



SOCCERPLUS

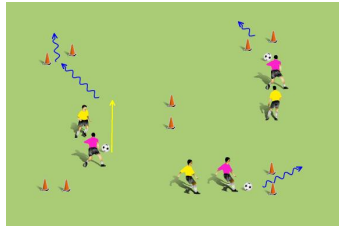
THE DICICCO METHOD

Plus 3 #1

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

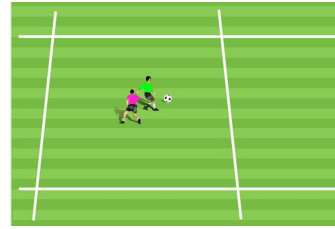
Players work in pairs. One player is the attacker with the ball and one player is the defender. The attacker's objective is to try and dribble through as many of the gates (two cones 2 yds apart) as possible. The defender must try to stop the attacker from scoring. After 45 seconds change roles.

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: Dribbling Take On - The lunge

Focus: Dribbling, Creating Space



1. Area 30x20
2. Ball per player
3. Cones

Objective

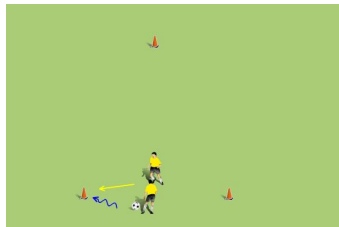
One ball per player in an open grid to begin. Isolate the skill by performing on one spot. Progress to 1) performing the skill on the move, 2) 1v1 passive defending, 3) 1v1 active defending 4) Game with gates & 5) Small sided game.

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: Mirrors 1 v 1

Focus: Dribbling



1. Area 15 x 15 yds
2. Ball between 2
3. Cones

Objective

One player with a ball must dribble to either cone before the player without the ball can get to the same cone. The player getting to the cone first wins a point. Players then return to the middle to repeat. Switch roles every time. First to 10 points wins.

Coaching Points

1. Demonstrate the 'lunge' move to unbalance the defender
2. Try to shift the weight of the defender
3. Accelerate to the cone

Activity 4: Soccer Rugby

Focus: Game



1. Area 30 x 20 yds
2. Balls 6-10
3. Cones
4. Training Vests

Objective

To encourage players to dribble the ball forward and beat an opponent, introduce the 'backward pass' rule of Rugby. Play 3v3. On receiving the ball a player should attempt to dribble forward - a pass can be made, but it must be made behind the player with the ball. This encourages players to be positive on the ball and attacking while in possession. Set a cone 5 yards from each goal - once the players cross this line they can pass/shoot forward.

Coaching Points

1. Be positive on the ball
2. Attacking the open space
3. Keep the ball close and under control