

I DO, WE DO, YOU DO

I do, we do, you do is a coaching tool that can be used in grassroots football to help players learn new skills and techniques. The tool is based on a simple three-step process:

I DO

The coach or a model player demonstrates

In this step, the coach demonstrates the skill or technique to the players. The coach shows the players how to perform the skill correctly and explains why it's important.

WE DO

The coach and players work through the steps together

In this step, the coach and the players practice the skill or technique together. The coach provides feedback and guidance as the players practice, and the players can ask questions and get clarification as needed.

YOU DO

Players practice their new skills independently

In this step, the players practice the skill or technique on their own. The coach observes and provides feedback as needed, but the players are responsible for



I Do, We Do, You Do is beneficial as it enables players to observe a skill or technique being demonstrated, practice it under guidance, and then independently practice it with feedback. Additionally, it helps the coach assess how well the players comprehend and apply the skill or technique, allowing for adjustments in coaching as necessary.