

Lacrosse Dodging– Roll Back Dodge W/Jovan Miller

<https://www.youtube.com/watch?v=1FZv4GwtNE0>

GameBreaker Camp Director Jovan Miller, takes us through one of his favorite dodges. The Ally dodge & Roll Back. This is a secondary dodge, meaning you want to try and beat your man first. A quick split is a great move to start this sequence. Check out our split dodging blog here (Link to split dodge).

As with all dodges, Coach Miller talks about approaching this going full speed. Here are some other coaching points to think about when executing a Roll Back dodge:

- “Buy real estate” – Coach Miller talks about leaning into his defender. This drives the defender closer to the middle of the field, providing space behind you for the roll back. If you allow your defender to drive you wide, your shooting angles will not be as good and you will have a much harder shot. However if you can drive your defender in and roll back into a high percentage shooting area, you will have a better chance of scoring.
- Notice how coach Miller leads with his stick. He is careful to keep his stick protected first, then gets his hands free for a shot. That is essential for players to do as they roll back.
- After the roll, notice how Coach Miller keeps his feet moving. This not only increases his shooting angle, but it also continues to separate him from his opponent.
- After the dodge, it is important you set yourself up with proper shooting mechanics, as we have discussed in past blogs (link to ESPN/Rabil).
- Last but not least, coach Miller talks about passing the ball if a slide is coming. High level players make the easy play. Keep your head up as you are dodging, and take what the defense gives you. A low percentage shot is often as bad as a turnover.