



SOCCERPLUS

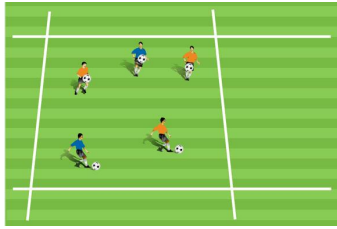
THE DICICCO METHOD

Week 4 (Attacking #1)

Add subtitle

Activity 1: Can You ?.....

Focus: Ball mastery



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

Objective

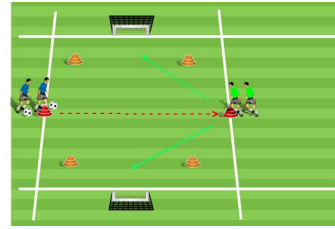
Coach to lead patterns of movement asking can you? Basic and more advanced movements.

Coaching Points

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

Activity 2: 1 v 1 - 2 goals

Focus: Two goals



1. Area 20 x 20 yds
2. Balls
3. Cones
4. Training Vests

Objective

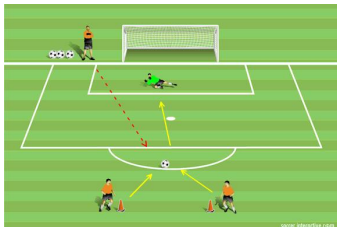
Players in small groups of no more than 4. 1st player passes ball across to the opposite line and immediately defends against the attacker. The attacking player tries to score in either goal set to either side. To score a goal the player has to be beyond the coned shooting line that is about 2-3 yards from goal. If the defender wins the ball they can score a goal. Players change lines each time to ensure everybody defends and attacks.

Coaching Points

1. Players to use take-on moves to beat the defender
2. Be aware of the open goal to score in
3. Defenders to transition quickly to attackers

Activity 3: 1 v 1 to Goal

Focus: Attacking



1. Area 25 x 25 yds
2. Balls
3. Cones
4. Training Vests

Objective

Two players start side by side 25 yards from goal. The server (standing to one side of the goal) plays a ball into the area and shouts "GO". Players must turn and compete for the ball and attempt a shot at goal.

Coaching Points

1. Speed of reaction
2. First touch towards goal but away from defender
3. Awareness of keepers and defenders positions

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