



SOCCERPLUS

THE DICICCO METHOD

Plus 2 #10

Individual Possession, Shielding 1

Activity 1: Individual ball familiarization basics
Focus: Possession



1. Area 30 x 30
2. Ball per player
3. Cones

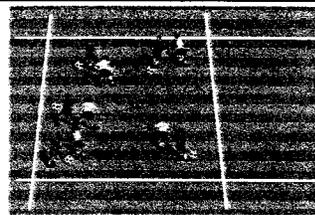
Objective

Every player in an area with a ball. Start by dribbling around normally. Instruct players to increase and decrease speed of dribble – all the time seeking space. Add in moves; Side to side, Roll over side to side, Back heel, Stutter step, The 'V', Fake shot, Behind 'V', Zig-zag, Seated juggles with instep, Juggling, Around the World

Coaching Points

1. Lots of touches
2. Repeat and repetition
3. Set 'homework'

Activity 2: Individual possession basics
Focus: Dribbling, possession, creating space



1. Area 30 x 30
2. Ball per player
3. Cones
4. Training vests

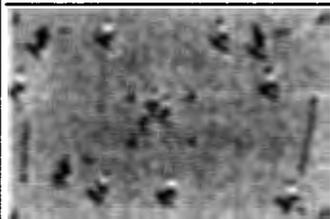
Objective

Players learn the options of maintaining possession in a 1v1 situation. In pairs, one attacker and one defender – the attacker must keep the ball from the defender by moving anywhere in the area. In one minute, the defender attempts to win possession – each time counts as one point.

Coaching Points

1. Place body between opponent and ball
2. Bend knees for firm base
3. Keep ball moving

Activity 3: Cops and Robbers
Focus: Dribbling



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

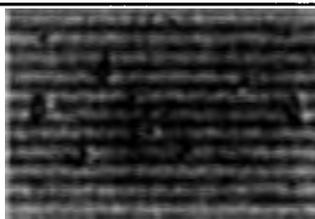
Objective

'Robbers' have a ball each which they dribble around the soccer streets. The 'Cops' (who don't have a ball) have to get a touch on the robber's ball in order to send them to the jail in the middle of the area. Once in jail the robber must sit on their ball and call out "HELP". The only way a robber can be saved is by a fellow robber, who must dribble their ball into the jail and give them a high five. The cops aim is to get all the robbers into the jail.

Coaching Points

1. Head up
2. Close Control
3. Shield the ball to protect

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