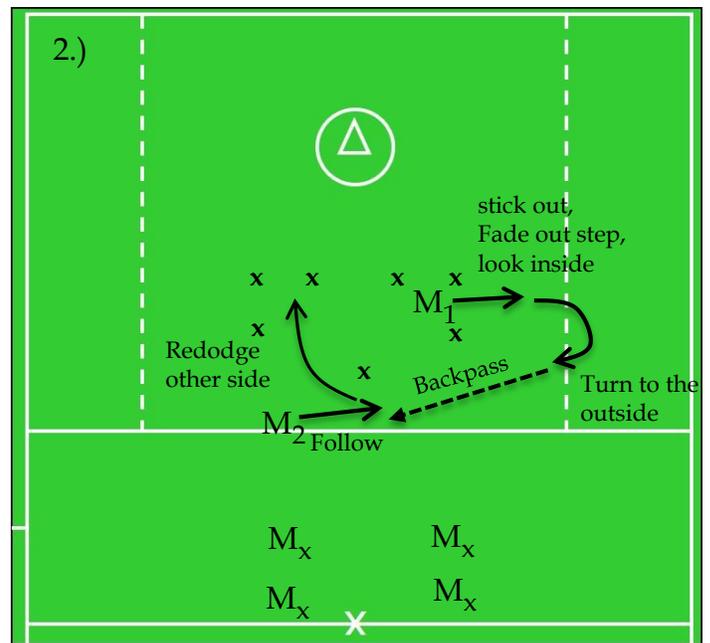
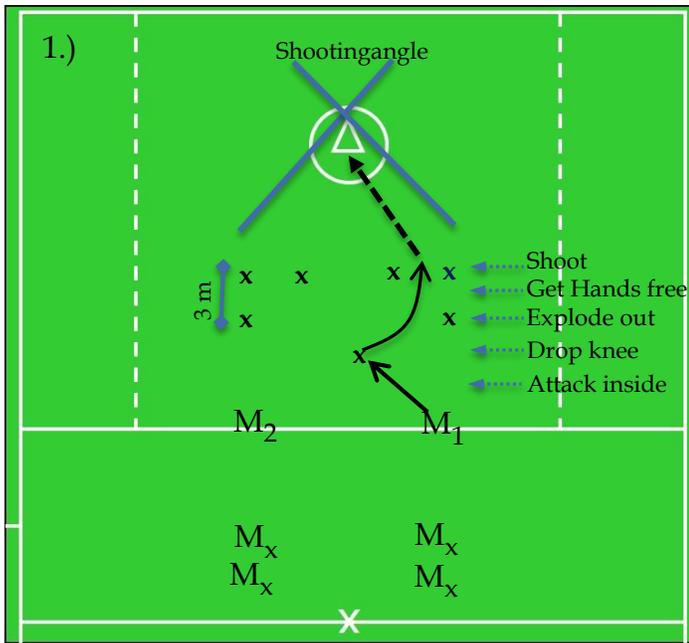
- Run it in slow-motion to get foot- and stickwork down (make cones wider)
  - Let two defensemen slide from the inside and have an attackmen inside
  - After the basics are down run it in a 3 on 3 setup
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## COACHING TIPS:

When Middies dodge the alley they commonly dodge to the corner instead towards the goal and they take shots out of bad shooting angles. The drill over exaggerate the right moves for the alley dodge and helps them to make better decisions in the game. Here we focus on explosiveness and getting your hands free for shooting or passing while fading out away from a slide.

Player-coaches: Great drill to participate and focus on the teams and your own basics

Drill of the Week



Your notes: