



SOCCERPLUS

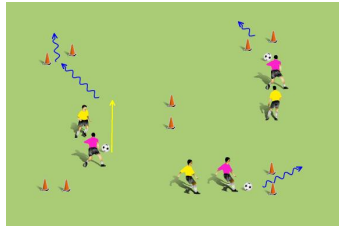
THE DICICCO METHOD

Plus 3 #2

Dribbling 1v1

Activity 1: 1 v 1 Challenge

Focus: Defending, Attacking



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

Objective

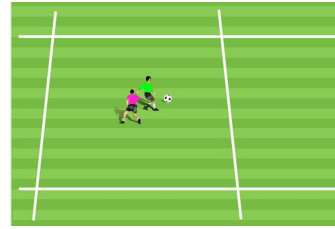
Players work in pairs. One player is the attacker with the ball and one player is the defender. The attacker's objective is to try and dribble through as many of the gates (two cones 2 yds apart) as possible. The defender must try to stop the attacker from scoring. After 45 seconds change roles.

Coaching Points

1. Defense - try to slow the attacking player
2. Defense - don't be overly concerned with winning the ball
3. Defense - use body strength to force play to one direction
4. Attack - awareness of the open space

Activity 2: Take On - The Scissors

Focus: Dribbling, Creating Space



1. Area 30 x 20 yds
2. Ball per player
3. Cones

Objective

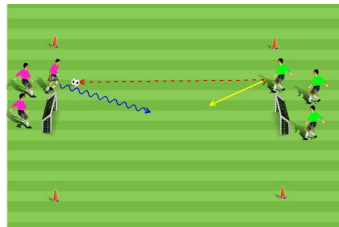
One ball per player in an open grid to begin. Isolate the skill by performing on-the-spot. The Scissors move normally starts with a slow approach towards the defender. The attacker then unbalances and creates uncertainty for the defender by kicking over the ball with left and right foot (The move can be multiple scissors). The attacker should also move their body in the direction of the scissors to add to the uncertainty. Once the defender is flat-footed, the attacker can then accelerate away. Progress to 1) Performing the skill on the move, 2) 1v1 passive defending, 3) 1v1 active defending 4) Game with gates 5) Small sided game.

Coaching Points

1. Determine a speed of approach that works for each individual
2. Realistic movement to unbalance the defender
3. Accelerate away leaving defender behind

Activity 3: Attacking 1 v 1 & 2 v 2 with Goalkeeper

Focus: Attacking, Defending



1. Area: 30 x 20
2. Balls
3. Cones
4. Training vests
5. Large & small goals

Objective

Start 1v1 and progress to 2v2. Defenders defending the large goal and attackers defend a small goal. Defender feeds a flighted pass to the attacker who attempts to beat the defender and score. Defender can score in small goal.

Coaching Points

1. Good flighted pass to start the game
2. Set up attack with a good controlling touch
3. Take the opportunity to shoot

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