

For Doctor/Doctor play against the team you will be scrimmaging against so that you already have two teams in different colors. We only have two drills this week because Doctor Doctor usually takes a significant amount of time. Doctor wears a different colored vest so players know who the doctor is.

WARM-UP GAME: DOCTOR DOCTOR



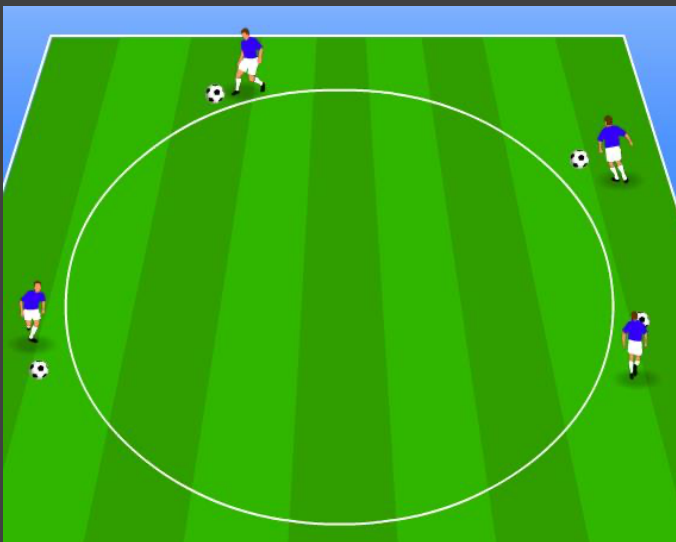
SETUP: Use the game field space. Everybody with a ball except doctors. Doctor safe zone in corner

DRILL INSTRUCTIONS: Game similar to dodge ball – players try to pass and hit players on the other team with their ball (must be below the knee). If a player gets hit, they go down on one knee and are knocked out. Players that are knocked out can be brought back into the game by a doctor. Each team has one doctor – the doctor can tag players that are knocked out and bring them back into the game. Each doctor has a “safe zone” where they cannot be hit. Player can only use their ball, if they kick their ball out of bounds they must retrieve it. Hit must be **BELOW THE KNEE**. Team that knocks out all the other team’s players wins.

Progression: If you play a second game add a **nurse**, who is a secret player on each team that the coach picks. The nurse plays the game like a normal player (they have a ball). If the doctor goes down, the nurse can tag the doctor and bring them back to life. Nurse is not a 2nd doctor, they can only save the doctor if they get hit.

COACHING POINTS: Use the speed dribbling surface when chasing after players. Keep your head up. If being chased use your turns to escape

SKILL TRAINING ACTIVITY: STOP/CHANGE/CUT



SETUP: All players w/ball. Cone off a large circle

DRILL INSTRUCTIONS: Players dribble around the circle in the same direction (teach them clockwise and counterclockwise). Players cannot dribble inside the circle, when dribbling past a teammate they must do so on their outside. Coach yells out a command and the players must do it. If they make an error they do 3 jumping jacks. Build up the progression, spend 1.5-2 minutes on each level before using all at once

PROGRESSION **1)** Stop – When the coach yells Stop, instantly the players must freeze with their foot on top of the ball **2)** Change – players must perform a pull turn and dribble the other direction around the circle **3)** Cut – players dribble through the center of the circle to the other side, stop when they get to other side

COACHING POINTS: Don’t kick and chase the ball, have the ball under control at all times. When using a surface that is difficult (i.e. your left foot or sole), use the front portions of your foot that have extra sensitivity.