

Lacrosse Dodging and Shooting Drill -

<https://www.youtube.com/watch?v=f6E0OJ-Uh9U>

Lacrosse All-Star Paul Rabil demonstrates an excellent drill for Midfielders of all ages to utilize outside of practice. In addition to combining dodging and shooting, this drill provides the opportunity to practice basic dodges and shooting on the run for younger players.

For more advanced players, working on double moves and adding targets to the shot at the end are both ways you can continue challenging yourself to become a better lacrosse player.

As Paul mentions, this drill is meant to be executed at full speed. Make sure you take a minute between reps to ensure you are able to work at maximum effort. Remember: every time you step on the field one of two things happens, you get better or you get worse. Make sure you are getting better by, going full speed and practicing proper technique.

We hope you use this drill to become the best lacrosse player you can be!