



SOCCERPLUS

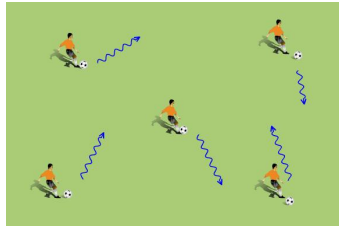
THE DICICCO METHOD

Week 1

Dribbling Technique

Activity 1: Traffic Lights

Focus: Dribbling Warm Up



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

Objective

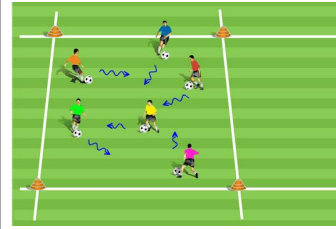
Use the theme of the popular movie 'CARS'. Every player has a soccer ball. When the coach calls "Green light" the players must dribble their ball around the area. On the call of "Red light" the player must stop and place their foot on the ball. Other commands of "Mater" (tow truck) for dribbling slowly, and "Lightning McQueen" - dribble as fast as you can, "Car Wash" - ball rolls forward & back (both feet), "Wipers" - foundations back and forth, "Sheriff" - the coach gives a 'ticket' (5 toe taps) to runaway cars, and 'Rev the Engines' - foot on top of the ball and vibrate faster and faster and make revving noise.

Coaching Points

1. Keep ball close and under control
2. Keep head up
3. Keep the ball moving

Activity 2: Robot Tag

Focus: Dribbling, turns



1. Area: 20 x 15
2. Balls
3. Cones

Objective

Players try to tag the other players within the grid. Once tagged, that player holds that area of the body tagged while dribbling the ball yet still attempting to tag others. Tagged twice, hold the second area. When the player is tagged a third time, they move to the outside of the grid and do exercise (ie. toe taps) before rejoining the group.

Coaching Points

1. Keep the ball close
2. Head up to avoid other dribblers
3. Attack open space with speed

Activity 3: Shrek

Focus: Movement skills, Dribbling, turns



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

Objective

Each player (Shrek) has a ball and moves around the area (Castle) looking for Princess Fiona. The dragon (coach) enters the area and attempts to kick the balls out of the area. If the ball leaves the area, Shrek must collect the ball and go to the 'Swamp' to perform a turn before entering back into the castle. Change the dragon regularly. Story: "Shrek the ogre has been sent by Lord Farquaad to find Princess Fiona - however, the fierce dragon is guarding the castle!"

Coaching Points

1. Become part of the story and have fun
2. Protect the ball by moving body between the ball and defender
3. Keep balls close by

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