



SOCCERPLUS

THE DICICCO METHOD

Week 4 (Dribbling & Passing)

Add subtitle

Activity 1: Gate Dribbling

Focus: Dribbling



1. 20 x 30 playing area
2. Group of players
3. Cones
4. Large supply of balls

Objective

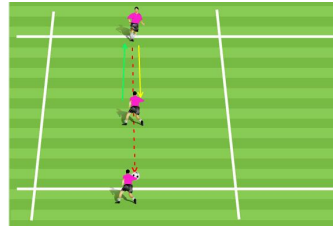
Coach randomly places cones in pairs making small 1 yard goals in a large space about 30 by 20 yards. Players pair up and must successfully dribble the ball through the gates for a point. Challenge the players to gather as many points as a possible.

Coaching Points

1. Keep ball within 1 giant step
2. Use arms to maintain balance
3. Use all parts of your feet
4. Lean over the ball, keep both knees bent

Activity 2: Passing Through The Gate

Focus: Passing, Receiving



1. Area 10 x 10 yds
2. Ball per player
3. Cones

Objective

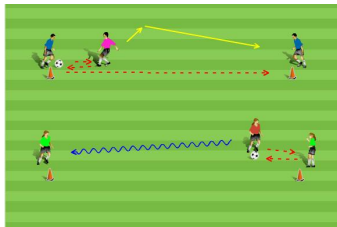
Ideal as a warm-up and for players getting touches on the ball. Start with pairs – 5 yards apart - each person standing between cones 2 yards apart. Pass back and forth taking one controlling touch and a touch to pass. Enforce proper technique (plant foot next to ball, pass with inside of foot, follow through, etc.) Move to the main activity: 3 players – 'A' passes through 'B's' legs to 'C'. 'A' then follows pass and presents the bridge to 'C'. 'C' then passes through 'A's' legs to 'B' etc.

Coaching Points

1. Lock (firm) ankle
2. Inside of foot
3. Supporting foot next to ball
4. Strike through the center of the ball

Activity 3: Passing in 3s

Focus: Passing



1. 20 Cones
2. 20 Balls

Objective

Players working in groups of 3.

1. Short, Short, Long
2. Pass, Pass, Dribble

Coaching Points

1. Receiving Skills, be creative for various patterns of play
2. Accuracy and pace of the ball
3. Communication
4. Movement to create space for self

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