



SOCCERPLUS

THE DICICCO METHOD

Plus 3 #4

Individual Possession 2

Activity 1: Dribbling Tag

Focus: Dribbling, Creating Space



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

Objective

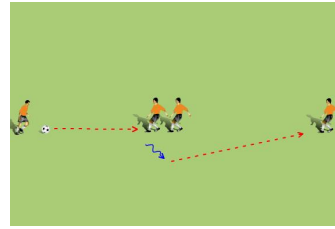
Two 30 x 20 yds areas with 5 yds of space between. Two teams of 4 players create a 3v1 scenario in each area. Every player has a ball (including the defensive player). The defender attempts to tag as many players as he/she can in 30 seconds. At the end of 30 seconds, rotate the players. Add the total score for the teams. If a player dribbles outside of the area - count one point for the defender.

Coaching Points

1. Use the laces
2. Find space – head up
3. Change pace to escape the defender

Activity 2: 1 v 1 with 2 support

Focus: Individual Possession



1. Area: 20 x 20
2. Balls
3. Cones
4. Training vests

Objective

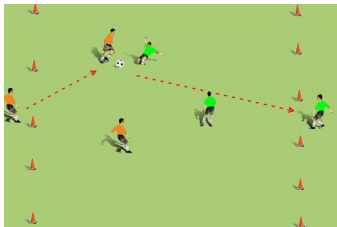
Players begin each time on the half way line and the defender should stay as tight as possible to the attacker. S1 passes into the attacker who shields and protects. Attacker scores by passing to S2. Defender cannot step in front of the attacker.

Coaching Points

1. Communication: Turn or Hold
2. Movement to receive the ball
3. Keep ball on the furthest foot away from defender

Activity 3: 2 v 2 + 2 Support

Focus: Passing, Receiving



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

Objective

Two neutral players (play for the team in possession of the ball) at either end of the area. The ball starts with one of the neutral players. The ball is played to one of the teams playing a 2v2 game in between the neutral players. The team in possession have to pass the ball to the other neutral player without losing possession to the other team. The two defenders must try and stop the attackers and if they win the ball they can become the attackers. Each pass to the neutral player counts as a point. The neutral player always passes back to the team that are in possession. If the ball leaves the area, a new ball is played to the other team.

Coaching Points

1. Movement to create space
2. Awareness of defenders
3. Don't force the ball forward

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