



SOCCERPLUS

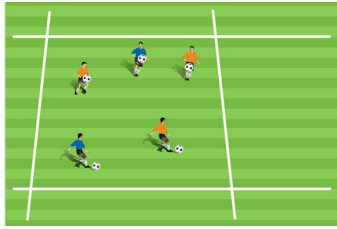
THE DICICCO METHOD

Week 1 (Dribbling Technique)

Sub Title

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: Obstacle Course

Focus: Dribbling



1. 25 x 35 yards
2. Group of players
3. Cones
4. Large supply of balls

Objective

Set up an obstacle course. After a player finishes one course, they move to the next one. The first course can focus on tiny, quick and nimble touches while the second course can allow for more space in between so that players can use moves and work on speed dribbling.

Coaching Points

1. Dribble at speed
2. Change direction
3. Dribble with both feet
4. Keep your head up

Activity 3: Dribble Tag

Focus: Dribbling



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

Objective

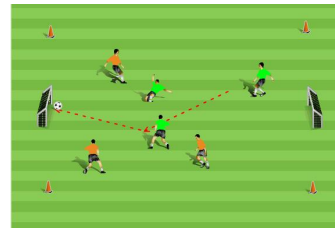
Every child dribbles a soccer ball in a defined space while one or two players are in pursuit also dribbling a soccer ball. The players that are "IT" must carry a pinnie around as they dribble.

Coaching Points

1. Head up while dribbling
2. Bend knees and stay on balls of feet
3. Lots of touches to ensure close control
4. Center of gravity low to the ground

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