



SOCCERPLUS

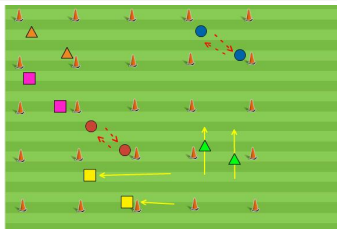
THE DICICCO METHOD

Plus 3 #5

Short Passing and Possession 1

Activity 1: 4 by 4 Squares

Focus: Passing, Receiving



1. Area 40 x 40 yds
2. Balls
3. Cones

Objective

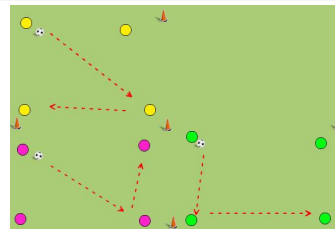
Set out 16 squares measuring 10 x 10 yds - 4 squares long and 4 squares wide. Each pair starts in one square – passing the ball back and forth to reach 10 passes. On completion of 10 passes, the pair move to an unoccupied square and repeat another 10 passes.

Coaching Points

1. Look up for space
2. Accelerate into the space
3. Correct execution of the skill

Activity 2: Short Passing for Points

Focus: Passing, Receiving



1. Area 20 x 20 yds
2. Balls
3. Cones
4. Training Vests

Objective

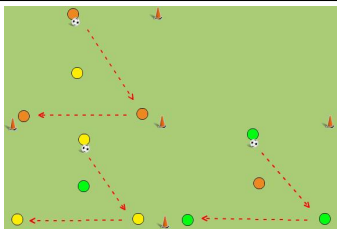
If you have 12 players split them into 3 teams of 4 players. Each team has their own 10 x 10 yds area. One soccer ball per team. The team must pass their ball around their area. Each team has 5 points, every time the ball goes out of bounds or a player stops moving they lose a point.

Coaching Points

1. Use inside of foot to play short pass
2. Ensure non-kicking foot is next to the ball
3. Follow through towards target
4. Soft receiving touch

Activity 3: 3 v 1 Numbers Game

Focus: Attacking, Defending



1. Area 20 x 20 yds
2. Balls
3. Cones
4. Training Vests

Objective

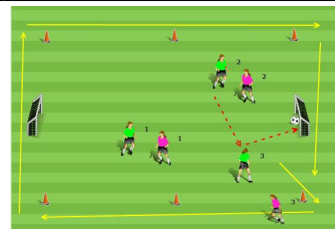
3 groups play a 3v1 game in their own 10 x 10 yds area. Number each player in the team 1-4. When their number is called they must run into the box on the right and try to steal the ball (creating a 3v1 situation). 5 passes equals a point. The first defender to win the ball scores a point for their team.

Coaching Points

1. Maintain passing shape (Triangle)
2. Keep ball moving
3. Play ball away from pressure

Activity 4: One up – One down

Focus: Attacking, defending, creating space



1. Area 40 x 20 yds
2. Ball per player
3. Cones
4. Training Vests
5. Goals

Objective

3v3 – 5v5 – two teams compete as in a normal game. However, each player is matched with a player from the other team and if a goal is scored, the partner of the goal scorer must complete a lap of the field before reentering the game. During this time, the game progresses with uneven teams – if the same team scores before the first player arrives, the first player has to complete another lap, and the second player also completes a lap. Players learn to create attacking and defending strategies for when they have superior and inferior numbers.

Coaching Points

1. Attacking with superior numbers – quick movement
2. Defending with inferior numbers – consolidate around the goal (zonal)
3. Communicate effectively with teammates