



SOCCERPLUS

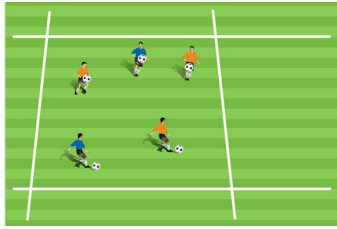
THE DICICCO METHOD

Week 6

Receiving

Activity 1: Can You ?.....

Focus: Ball mastery



1. Area: 20 x 20 yds
2. Cones
3. Ball per Player

Objective

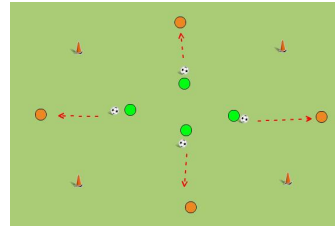
Coach to lead patterns of movement asking can you? Basic and more advanced movements.

Coaching Points

1. Use different surfaces of the body
2. Balance
3. Keep eye on the ball

Activity 2: Receiving Technique

Focus: Passing, Receiving



1. Area 20 x 20 yds
2. Balls
3. Cones
4. Training Vests

Objective

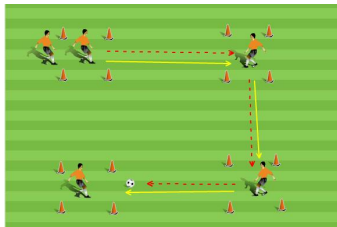
Split players into two groups. 5 players start in the middle of the area with a ball each and 5 on the outside of the area without a ball. Players in the middle dribble to an open player on the outside and when approximately 5 yds apart, the dribbling player passes the ball to the perimeter player. The perimeter player plays the ball back to the dribbling player who then repeats with another open player.

Coaching Points

1. Be on your toes ready to receive
2. Present the receiving surface to the ball
3. Cushion ball on first touch and keep ball in front of body
4. Open up body to the field to receive

Activity 3: Passing Rotation

Focus: Passing, Receiving



1. Area 20x10
2. Ball per player
3. Cones

Objective

Start in 3s (2 players opposite 1) - 20 yds apart - Start with the two - pass and follow. Each player in a 3x3 yd square. Add two more players and create an area 10x20 (1 player to each corner - 1 area starts with two, pass and move around in a clockwise or anti clockwise direction. 3 touches allowed and then reduce to two.

Coaching Points

1. Play the ball firmly to the target
2. First receiving touch sets up the pass
3. Open body when receiving to enable options

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