

A sudden change in direction to avoid an obstacle.



- Focus eyes in direction of travel
- Plant one foot and quickly change direction
- Low body position during change of direction
- Can dodge in both directions

I can also...

- avoid being tagged
- get open to receive a pass
- perform a creative movement dance

Self Check Questions:

- Is one of my feet planted in order to push off?
- Is my body in a low squat with knees bent?
- Is my head up to see where my opponent is?
- Can I fake in one direction and move in the other direction?