

STAGES COVERED BY ACTIVITY

Stages 1 & 2 - 3-8 year old players

THEMES & COMPETENCIES

Theme:

- + Dribbling
- + Ball mastery.
- + 1v1 Attacking and Defending

Competencies:

- + Turns and feints- basic
- + Dribbling basics
- + Fundamental movement skills
- + Beating and escaping an opponent

WHY USE IT

The players love to play Doctor Doctor – all players are constantly involved in this game requiring team strategy!

SET UP

20x30 yard area. 1 ball per player. 2 teams of 6 players. 2 sets of different colored training vests. Create 2 - 5x5 yard 'hospitals' at the end of the rectangle at both ends.

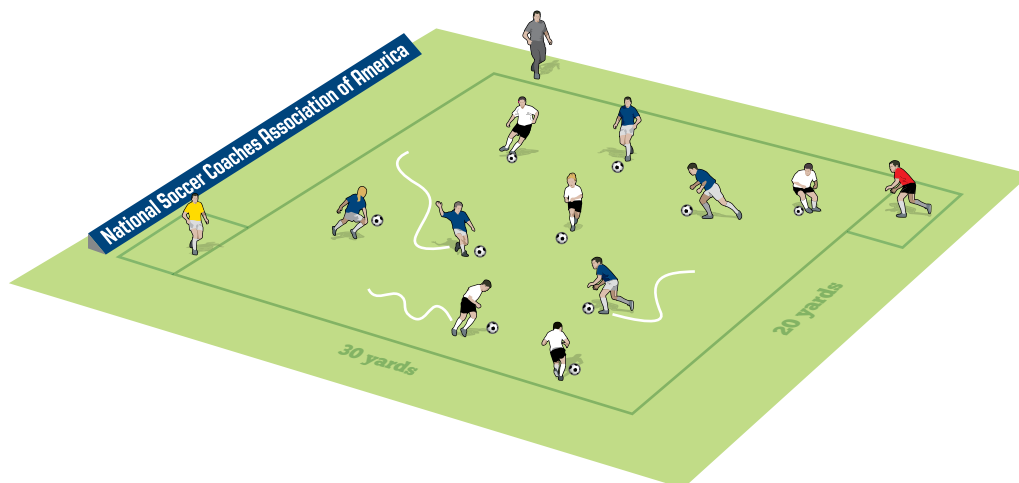
HOW TO PLAY

Story – Children are playing in the school yard and if they get injured, the school Doctor is on hand to patch them up and get them playing again. However, without a Doctor there will be no one to provide medical help.

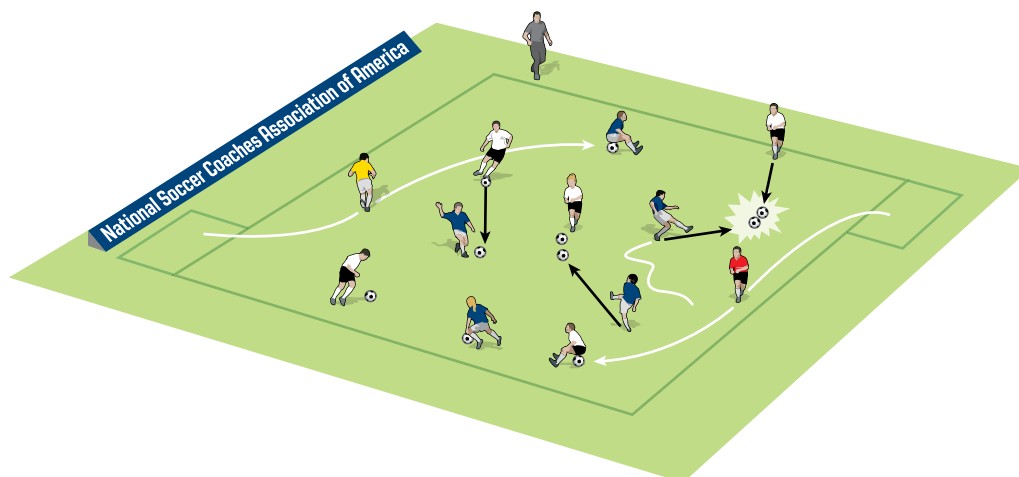
Players are in 2 equal teams. 5 players on each team dribble a ball in the playground, weaving in and out of each other. A Doctor in each team stands in the 'hospital' waiting to be called. On the command of 'GO', the 'school kids' must attempt to pass their ball against an opponent's ball. If a ball is hit, the player is injured and must sit on his/her ball and shout "DOCTOR DOCTOR". The Doctor leaves the safety of the hospital and runs to 'treat' the injured player (perform a high-5). The injured player can now resume dribbling. Once the Doctor leaves the safety of the hospital, the opponents can attempt to pass their ball to hit the Doctor. The game ends if a DOCTOR is hit or if all players are injured.

COACHING NOTES

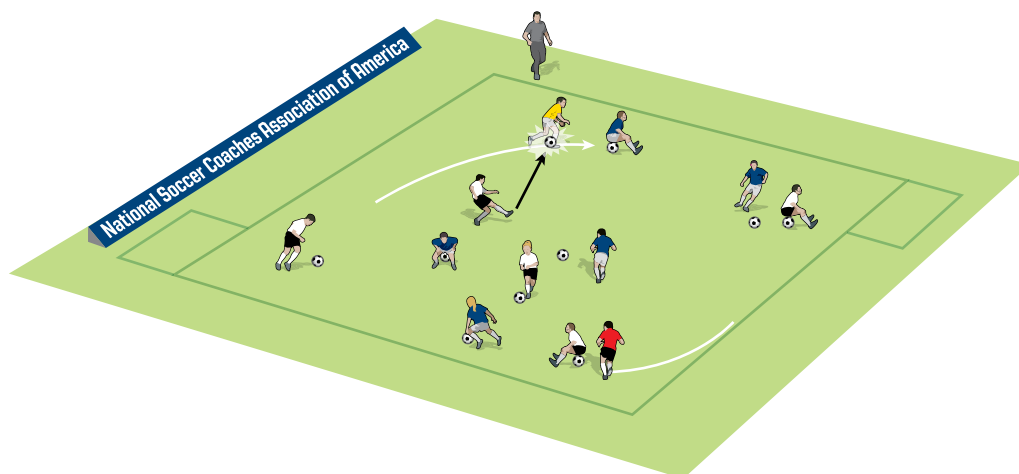
- + Coaching objectives – Players must keep the ball moving to make it difficult for an opponent to hit their ball.
- + Coaching tip – It is often appropriate with young players for the coach to join in. In this activity, the coach can set the tone and intensity by being the Doctor.
- + Adaptations – Add a second doctor to keep the pace and action going.



- + Game commences with 2 teams dribbling.
- + Each team has a Doctor in the hospital.



- + Each teams attempt to injure their opponent.
- + The Doctor must leave the hospital to provide 'treatment'



- + The game is over when the Doctor has been hit.
- + Play again!