

DOUBLE DODGE

PURPOSE

Double Dodging is a quick movement to the left / right / left or vice versa. Double Dodging is often used in confined spaces eg GS v GK or WA v WD on Centre Pass or trying to get onto the goal circle.

EXPLANATION / DEMONSTRATION – Skill Progression 1

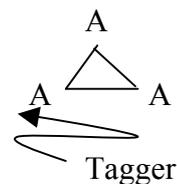
Teaching Points

1. Demonstrate what a double dodge looks like
2. Keep body upright, balanced stance with weight on balls of feet
3. Suddenly change direction by bending knees and pushing off strongly with the opposite foot in the new direction – e.g. lead left push off right foot
4. Use arms to lead off in new direction
5. Lead towards the ball
6. Use short quick steps

BASIC MOVEMENT WITHOUT EQUIPMENT – Skill Progression No. 2

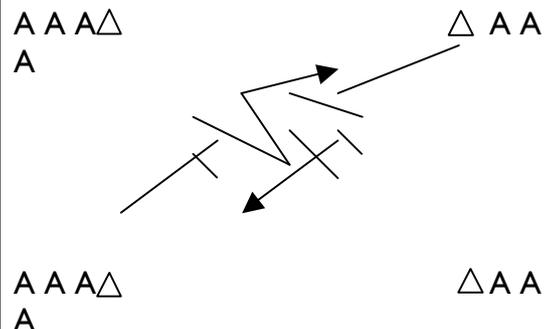
Set up a working Grid – groups of 4

1. 3 Players join hands creating a triangle; 4th player double dodges strongly to left and right trying to tag the back person – A's doing likewise



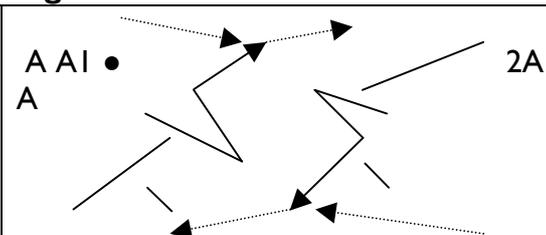
BASIC MOVEMENT WITH EQUIPMENT – Skill Progression No. 3

1. Set up in C 1/3 – Equal players to each corner
2. Clash – 2 A's from diagonal corners sprint into the middle – both must double dodge L, R, L then lead
3. Vice Versa double dodge R, L, R then lead



ADD BALL AND THROWER - Skill Progression No. 4

1. Cross over Double Dodge - As above – L, R, L double dodge receive ball from Left side – vice versa
2. You may designate the middle corridor as a 'no go zone' now that ball has been put in



	A A 2 A	•1A
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ADD OPPONENT - Skill Progression No. 5

<ol style="list-style-type: none"> 1. Add a passive defender – 2. 1ST – set up defender in the middle – A lead hard at D then double dodge 3. 2nd - set up defender in front of A both facing forward – double dodge first then lead to created space 4. A's receive the ball from the other end 5. Rotate Defender regularly 6. Drill can be positioned straight up and down court 	
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DYNAMIC DRILL – Skill Progression No. 6

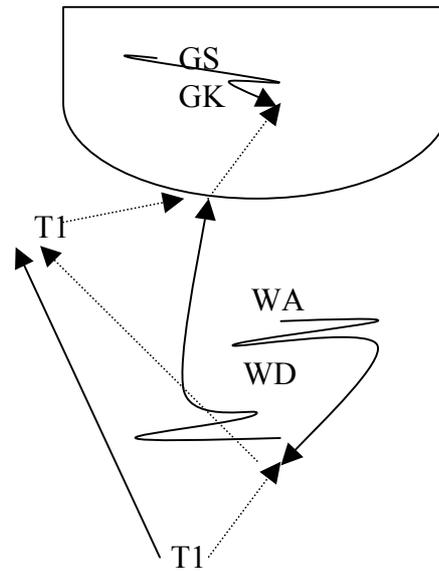
<ol style="list-style-type: none"> 1. 1ST – set up in the middle – A lead hard at D then double dodge 2. 2nd - set up in front of A both facing forward – double dodge first then lead to created space 3. If Attacker can't get past the Defender within the 3 seconds for T to deliver – A must lead back to the start and receive ball back again and then have another go at double dodging to get rid of defender 	
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COURT APPLICATION – Skill Progression No. 7

<ol style="list-style-type: none"> 1. Set up a few cones for WA to double dodge through – mix up whether you do one dodge, two or possibly three 2. Remove cones – add a defender 3. Add GS in goal circle – timing her double dodge to receive ball from WA 	
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COURT APPLICATION Cont. – Skill Progression No. 7

1. Start with T1 having the ball in C /13
2. WA work hard on the double dodge to drop off WD and receive the ball from T1
3. T1 lead toward the goal circle on the 45
4. WA pass to T1
5. WA then must double dodge / dodge etc to get back to the goal circle



6. Add: two defenders on WA and get her to work hard on the double dodge to split them up – same set up as above.
7. However – if WA can't get free inside the 3 seconds T must work with GS until WA can get onto the circle edge
8. Add: T2 who becomes the GA and continue the same set up.

Can be set up anywhere on court for the various positions.