



SOCCERPLUS

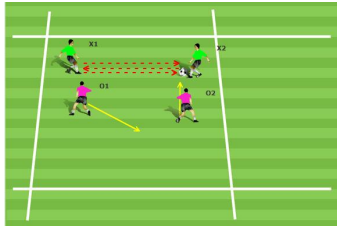
THE DICICCO METHOD

Week 6 (Defending)

Add subtitle

Activity 1: Defending in Pairs

Focus: Defending



1. Area 10 x 10 yds
2. Ball per player
3. Cones
4. Training Vests

Objective

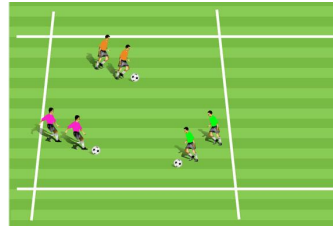
In a 10 x 10 yds area, two attackers (X1 & X2) stand opposite two defenders (O1 & O2). The attackers pass the ball back and forth on a 3-touch rhythm. On the 3rd pass, the defender opposite the receiver applies pressure and the 2nd defender provides cover - game is now live and the attackers attempt to get to the end line. Defenders try to win possession and attack the attackers end line.

Coaching Points

1. Communicate with your defensive partner
2. Decide support or cover
3. Patience
4. Slow the attack and force play back

Activity 2: Catch me

Focus: Defending



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

Objective

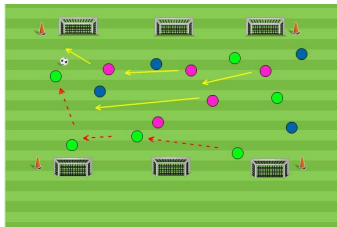
Players in pairs - 1 attacker and 1 defender. Attacker dribbles the ball in the area and the defender gives chase. When the coach shouts "FREEZE" the defender must try to touch the attacker - if they can they score 1pt. If attacker is out of reach the attacker scores a point. Switch roles.

Coaching Points

1. Keep pressure on the ball and attacker
2. React quickly to a change in direction

Activity 3: Defending 3 Goals

Focus: Defending



1. Area 60 x 20 yds
2. Balls
3. Cones
4. Training Vests
5. 6 small goals or flags

Objective

Two teams defend and attack 3 goals each. 3v3 to 5v5. Plus 2 stage of development focus on the individual defender 1v1. For Plus 3-5 introduce the principles of pressure and cover in small teams.

Coaching Points

1. #1 priority is to protect the goals
2. Position body to stop the shot
3. Shift defense as attack moves across field

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