



SOCCERPLUS

THE DICICCO METHOD

Week 1 (Dribbling Technique)

Sub Title

Activity 1: Individual Ball Warm Up 1

Focus: Dribbling



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

Objective

Players have a ball each. Set the players tasks - don't let the ball stop moving! Don't let the ball go outside the area. Progress to having the players react to the coach's commands. Toe taps, boxes, stop and go, change balls, etc.

Coaching Points

1. Keep the ball moving at all times
2. Soft touches and keep head up
3. Move into the open space

Activity 2: Dribbling Tag

Focus: Dribbling, Creating Space



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

Objective

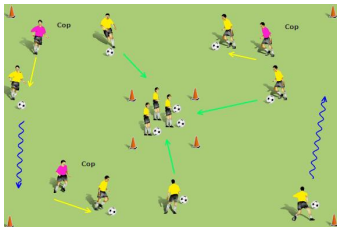
Two 30 x 20 yds areas with 5 yds of space between. Two teams of 4 players create a 3v1 scenario in each area. Every player has a ball (including the defensive player). The defender attempts to tag as many players as he/she can in 30 seconds. At the end of 30 seconds, rotate the players. Add the total 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 3: Cops and Robbers

Focus: Dribbling



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

Objective

'Robbers' have a ball each which they dribble around the soccer streets. The 'Cops' (who don't have a ball) have to get a touch on the robber's ball in order to send them to the jail in the middle of the area. Once in jail the robber must sit on their ball and call out "HELP". The only way a robber can be saved is by a fellow robber, who must dribble their ball into the jail and give them a high five. The cops aim is to get all the robbers into the jail.

Coaching Points

1. Head up
2. Close Control
3. Shield the ball to protect

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