



SOCCERPLUS

THE DICICCO METHOD

Week 6

Dribbling Decisions #2

Activity 1: Body Ball

Focus: Dribbling



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

Objective

Players all have a ball each and must dribble around the area. The players must react to the commands of the coach and place that body part on the ball. If the coach shouts head; players must stop the ball and place their head on the ball, etc.

Coaching Points

1. Keep ball close and under control
2. Keep head up
3. Move into open space

Activity 2: Finding Nemo

Focus: Dribbling, turns & running with ball



1. Area 30 x 30
2. Ball Per Player
3. Cones
4. Training Vests

Objective

Players must evade capture whilst keeping control of the ball.

Coaching Points

1. Keep far away from Bruce by moving to space
2. Keep ball moving all the time
3. Dribble with laces

Activity 3: Doctor Doctor

Focus: Dribbling, Shooting



1. Area 20 x 30 yds
2. Ball per player
3. Cones
4. Training Vests

Objective

Players are put into 2 equal teams. All players have a ball each (apart from the doctor of each team) and have to dribble around area looking to pass their ball against an opponent's ball. If your ball gets hit you are injured – shout "DOCTOR DOCTOR" – must be saved with a 'high-five' by the team doctor waiting in safe zone. If the Doctor is hit, the game is over.

Coaching Points

1. Be aware of opponents
2. Non-kicking foot alongside the ball
3. Use the inside of the foot to kick through the center of the ball

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