



SOCCERPLUS

THE DICICCO METHOD

Plus 3 #3

Individual Possession 1

Activity 1: Escape Game with Gates

Focus: Dribbling, Creating Space



1. Area 30 x 20 yds
2. Several balls
3. Cones
4. Training Vests

Objective

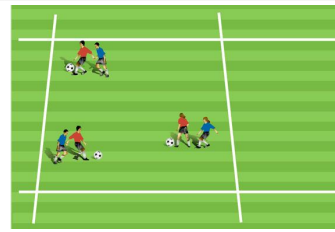
Two teams of players 3v3 to 5v5 attempt to score points by dribbling through gates (cones 2 yards apart). 1 point for going through a gate and 2pts for an escape move.

Coaching Points

1. Encourage players to try and try again
2. Be aware of the space - 360° vision
3. Add points for an escape move

Activity 2: Possession 1 v 1

Focus: Possession



1. Area 20 x 20 yds
2. 1 Ball per pair
3. 4 Cones

Objective

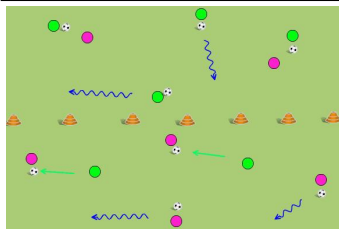
In pairs - one attacker and one defender. On the command of "GO", the attacker attempts to maintain possession for 20 seconds - preventing the defender from stealing the ball.

Coaching Points

1. Use body as a barrier to the ball
2. Control and move the ball away from pressure
3. Use body to hold off and push opponent away from the ball

Activity 3: Individual Possession 4v2

Focus: Sheilding



1. Balls
2. Cones
3. Training vests
4. 20x20 area

Objective

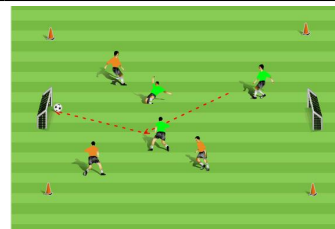
X's have a ball each, they dribble around there designated area (which is small). O's do not have a ball but try to get as many touches on the X's balls as they can in 1 minute. Switch roles every minute. X's lose 1 of their 10 lives every time an O touches their ball or their ball goes out of bounds.

Coaching Points

1. Stay Composed
2. Keep the ball close
3. Awareness of other players

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