

Shooting Drill Split on the run – Paul Rabil

<https://www.youtube.com/watch?v=jYyANb8GQ7k>

Lacrosse All-Star Paul Rabil breaks down the split dodge from up top. While Paul and I might differ on our belief in “North and South” dodging vs. “East and West dodging”, he does have many notable points in here that players of all level can benefit from.

Notice there is a good 6-7 yd gap between where a player starts and where we dodge from. To be a good dodger, we need to receive the ball in space (off ball movement is key).

Notice the red cone is set in line with the near side pipe of the goal. By starting his dodge on the nearside and splitting to the far side, Paul finishes his dodge in a high percentage shooting area. So while I tell my players to dodge north and south. In this example, he starts his dodge with room to work when he moves a little east and west. He finishes his dodge and takes a shot from a high percentage area. When Paul makes his move, he accelerates out of the dodge. This acceleration helps create separation from our defender.

Last but not least, notice how Paul rotates his torso to wind up and follows through, rotating his body. He finishes his shot back peddling toward the end line. For the science behind why this is important, check out our previous shooting post (Link to ESPN)