



SOCCERPLUS

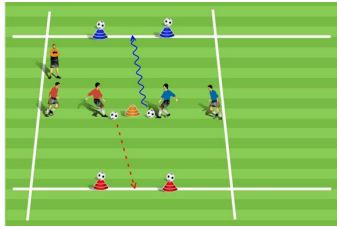
THE DICICCO METHOD

Week 5

Ball Control

Activity 1: Ball Mastery #3

Focus: Dribbling, Ball Mastery



1. Area: 30 x 20 yds
2. Balls
3. Cones
4. Training vests

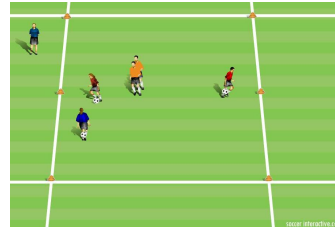
Objective

Two players with a ball each face each other either side of a cone and initially practise correct running techniques whilst jogging on the spot. On the coaches whistle the players race through the specified gate. Once running techniques have been practised then the players perform static ball mastery exercises as specified by the coach; 1) Toe taps, 2) Sole taps, 3) Ball rolls. On the coaches whistle the players stop the ball and race through the specified coned gate - the winner gets a point. The following running movement techniques can be performed: 1) Hop, 2) Skip, 3) Gallop. As soon as those two players have gone the next two players step forward and start the same ball mastery. Only have 2 players working and 2 resting so ensure multiple areas are set up. Please see the progressions to develop the exercise.

Coaching Points

Activity 2: Blob

Focus: Ball Control



1. 20 x 25 playing field
2. Group of players
3. Cones
4. Large supply of balls

Objective

Have all the players dribbling soccer balls except for 2 players to start. These players hold hands and work together as one "Blob" to tag the other players. The players with balls try to avoid getting tagged by the "blob".

Coaching Points

1. Bend knees and stay on balls of feet
2. Lots of touches to ensure close control
3. Head up while dribbling

Activity 3: Crab Soccer

Focus: Dribbling



1. 20 x 25 playing field
2. Goals with nets
3. Group of players
4. Cones
5. Large supply of balls

Objective

Every player dribbles a soccer ball from one side of the square to the other side without getting tagged by the "crabs", who will be in the crab position. If the player is tagged in the central area, they too become crabs. The last player tagged would be the winner.

Coaching Points

1. Head up while dribbling
2. Bend knees and stay on balls of feet
3. Lots of touches to ensure close control

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