



SOCCERPLUS

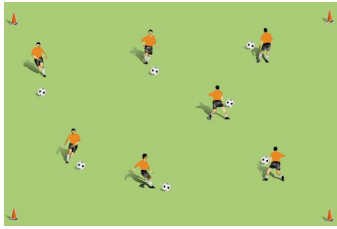
THE DICICCO METHOD

Week 2 (Dribbling & Creating Space)

Add subtitle

Activity 1: Individual Ball Warm Up 2

Focus: Dribbling



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

Objective

Each player has a ball and dribbles around the inside of the square. The coach challenges the players to complete a variety of tasks within 30 seconds. For example 1) Travel to all 4 sides of the box in any order, 2) How many touches on the ball can you get with your right foot or left foot?, 3) How many people can you tag?, 4) How many soccer balls dribbled by other players can you tag?

Coaching Points

1. Keep the ball moving at all times
2. Keep your head up
3. Move into the open space

Activity 2: 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 3: Antz Nests

Focus: Dribbling, Turns



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

Objective

Four equal teams of Antz must work quickly to build their ants nest. In the four corners of the square the coach sets 3x3 yd squares. The objective is to fill the nest with supplies first – three balls.

Coaching Points

1. Quick turns and dribble
2. Look around to see which groups are closest to winning
3. Stay upright when competing for a ball

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