

Stick Protection – With Jen Adams

<https://www.youtube.com/watch?v=7AyqkJhIN0E>

Jen Adams head coach at Loyola University talks about stick protection for womens lacrosse players. She does an excellent job talking about the difference between downhill dodging from the midfield and dodging from behind the cage or the wings, with a defender squared up defending you.

Here are some of the key points from coach Adams:

- Keep your body between your stick and the defender no matter where you are on the field.

Midfielders:

- Run hard, to keep the defender on your hip.
- Rotate your shoulders and keep your hands back, so the ball is off of your back shoulder.
- Make sure you keep the stick out and away, using your body to hide your stick.

Attacking from down low:

- The same primary applies: keep your body between your defender and your stick.
- As you dodge, aim to keep your leading shoulder between both of your defenders shoulders.
- As the defender attempts to improve her angle, rotate your shoulders and use your elbows to shield your stick.