



SOCCERPLUS

THE DICICCO METHOD

Week 5 (Touch Technique)

Add subtitle

Activity 1: Body Part Dribbling

Focus: Dribbling



1. Group of Players
2. Cones and Flags
3. Large supply of balls
4. 20 x 25 playing field

Objective

In a designated area, determined by the coach and number of players, all the players dribble a soccer ball. When the coach calls out the name of a body part, players must touch the body part to the ball as quickly as possible.

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 2: Mirrors 1 v 1

Focus: Dribbling



1. Area 15 x 15 yds
2. Ball between 2
3. Cones

Objective

One player with a ball must dribble to either cone before the player without the ball can get to the same cone. The player getting to the cone first wins a point. Players then return to the middle to repeat. Switch roles every time. First to 10 points wins.

Coaching Points

1. Demonstrate the 'lunge' move to unbalance the defender
2. Try to shift the weight of the defender
3. Accelerate to the cone

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

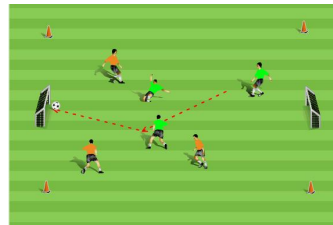
Every player dribbles a soccer ball from one side of the square to the other side without getting tagged by the "crabs", who will be in the crab position. If the player is tagged in the central area, they too become crabs. The last player tagged would be the winner.

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