

## Lacrosse Dodging Drill – Zipper Drill

<https://www.youtube.com/watch?v=joHhRXi6xF4>

The zipper drill is a great drill for lacrosse players to improve their individual dodging. This drill could be incorporated into pre-practice as a warm up. It could also be used towards the end of practice as a competitive conditioning drill, by having players race against each other.

Players should be working on the split dodge or roll dodge in this drill. Coaches should be watching the stick protection and footwork of players. Many players at the youth and high school level tend to hang their stick, leaving them exposed to back checks. For a great video about footwork, make sure you check out our last dodging post (link to Christmas).