



SOCCERPLUS

THE DICICCO METHOD

ABC's #11

Warm-up games 3

Activity 1: Magnificent Seven – Injury Prevention Circuit
Focus: Injury Prevention



1. Area 30x30
2. Cones
3. Medicine balls or soccer ball
4. Skipping ropes
5. Speed Rings or cones
6. Speed Ladder or line and cones

Objective

The magnificent Seven can be performed in 10 minutes prior to a game or during practice. Exercises focus on core stabilization, eccentric training of leg muscles, and dynamic stabilization. This activity should be implemented after a warm-up and is designed to avoid common injuries. Once mastered, coaches can assign a leader to run the circuit.

Coaching Points

1. Focus on correct form and execution
2. Players must apply themselves for the full 30 seconds
3. If not assisting the partner, players keep core body temperature up by gentle skipping

Activity 2: One Goal 1 v 1
Focus: Attacking, Defending



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

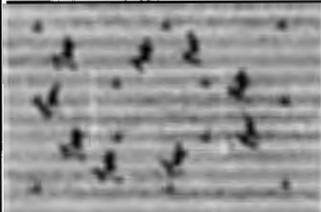
Objective

Players are in pairs with a ball. Within a 10 x 10 square players place a goal (cone with ball on top) in the center. Players play for one minute. If a goal is scored, player retains possession, if ball goes out of the square the ball goes to the opponent. Between each game (or every other game), bring player together and make coaching points.

Coaching Points

1. Attack - change pace of attack
2. Attack - attack the front foot of the defender
3. Attack - use body feints and ball movements to beat defender
4. Defense – force play to weaker foot

Activity 3: Two Squares
Focus: Dribbling, warm-up



1. Area: 30 x 30
2. Ball per player
3. Cones
4. Speed rings
5. Training arches

Objective

Inside the area set up a 10*10 yard square in the center (No-man land). Players are dribbling around the square in either direction – avoiding entry to the center square. When the coach blows the whistle, the players dribble the ball across the no-man land. Teach turns and on the command of 'turn' the players change direction.

Coaching Points

1. Dribble with the laces
2. Head up to avoid collision
3. Turn and accelerate into space

Activity 4: Dribbling Tag
Focus: Dribbling, Creating Space



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

Objective

Two 30 x 20 yds areas with 5 yds of space between. Two teams of 4 players create a 3v1 scenario in each area. Every player has a ball (including the defensive player). The defender attempts to tag as many players as he/she can in 30 seconds. At the end of 30 seconds, rotate the players. Add the total score for the teams. If a player dribbles outside of the area - count one point for the defender.

Coaching Points

1. Use the laces
2. Find space – head up
3. Change pace to escape the defender