

MONKEY IN THE MIDDLE DRILL

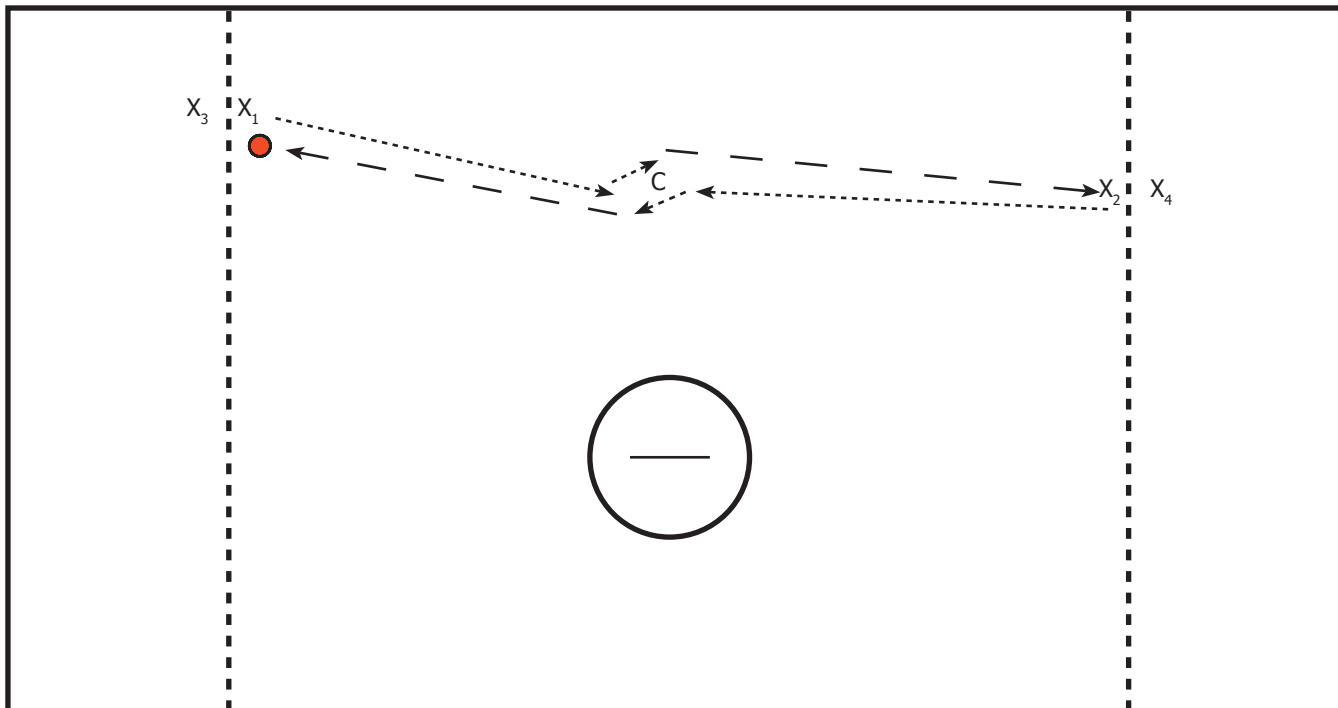
OBJECTIVE _____ To improve dodging skills and practice moving the ball immediately after getting by a defender.

SPACE/EQUIPMENT _____ • Balls

PLAYERS NEEDED _____ All team players can participate simultaneously, but there should be no more than 6-8 players in a group.

DRILL-EXECUTION _____ Set two lines of players facing one another about 25 yards apart. A coach stands in the middle and rolls the ball to the first player in one line. This player scoops the ball and then makes a dodge to get by the coach. After he gets by the coach, he immediately passes the ball to the first player in the opposite line. This player receives the pass, runs towards the coach, and makes a dodge to get by him before passing to the first player in the opposite line. Players "follow their passes," and the pattern continues.

Drill Diagram



SKILLS PRACTICED

- Dodging under pressure
- Passing the ball after a dodge

VARIATIONS/PROGRESSION

This drill can – and should – be practiced using both hands. Coaches can also mandate which dodges players use. To increase difficulty, coaches can raise the intensity of the defense they play – from dummy/token defense all the way up to live checks. To offer some variety, have players shoot on the goal after they make their dodge rather than pass to a teammate.

GOALIE INVOLVEMENT

None

RELATED DRILLS

Hourglass Dodging
Live 1-on-1s