

Lacrosse Dodging– Split Dodge W/Johnny Christmas

<https://www.youtube.com/watch?v=7rcJycQS3p8>

Johnny Christmas, former All American at UVA and MLL All Star breaks down split dodging for lacrosse players.

Johnny does an excellent job breaking down some key coaching points, particularly the footwork to help players be successful.

- By attacking the defenseman's body, the defenseman's stick is less of a factor. However now, you are in range of a cross check and push. So as you do this, be sure to accelerate and run hard to setup the next COD (Change of direction).
- Coach Christmas does an excellent job talking about slicing and getting up field quickly. This is where he talks about the hip turn. By challenging your opponent to turn his hips.
- By stepping up field, you are taking away the defender's angle and recovery options.

This is a great technique to practice, check out the zipper drill blog ([link to blog](#)) for more ideas on how to develop this skill.