



SOCCERPLUS

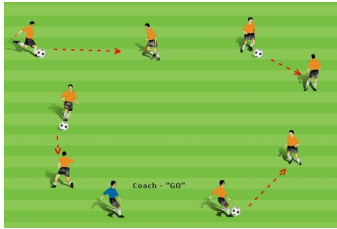
THE DICICCO METHOD

Plus 3 #6

Short Passing and Possession 2

Activity 1: Paint the Fields (U10)

Focus: Passing



1. 20 yard x 30 yard rectangular grid
2. Soccer Balls
3. Pennies (2 or 3 different colors)

Objective

Players pass the ball within their group inside the grid. They pretend that their feet represent paint brushes and, as a group, they must paint the complete grid area as they pass and move.

Coaching Points

1. Intelligent movement
2. head up
3. preparing to receive the ball
4. looking for their target early

Activity 2: Numbered Passing

Focus: Passing



1. Half of a field
2. Group of players
3. Cones
4. Two Sets of Pinnies

Objective

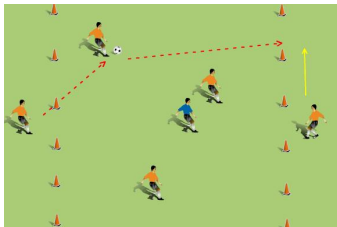
Number the players on your team and have them pass the ball to each other in sequential order. Make sure the ball never stops, players never stop moving, and the ball never leaves the grid you have set.

Coaching Points

1. Non-kicking foot is placed parallel to the ball within a comfortable distance to hit the ball
2. Non-kicking foot should be pointed toward the target; with both knees bent

Activity 3: 3 v 1 + 2 Support Players

Focus: Passing



1. Area: 25 x 30
2. Balls
3. Cones
4. Training vests

Objective

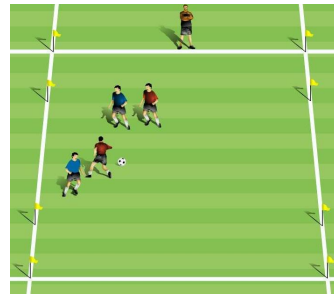
S1 plays into the three attackers who must try and get the ball to S2 to score a point. If the defender wins the ball they can play to either S player to score a point. The two S players are stood in an end zone and cannot be tackled. Rotate players every 2 minutes.

Coaching Points

1. Angle and distance of support
2. Quality of pass
3. Communication

Activity 4: 2 v 2 to Four Mini Goals

Focus: Economical



1. 15 x 15 yard Grid
2. 4 Mini-goals
3. Group of players
4. 2 sets of pinnies
5. Cones
6. Large supply of balls

Objective

Coach divides players into two teams. In a grid 15 x 15 yards with mini-goals set in each corner of the grid. The teams, which are broken into pairs, attack the two opposite goals and defend their two goals.

Coaching Points

1. Dribbling
2. Passing
3. Shooting
4. Receiving