



SOCCERPLUS

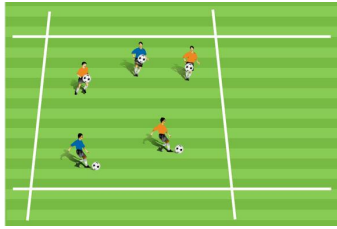
THE DICICCO METHOD

Week 3

Ball Mastery

Activity 1: Can You ?.....

Focus: Ball mastery



1. Area: 20 x 20 yds
2. Cones
3. Ball per Player

Objective

Coach to lead patterns of movement asking can you? Basic and more advanced movements.

Coaching Points

1. Use different surfaces of the body
2. Balance
3. Keep eye on the ball

Activity 2: Cat & Mouse

Focus: Dribbling, turns & running with ball



1. Area 40x30
2. Ball per player
3. Cones
4. Training Vests

Objective

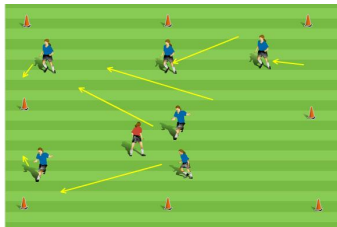
Players chase one and other whilst keeping control of the ball.

Coaching Points

1. Quick first movement – low center of gravity
2. Get ball out of feet to allow for high speed
3. Dribble with laces

Activity 3: British Bull Dog

Focus: Dribbling & Movement



1. Area 30 x 15 yds
2. Ball per player
3. Cones
4. Training Vests

Objective

One player is selected to be the 'Bull Dog' and starts at the end line. The other players 'Cats' line up at the other end of the rectangle facing the person in the middle. The first time through without soccer balls – then all players other than Bull Dog has balls to dribble. Cats who were tagged join the Bull Dog.

Coaching Points

1. Encourage players to use body movements to elude the bull dog
2. When dribbling, keep soccer balls close to allow quick changes in direction
3. Lift head to avoid collision and see routes for escape

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