



SOCCERPLUS

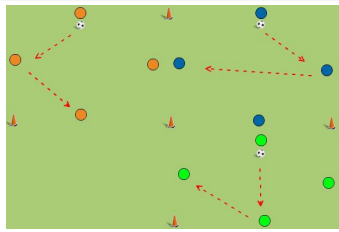
THE DICICCO METHOD

Plus 3 #8

Short Passing and Possession 4

Activity 1: 4 Box Possession

Focus: Possession



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

Objective

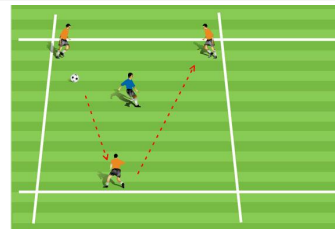
Three teams of four start in their own 10 x 10 yds area. Each team has a ball. The team must pass and move around their box without the ball stopping or going out of bounds. After the team has played 10 passes they move into the next box (clockwise). The first team to make it all the way around wins the game.

Coaching Points

1. Keep ball moving at all times
2. Concentrate on the quality of the pass
3. Maintain shape
4. Communication

Activity 2: 3 v 1 Keep Away

Focus: Passing



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

Objective

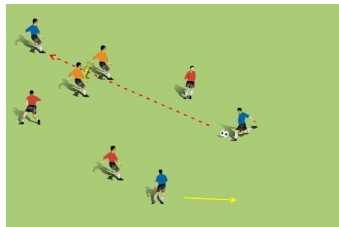
3 v 1 keep away. Three attackers attempt to keep the ball away from the 1 defender. If the only defender wins the ball they must dribble out of the area to score a point. Every 3 passes the attackers make they score a point.

Coaching Points

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

Activity 3: 3 v 3 Moving Goal

Focus: Passing, Receiving



1. Area 30 x 30 yds
2. Balls
3. Cones
4. Training Vests

Objective

2 players hold a training vest between them in one hand and at arms length to form a goal. The goal moves around the field at a walking pace. In the area, two teams of 3 players attempt to combine passes and score a goal by passing through the goal for a teammate to receive on the opposite side.

Coaching Points

1. Maintain team shape
2. Awareness of moving goal
3. Speed of movement to support

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