

6v4 Dodge/Feed

Goal:

To give players game experience, both on offense and defense.

Description:

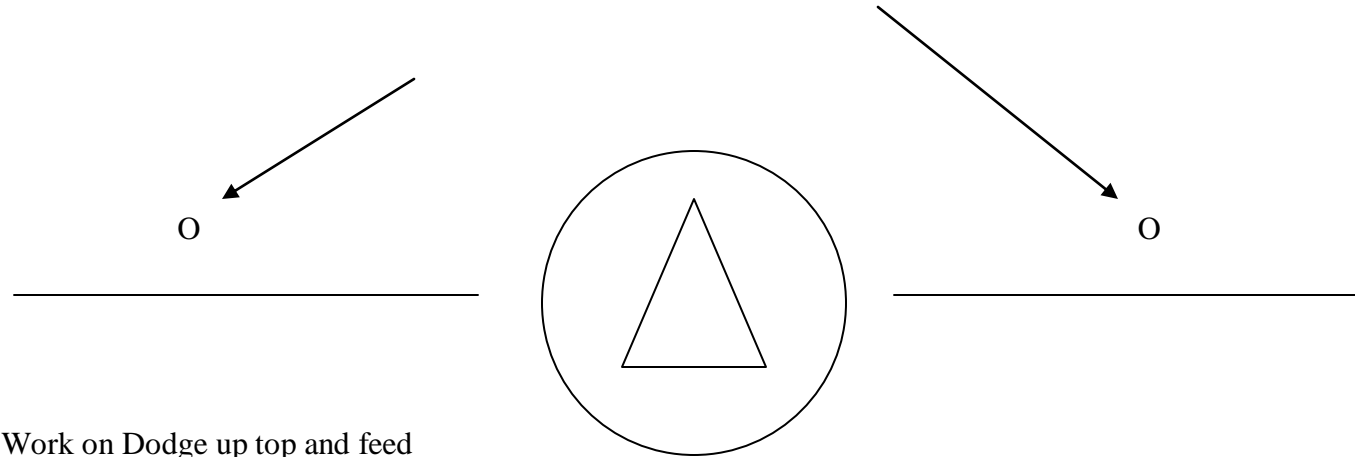
- use six offensive players and four defenders (2 or 3 Poles)
- Set up 2 attack without defenseman guarding them at goal line extended.
- Place 2 Defenders and 2 offensemen in front of the cage.
- Place two defensemen and two offensemen at the top of the box
- Have the offense work on dodges up top and feeds from the x
- Defense focus on dropping into backside of crease (stealing real estate)
- Walk through the offensive and defensive rules.

Equipment:

A ball

6v4 Dodge/Feed

These two stay below Goal line extended



Work on Dodge up top and feed from the x

Drop into Backside of Crease

O O
D SS

D D
O O