



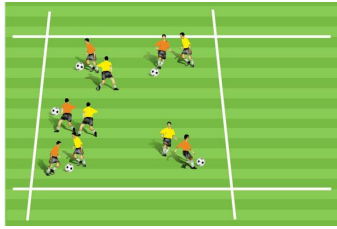
SOCCERPLUS

THE DICICCO METHOD

Week 6 (Decision Making)

Add subtitle

Activity 1: Individual possession basics
Focus: Dribbling, possession, creating space



1. Area 30 x 30
2. Ball per player
3. Cones
4. Training vests

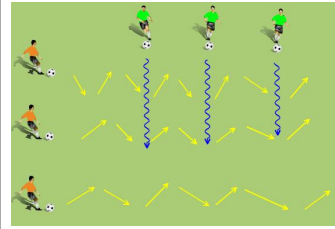
Objective

Players learn the options of maintaining possession in a 1v1 situation. In pairs, one attacker and one defender – the attacker must keep the ball from the defender by moving anywhere in the area. In one minute, the defender attempts to win possession – each time counts as one point.

Coaching Points

1. Place body between opponent and ball
2. Bend knees for firm base
3. Keep ball moving

Activity 2: North/South/East/West
Focus: Dribbling



1. Area 20 x 15 yards
2. Ball per player
3. Cones
4. Training Vests

Objective

Set your players into two groups. One group must dribble their ball from North-South of your area and the other group dribble East-West in your area. The group who dribbles from North-South must always dribble in a straight line and the group who dribble from East-West must dribble in a Zig-Zag formation.

Coaching Points

1. Keep head up at all times
2. Keep ball close and under control
3. Attack open spaces when possible.

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