



SOCCERPLUS

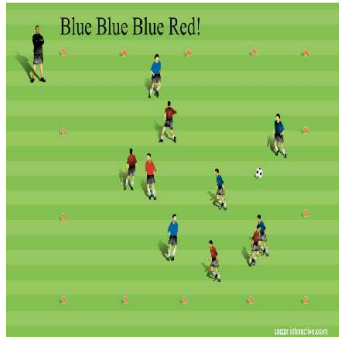
THE DICICCO METHOD

Plus 3 #7

Short Passing and Possession 3

Activity 1: Colored Passing

Focus: Economical



1. 20 x 30 playing field
2. Two Sets of Pinnies
3. Group of players
4. Large supply of balls
5. Cones

Objective

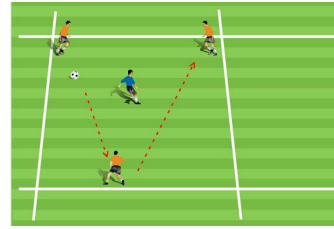
Half of the players in red pinnies, half in blue. Teams play together in the same space and combine in the passing sequence dictated by the coach. Ball can never stop, players can never stop moving, and ball cannot leave the area of play.

Coaching Points

1. Non kicking foot next to the ball and toe pointing in the direction of target
2. Keep ankle locked and toe down and to the inside of the body to pass with outside of foot (pinky toe part)

Activity 2: 3 v 1 Keep Away

Focus: Passing



1. Area: 15 x 15
2. Balls
3. Cones
4. Training vests

Objective

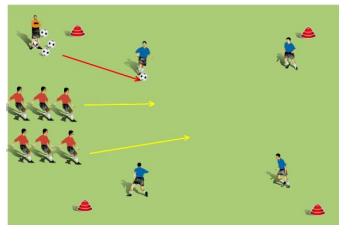
3 v 1 keep away. Three attackers attempt to keep the ball away from the 1 defender. If the only defender wins the ball they must dribble out of the area to score a point. Every 3 passes the attackers make they score a point.

Coaching Points

1. Quality of the pass
2. Timing of the pass
3. Communication

Activity 3: Timed 4 v 2 Keep-away

Focus: Dynamic Competitive



1. 10 x 10 yd grid
2. Pinnies
3. Balls
4. Cones
5. Divide players into two (2) or three (3) color-coded teams
6. 4-5 players per team

Objective

Coach passes one ball into the grid. The timekeeper starts the clock. The first player in each of the red lines enters the grid. The 4 blue players (attackers) attempt to keep the ball away from the 2 red defenders. The defenders try to knock the ball out of the grid.

Coaching Points

1. Speed of play (technical and tactical speed)
2. Proper use of small space
3. Destructive defending

Activity 4: Match 3 v 3

Focus: Game



1. Area 30 x 15 yds
2. Balls
3. Cones
4. Training Vests
5. Small Goals

Objective

A small sided game 3v3 is a good way to finish a practice session. Use the opportunity to emphasize the theme of the session - award points for a particular move in addition to scoring a goal. Let the players play with little or no coaching - 15-20 minutes at the end of the session.

Coaching Points

1. Little or no coaching
2. Encourage players to try skills practiced during the session