



SOCCERPLUS

THE DICICCO METHOD

Week 3

Passing & Moving

Activity 1: Pairs Passing & Moving

Focus: Passing, Receiving



1. Area 30 x 30 yds
2. Balls
3. Cones

Objective

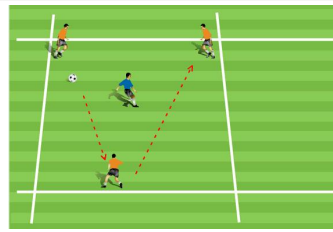
Players are in pairs. Gates are created with cones and situated randomly in the area. Pairs must pass through a gate then move onto another unoccupied gate. Emphasize firm accurate passing and moving quickly between gates. Start with no time limit, then challenge players to get as many gates as possible in 30 seconds. Change partners & repeat.

Coaching Points

1. Proper passing technique
2. Pass then move - don't watch
3. Communicate with your partner

Activity 2: 3 v 1 Keep Away

Focus: Passing



1. Area: 15 x 15
2. Balls
3. Cones
4. Training vests

Objective

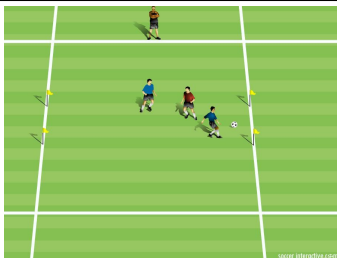
3 v 1 keep away. Three attackers attempt to keep the ball away from the 1 defender. If the only defender wins the ball they must dribble out of the area to score a point. Every 3 passes the attackers make they score a point.

Coaching Points

1. Quality of the pass
2. Timing of the pass
3. Communication

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

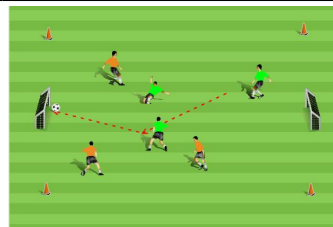
Coach plays ball out and the two attackers attempt to get in behind the defenders. The attacking players try to score by passing, dribbling and/or shooting the ball into the goal.

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