



SOCCERPLUS

THE DICICCO METHOD

Week 5

Attacking

Activity 1: Individual Ball Warm Up 1

Focus: Dribbling



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

Objective

Players have a ball each. Set the players tasks - don't let the ball stop moving! Don't let the ball go outside the area. Progress to having the players react to the coach's commands. Toe taps, boxes, stop and go, change balls, etc.

Coaching Points

1. Keep the ball moving at all times
2. Soft touches and keep head up
3. Move into the open space

Activity 2: Take On with Gates

Focus: Dribbling, Creating Space



1. Area 30 x 20 yds
2. Several balls
3. Cones
4. Training Vests

Objective

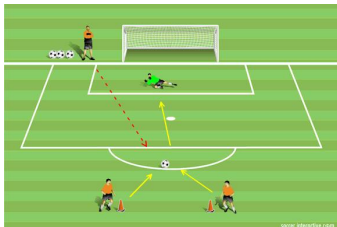
Two teams of players (3v3 to 5v5) attempt to score points by dribbling through gates (cones 2 yards apart). 1 point for going through a gate and 2pts for a take on move.

Coaching Points

1. Encourage players to try and try again
2. Be aware of the space - 360° vision
3. Add points for a take on move

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