

Lacrosse Stutter Step Dodging – Jen Adams

<https://www.youtube.com/watch?v=znXIGpyiB4Q&list=UUefHUmUky4FeOMKu08VdHg>

Jen Adams, head coach Loyola University gives some tips on how to execute a roll dodge.

In this video Jen builds off her stutter step move (link to jen stutter). Similar to the stutter step, the ball carrier needs to take a hard step up field. As the defender moves to take away the topside, plant your up field foot, and open your hips. Your back should be to your defender, so keep your stick protected and roll underneath the defender for a 1 v 1 against the goalie.