

## Lacrosse Face Dodge – Columbia University

<https://www.youtube.com/watch?v=xa38gXAdnPQ>

The Columbia Women's Lacrosse coaches talk about how to face dodge. Similar to the split dodge video with Men's lacrosse star Johnny Christams (link), dodging in women's lacrosse is a hip turning contest. Coach sets up the dodge, by stepping in one direction. As the defender moves to prevent the dodge, she quickly turns her hips, and steps up field as quickly as possible.

### Coaches points:

- Protect your stick with your head and body throughout the dodge. Many players have a tendency to swing their stick, wide in front of their body. Notice how coach moves the stick, and swings her hips at the same time.
- Coming out of the dodge, coach talks about the importance of getting up field quickly. Lacrosse is a game of angles. if you can get up field, you will eliminate your opponents chances of getting an angle on you and recovering into good position.
- Change of speed. Explode out of your dodge. This increases your separation and helps you get your hands free for a high quality shot.