



SOCCERPLUS

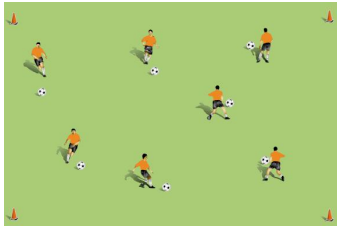
THE DICICCO METHOD

Week 2 (Shooting)

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: Hot Shot 1

Focus: Shooting



1. Area 20 x 20 yds
2. Ball per player
3. Flat markers (or cones)
4. Training Vests
5. Goal

Objective

Split into two teams. One team is shooting against the clock and the other is collecting the balls. Team A shoots first. The starting position for all players is next to the left post. On the call of "GO", the first player sprints to a cone on the 18 yard line, then back to a small 2 x 2 yds shooting box where the ball is laid off for the shot. Player 1 shoots at goal first time and player 2 follows the path of player 1 – player 3 passes to 2 etc.

Coaching Points

1. Strike with laces
2. Place ball low in the corners
3. Don't stand admiring pass or shot

Activity 3: Winner Stays On

Focus: Attacking, Shooting, Defending



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

Objective

Three teams. Two teams play 3v3 and one team wait on the sideline. Teams attempt to score in two or all four goals. The team scoring first stay on the field and the losing team moves to the sideline – the team on the sideline come on. The new ball is served back in by the coach.

Coaching Points

1. Get to the ball quickly
2. Look for the goal not protected
3. Move quickly to the goal

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