

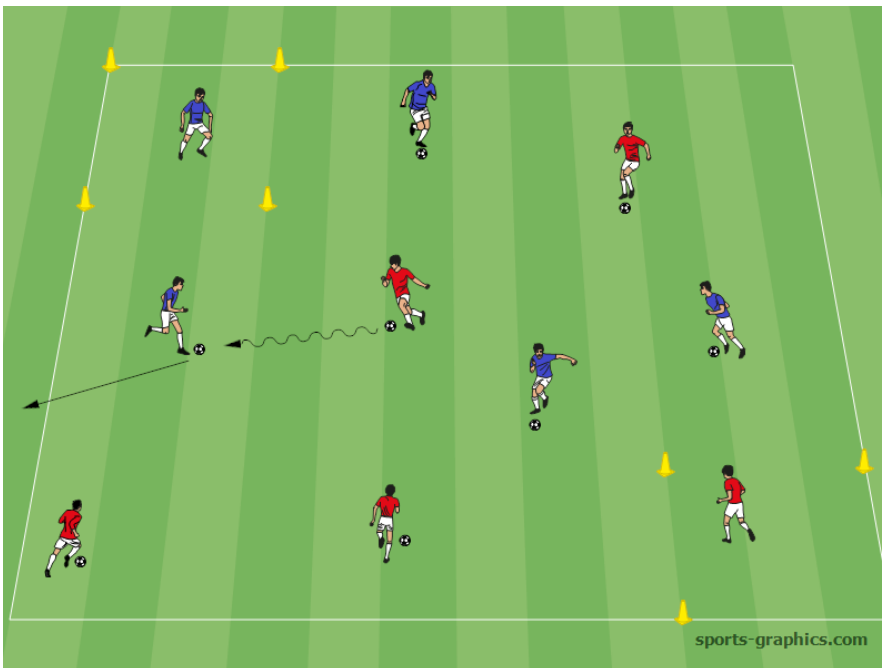
DOCTOR DOCTOR

To develop dribbling and turning in a skill based practice with added competition

TECHNICAL

Dribbling

Methods of Beating an Opponent



Create an area up to 30x20.

In two corners use three additional cones to make a 2x2 'surgery'.

Split the players into two teams and allocate one 'doctor' per team.

All players have a ball except the 'doctor'.

The game starts with all players dribbling inside the area.

They try to kick away opposition balls while keeping their own.

If a player's ball is knocked out they must take it to their 'surgery' and wait.

The 'doctor' can release players from the 'surgery' by tagging them.

While inside the 'surgery' the 'doctor' is safe, but they can only go there to release a player.

The game can be won by a team if they can pass the ball at the opposition 'doctor' and

hit them below the knees.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.

LEARNING OUTCOMES

- Dribbling and turning skills.
- How to have small and quicker touches to get better close control of the ball.
- How to protect the ball to keep possession.
- Improve and refine dribbling to beat an opponent.
- Improve decision making.

KEY FACTORS

- Acceleration
- Close control of the ball
- Communication
- Decision making - when and where to dribble
- Head up
- Positive attitude
- Technique

FOCUS AREAS

- A range of variations on dribbling and decision making - when and where to dribble.
- Ability to reverse or change direction quickly if confronted by an opponent.
- Body shape.
- Close control of the ball.
- Decision on type of dribble.
- Mastering different techniques should be done as regular separate technical practices to allow players to fully develop the moves.
- Use of both feet.

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