



SOCCERPLUS

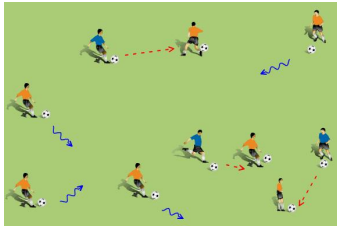
THE DICICCO METHOD

Week 4

Dribbling Decisions #1

Activity 1: Soccer Monster Trucks

Focus: Dribbling & Attacking



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

Objective

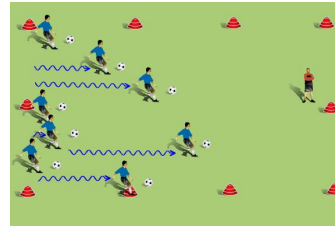
Each player has a ball. Place three players in training vests who are 'Monster Trucks'. The Monster trucks must try and crush the little 'Sport Cars' who are dribbling around trying to stay away from the trucks. The Monster Trucks have to strike their ball against the legs of the sports cars. They must sit on the ball and wait for a 'high-five' from the coach.

Coaching Points

1. Keep head up
2. Keep ball moving
3. Lock ankle and strike ball with laces

Activity 2: What Time is it Mr Fox?

Focus: Dribbling



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

Objective

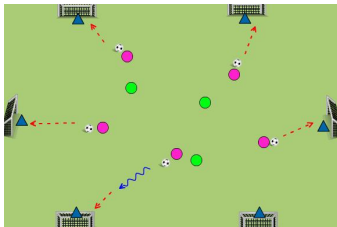
Mr Fox stands at one end facing the players. The players call "what time is it Mr Fox" and the Fox answers in one of two ways - "3 O'CLOCK" and the players take three small touches of the ball. If the Fox calls "DINNER TIME" the players must dribble back to the starting line and if they are caught by the Fox they become a Fox.

Coaching Points

1. Keep the ball close when approaching Mr. Fox.
2. Use different turns when Mr. Fox calls 'Dinner Time' – drag back inside/outside foot, back heel etc.
3. Use the laces to dribble the ball.

Activity 3: Greedy Goal Scorer

Focus: Attacking



1. Area 30 x 40 yds
2. Balls
3. Cones
4. Training Vests
5. Goals x 6

Objective

Five attackers have a ball each. They have to try and score as many goals as they can in 45 seconds. They have 6 different goals to score in. Trying to stop them are three defenders. Progress this by adding more goalkeepers and more defenders

Coaching Points

1. Be aware of the open goals
2. Strike ball with laces
3. Follow up re-bounds

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