

# 2 ON 2

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## Objectives:

- Dodging with your head up and defense
  - Sliding from the crease
  - Crease movement
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## Skills practiced:

- Dodging, Crease feeding, Sliding, 1on1 defense
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## Space/Equipment:

- Goal and 2 balls
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## Players needed:

- Minimum of 4 players; up to 15+
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## Description:

Two offensive players and two defensive players. The two opposite of each other are in a team. The top guys are starting out in a 1 on 1, while the others are positioned at the crease. After the offensive guy has dodged his man the crease guy should slide, which opens up the crease player. The dodging player should now step out and looks to the inside with his stick pointing to the sideline looking for the inside pass. The crease player follows the sliding defender in a banana like motion in order to get open for the crease feed and finished with a shot.

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## Variations:

- Tell the defense to focus on Early or late sliding, so they learn the difference
  - Setup a dodging channel using cones, to enforce proper alley dodging
  - Let them run until the ball is either cleared or in the goal (conditioning)
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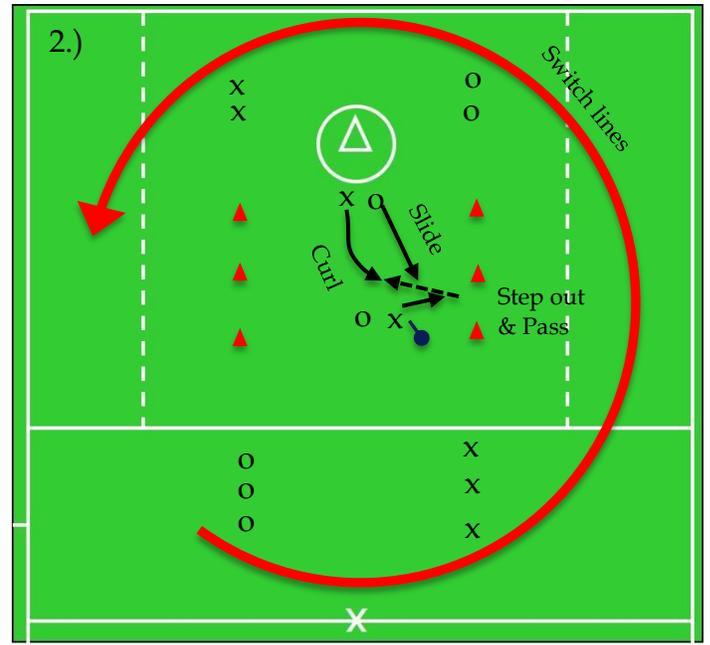
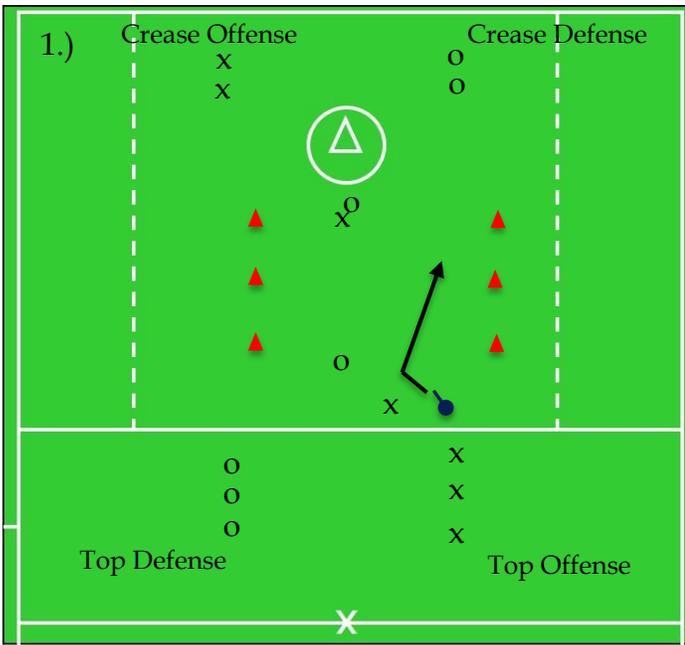
## COACHING TIPS:

Offense: Dodge towards the defender and split down the alley- if there is no slide - **shoot**. If the slide comes fade out to create separation (get your hands free) and look inside to feed the crease, if the crease is not open, turn to the outside and abort.

Defense: defend to the outside and towards the cone, and stay on the back shoulder, do not let him turn back.

Slide out aggressive, but slow down the last 2-3 steps into defensive stance (think face-dodge). Do not try to knock him out, just control the dodger and drive him away from the cage.

# Drill of the Week



Your notes: