

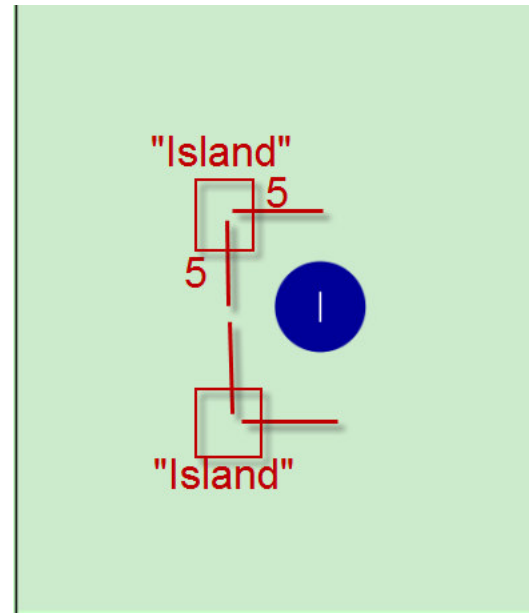
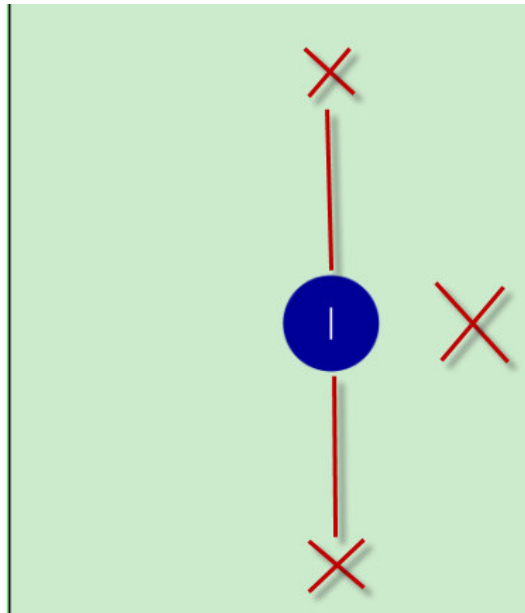
Fundamentals of Attack Play: Dodging

Video series by Bobby Horsey

Horsey Attack Dodging

All dodges can be executed from "X", the area behind the goal or from GLE, goal-line-extended.

The key is to always get to the "Island" which is the area 5 yards above and 5 yards outside of the crease.



Horse Attack Bull Dodge

Want to out-strengthen and out-quicken your defender.

- First you'll want to set up the defender.
- Take a hard step with opposite foot to get defender lunging.
- Keep stick in strong hand and get by defender.

Horsesey Protecting Your Stick

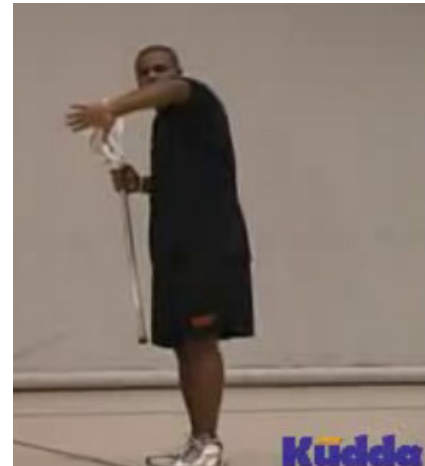
2 Ways to protect stick using one-handed cradle

- Keep arm out
- Thumb pointed down
- Elbow high

This will prevent defenders from getting their stick over the attackmen's shoulders

To protect from a Wrap Check...

- Place arm out
- Bend at Elbow
- Hand up High



Horse Finalizer

Set up the defender to believe you will go one direction before you reverse pivot and go the opposite.

- Need to be in a one-handed cradle and take the defender to right side.
- Roll and then attack the left side.
- Once the defender takes 2-3 steps, switch hands in front of body and attack the right side again.
- You could also switch hands by doing the Swim Move by bringing your stick over the defender's head

Horsey Finalizer from GLE

Want to attack going to the “Island” From the right side

- Go hard to the “Island”
- Plant hard with the left foot and go back towards the goal.
- When defender gets in front of you, switch hands using the Duck Under or Swim Move Get back to the “Island” for a shot.

Horsey Using an Inside Roll

- From X, you will need to be in one-handed cradle
- Take defender up to “Island” (5 yards above and 5 yards outside of crease)
- Pivot off left foot
- Step wide with right foot
- Keep stick in front of you
- Accelerate to goal keeping defender on back

Horsey Using an Inside Roll from GLE

- From GLE...
- Take defender up to Island
- Pivot off left foot
- Step wide with right foot
- Keep stick in front of you
- Accelerate to goal keeping defender on back

Horse Using Questionmark Dodge from X or GLE

- Head to the Island using one-handed cradle
- Plant hard with left foot
- Step away with right foot
- Switch hands and shoot left handed

Horsesey Using Rocker Dodge from X or GLE

- Use the Inside Roll to set up the Rocker Dodge
- Get to the Island
- Plant hard with left foot
- Step wide with right foot
- Fake as if doing an Inside Roll
- Push off right foot and pivot off left
- Turn to middle and shoot

Horsey Zig Zag

Always keep feet moving in zig-zag motion. Keeps defender off-balance and prevent them from timing up checks and from keeping contact.

- One handed cradle
- Attack goal
- Step away
- Attack goal
- Step away

