

DESCRIPTION

20x20 yard grid with a 4x4 yard square in the center (the hospital) - nominate two players to be the Good Drs, one player to be the Zombie Dr - everyone else is a patient. Good Doctors start in the hospital - players are all in the field running around - on coaches command the Zombie Doctor leaves the hospital and must try to hit the patients by kicking their ball at them, if a patient is hit them must limp and call for help. The good Dr's job it to rescue the injured and bring them back to the hospital (dribbling their ball back for them). A patient is healed after being in the hospital for ten seconds

Play several times with different players as the Drs.

GAME 1

COACHING POINTS

FIRST COACHING POINT

Take small touches on the ball to ensure they can get away from the zombie Drs when chased

SECOND COACHING POINT

Keep your head up as you dribble so you can see the zombies

THIRD COACHING POINT

Use both feet to dribble

DIAGRAM



Same set-up as above but this time the hospital is filled with medicine (discs, cones, pinnies). Divide players in to teams of 3/4 players and assign them to a corner or area which will be their house - nominate two zombie Doctors. Coach starts the game and one player from each team can run to the hospital with their ball and try to grab one piece of medicine, they try to return it to their house. If a zombie Dr hits you with their ball then you are injured and must call for one of your teammates to come and help you back home - they must dribble your ball back for you. The team with the most medicine at the end wins.

You can progress this to have players who are tagged become zombie Drs also.

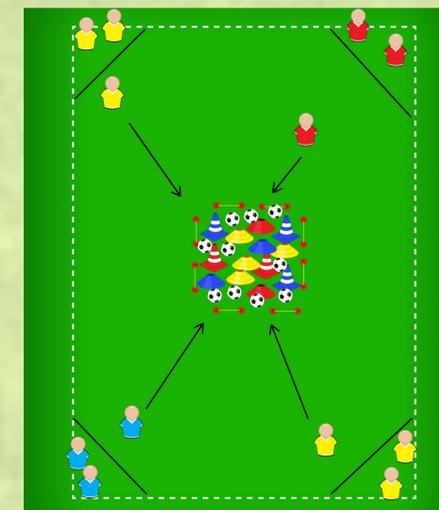
GAME 2

FIRST COACHING POINT

Try to find a route to the center when the zombie Drs are distracted or chasing someone else.

SECOND COACHING POINT

Use the U-turn if being chased to get back to the hideout safely.



Game time - 30x20 yard field with a small goal at each end - no goalkeepers - try to balance teams to play 3v3 (you may have a team of four if you have a few newer players, or a team of two if you have stronger players). The goal is to have every player involved and kicking the ball regularly

Scrimmage

Try to keep the game flowing without breaking the play too often- have plenty of spare balls so that if it goes out you can toss a new one in. If you see a player being shy or hanging by the goal we can give them the ball and help them dribble up the field.

Try to find instances to reiterate your coaching points - be quick and concise - highlight the positive application of your topic to show the players what you want them to do. Look out for

- 1) Players dribbling right towards an opponent
- 2) Players kicking the ball away immediately
- 3) Players unable to maneuver around an opponent

