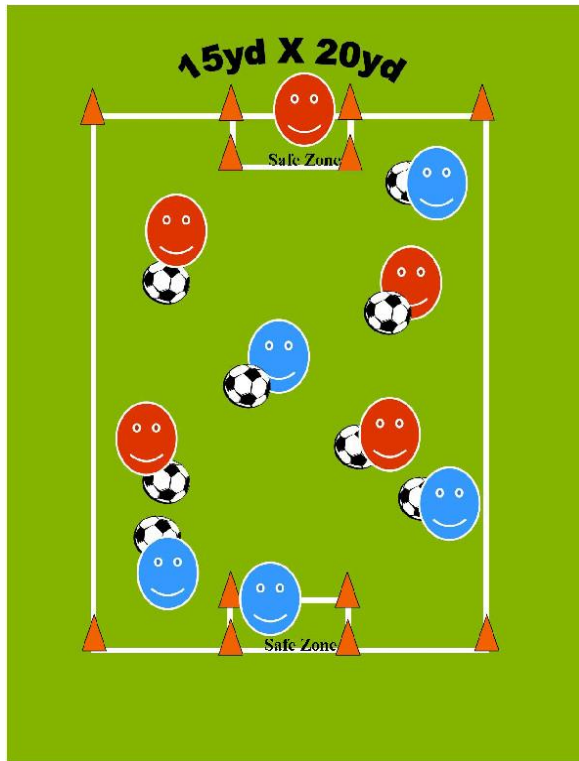


Doctor Doctor (U6-U14)



Create a large rectangular grid with two safe zones - one on either end. Give each player a ball, and divide your players into two teams. Designate one player from each team to be the doctor (they do not have a ball). The objective is for each team to freeze all of their opponents (including the other team's doctor) by hitting them with balls. Frozen players should then call to the doctor for help. The only way for a "frozen" player to be "unfrozen" is if his team's doctor leaves the safe zone and tags the "frozen" player. But, if the doctor is hit with a ball while trying to rescue his teammates, he is "frozen" - generally sealing his team's fate.

Variations:

1. Restrict players to hitting their opponents below the knees.
2. Have players become frozen if they kick a ball out of the grid. They should re-enter the grid and sit near to where their ball exited.
3. Designate a "secret nurse" for each team. The "secret nurse" is the only player who can heal the doctor if the doctor becomes frozen.
4. Designate a "traitor" for each team. The "traitor" is a player who, upon the coach's signal, attempts to hit his own doctor.

Focus:

Emphasis should be placed on dribbling under control and with one's head up so they can look around. Players should work to properly weight their passes, particularly if you've decided to freeze them if their ball exits the grid.