



SOCCERPLUS

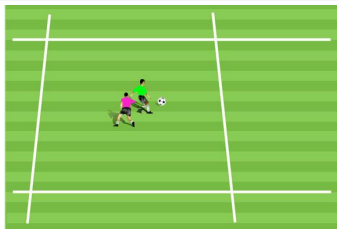
THE DICICCO METHOD

Week 5 (Attacking #2)

Add subtitle

Activity 1: Escape Move - Drag Back

Focus: Dribbling, Creating Space



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

Objective

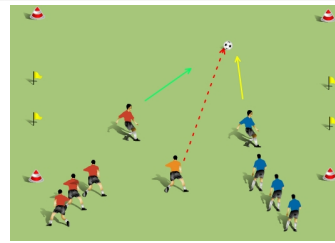
One ball per player in an open grid to begin. Isolate the skill by performing on-the-spot. Dribbling forward, stop the ball with the sole of the foot and roll the ball back down the side of the body then dribble back. Progress to: 1) Performing the skill on the move, 2) 1v1 passive defending, 3) 1v1 active defending 4) Game with gates, 5) Small sided game.

Coaching Points

1. Several touches on the ball with the sole
2. Sell the move to the defender
3. Accelerate away after the move

Activity 2: Get Outta' There (U6)

Focus: Economical



1. 15 x 20 yard grid
2. Soccer Balls
3. Cones
4. Flags

Objective

At the moment the ball is played into the field by the coach the first player in each line enters the field and plays 1 versus 1 until a goal is scored or the ball goes out of bounds. When that happens, the coach yells, "Get Outta' There!".

Coaching Points

1. Fun and challenging
2. 1v1 dribbling (attacking)
3. Tackling (defending) skills
4. Decision making

Activity 3: Numbers Game

Focus: Dribbling, attacking, shooting, defending



1. Area 30 x 20 yds
2. Ball per player
3. Cones
4. Training Vests
5. Goals x 2
6. Hurdles, ladders, rings etc

Objective

A coach's favorite – players play individually and as a small group to score a goal!

Coaching Points

1. Get to the ball quickly
2. Look for the goal not protected
3. Move quickly to the goal

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