



# SOCCERPLUS

## THE DICICCO METHOD

### Week 1

### Dribbling

#### Activity 1: Gate Dribbling

Focus: Dribbling



1. 20 x 30 playing area
2. Group of players
3. Cones
4. Large supply of balls

#### Objective

Coach randomly places cones in pairs making small 1 yard goals in a large space about 30 by 20 yards. Players pair up and must successfully dribble the ball through the gates for a point. Challenge the players to gather as many points as a possible.

#### Coaching Points

1. Keep ball within 1 giant step
2. Use arms to maintain balance
3. Use all parts of your feet
4. Lean over the ball, keep both knees bent

#### 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: Doctor-Doctor

Focus: Economical



1. Rectangular field 25 yards x 20 yards
2. Soccer balls
3. cones
4. pennies

#### Objective

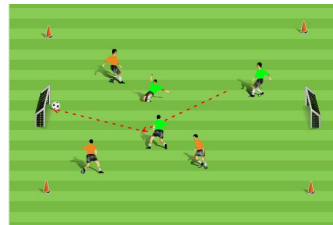
Two smaller grids, 5 yards x 5 yards, inside the larger field, located at diagonal (opposite) corners. Separate players into two color-coded (red and yellow) groups (teams).

#### Coaching Points

1. creative dribbling
2. passing accuracy
3. timing of passes
4. scheming

#### 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