



SOCCERPLUS

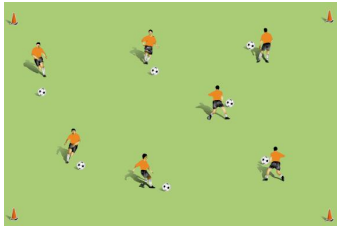
THE DICICCO METHOD

Week 4

Defending

Activity 1: Individual Ball Warm Up 2

Focus: Dribbling



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

Objective

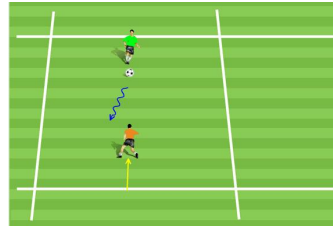
Each player has a ball and dribbles around the inside of the square. The coach challenges the players to complete a variety of tasks within 30 seconds. For example 1) Travel to all 4 sides of the box in any order, 2) How many touches on the ball can you get with your right foot or left foot?, 3) How many people can you tag?, 4) How many soccer balls dribbled by other players can you tag?

Coaching Points

1. Keep the ball moving at all times
2. Keep your head up
3. Move into the open space

Activity 2: Defending 1 v 1 A

Focus: Defending



1. Area 10 x 10 yds
2. Ball per pair
3. Cones
4. Training Vests

Objective

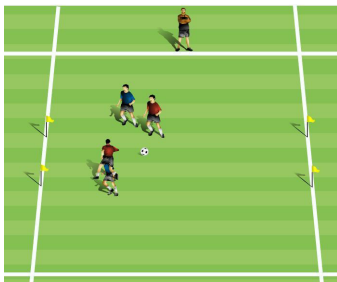
In pairs 10 yds apart. One player (defender) passes the ball to the attacker. The defender follows the pass and closes the space. Coach the players to get into a good staggered position. Walk through to begin with the defenders passive (no tackles). Then allow the players to compete for the ball and attack the other end. The defender then becomes the attacker.

Coaching Points

1. Close space quickly
2. Staggered stance and low center of gravity
3. Stop opponent scoring – then win possession (patience)
4. Get tight to attacker if their back is to goal – no turns

Activity 3: 2 v 2 to Goals

Focus: Defending



1. 15 x 20 yards
2. Mini -goals
3. Group of players
4. Multi - fields
5. Cones
6. Balls

Objective

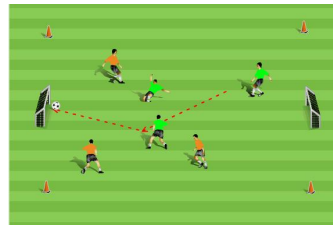
Coach calls out 2 numbers and the players run around the goal onto the field. The attacking players try to score by passing, dribbling and/or shooting the ball into the goal.

Coaching Points

1. Close down space quickly
2. Pressure and Cover
3. Recover the ball and counter attack
4. Double Team when attackers facing in negative direction, head

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