



SOCCERPLUS

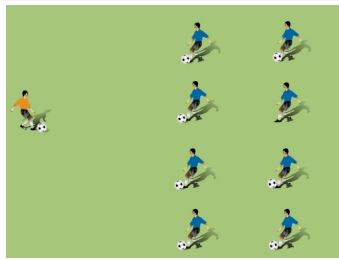
THE DICICCO METHOD

Week 3 (Attacking #1)

Add subtitle

Activity 1: Fast Footwork

Focus: Ball Control



1. Playing area
2. One ball per player

Objective

Players set up side-by-side in horizontal lines, behind the coach/leader 4-5 players to a line. Each player has a soccer ball. The coach or a player leads the group in choreographed footwork activities.

Coaching Points

1. repetitions
2. proper mechanics
3. quick
4. supple touches

Activity 2: 1 v 1 to Goal

Focus: Attacking



1. 15 x 20 yards
2. Mini - goals
3. Group of players
4. Cones
5. Large supply of balls

Objective

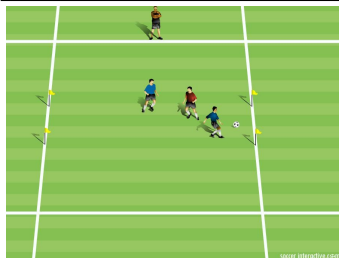
Coach calls out a number and the players run around the goal onto the field. The attacking player tries to score by passing or shooting the ball through the goal. Defenders should counter attack to the opposite goal if and when they win the ball.

Coaching Points

1. Players should then switch sides after a goal or the ball goes out of bounds.
2. Players should rotate in the lines so all players get to compete against each other.

Activity 3: 2 v 1 to Goal

Focus: Attacking



1. 15 x 20 yards
2. Mini -goals
3. Group of players
4. Cones
5. Large supply of balls

Objective

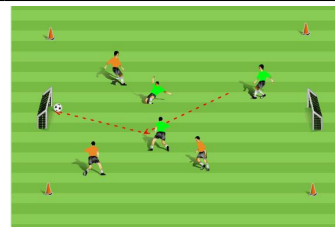
Coach plays ball out and the two attackers attempt to get in behind the defenders. The attacking players try to score by passing, dribbling and/or shooting the ball into the goal.

Coaching Points

1. When to pass, when to dribble
2. Work on 2 man combinations
3. Face the defender going forward at speed
4. Learn to create space for your team

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