



SOCCERPLUS

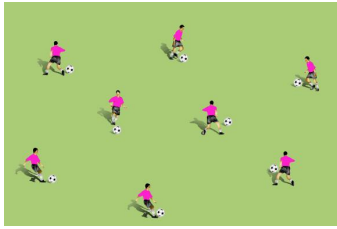
THE DICICCO METHOD

Week 2

Dribbling Movement

Activity 1: Soccer Safari

Focus: Dribbling



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

Objective

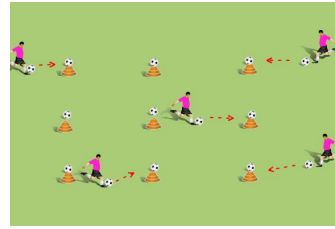
Players have a ball each and must react to the coach's command. Zebra - dribble, Lion - stop & stand still, Elephant - go slow, Cheetah - dribble at speed, Kangaroo - toe taps, Snake - slither with inside of feet, Crab - use outside of feet.

Coaching Points

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

Activity 2: Storm the Castle

Focus: Dribbling & Attacking



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

Objective

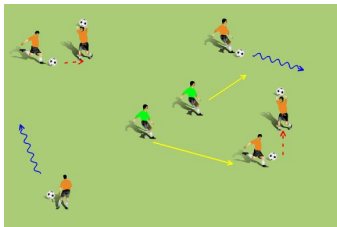
Players have a ball each and must dribble around the area. In the area are soccer balls placed on cones (The Castle). The players aim to strike their ball against the Castle in order to knock the ball off. The aim is to see how many balls can be knocked off the castles in 1 minute. Castles are worth 1 point each.

Coaching Points

1. Keep ball close
2. Keep head up
3. Strike ball with laces and lock ankle

Activity 3: Stuck in the Mud

Focus: Dribbling



1. Balls
2. Cones
3. Training Vests

Objective

Each player has a ball apart from 2 Mud Monsters. The monsters must try and tag the soccer players who are dribbling around the swamp. Once tagged the player is then stuck in the mud. When stuck in the mud you must place the ball on your head and open your legs. The stuck player can be saved by having a ball passed through their legs by another player.

Coaching Points

1. Keep your head up
2. Move into the open space
3. Awareness of team-mates

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