



SOCCERPLUS

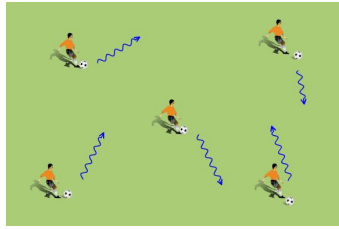
THE DICICCO METHOD

Plus 1 #1

Dribbling & Attacking

Activity 1: Traffic Lights

Focus: Dribbling Warm Up



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

Objective

Use the theme of the popular movie 'CARS'. Every player has a soccer ball. When the coach calls "Green light" the players must dribble their ball around the area. On the call of "Red light" the player must stop and place their foot on the ball. Other commands of "Mater" (tow truck) for dribbling slowly, and "Lightning McQueen" - dribble as fast as you can, "Car Wash" - ball rolls forward & back (both feet), "Wipers" - foundations back and forth, "Sheriff" - the coach gives a 'ticket' (5 toe taps) to runaway cars, and 'Rev the Engines' - foot on top of the ball and vibrate faster and faster and make revving noise.

Coaching Points

1. Keep ball close and under control
2. Keep head up
3. Keep the ball moving

Activity 2: Antz Nests

Focus: Dribbling, Turns



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

Objective

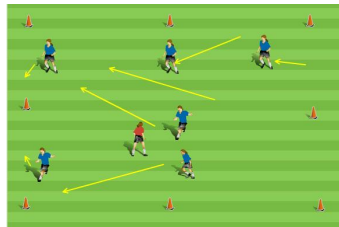
Four equal teams of Antz must work quickly to build their ants nest. In the four corners of the square the coach sets 3x3 yd squares. The objective is to fill the nest with supplies first – three balls.

Coaching Points

1. Quick turns and dribble
2. Look around to see which groups are closest to winning
3. Stay upright when competing for a ball

Activity 3: British Bull Dog

Focus: Dribbling & Movement



1. Area 30 x 15 yds
2. Ball per player
3. Cones
4. Training Vests

Objective

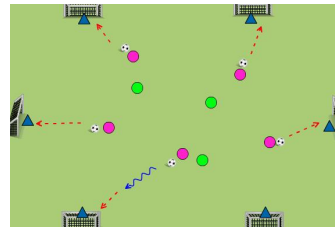
One player is selected to be the 'Bull Dog' and starts at the end line. The other players 'Cats' line up at the other end of the rectangle facing the person in the middle. The first time through without soccer balls – then all players other than Bull Dog has balls to dribble. Cats who were tagged join the Bull Dog.

Coaching Points

1. Encourage players to use body movements to elude the bull dog
2. When dribbling, keep soccer balls close to allow quick changes in direction
3. Lift head to avoid collision and see routes for escape

Activity 4: Greedy Goal Scorer

Focus: Attacking



1. Area 30 x 40 yds
2. Balls
3. Cones
4. Training Vests
5. Goals x 6

Objective

Five attackers have a ball each. They have to try and score as many goals as they can in 45 seconds. They have 6 different goals to score in. Trying to stop them are three defenders. Progress this by adding more goalkeepers and more defenders

Coaching Points

1. Be aware of the open goals
2. Strike ball with laces
3. Follow up re-bounds



SOCCERPLUS

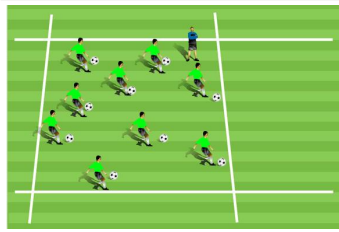
THE DICICCO METHOD

Plus 1 #2

Dribbling & Attacking

Activity 1: Coach Says

Focus: Dribbling, turns



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

Objective

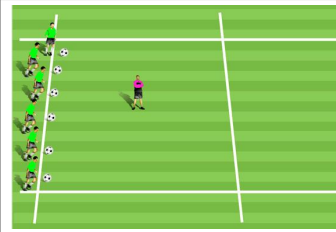
'Coach Says' is an adaptation of the popular game 'Simon Says'. Players perform dribbling and turning skills whilst playing a fun activity.

Coaching Points

1. Encourage players to move into space
2. Listen carefully to what is said
3. Quick response to instruction

Activity 2: Stamford Bridge

Focus: Dribbling



1. Area 20*20
2. Ball per player
3. Cones
4. Training Vests

Objective

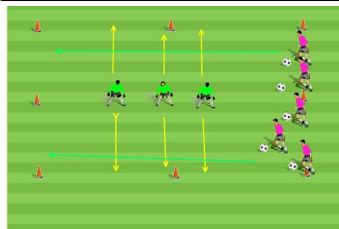
1) North, South, East or West stands; players dribble to that side 2) 'The boss is here'; players stand still 3) 'Trainer is here'; players roll around holding their knee 4) 'Drogba'; players take a Drogba dive 5) 'Goal' celebration 6) 'Lampard'; raise two arms to the sky and give a pose for the cameras 7) Cech; dive to save the ball like Petr Cech

Coaching Points

1. Attack space quickly
2. Keep ball close to allow change of direction
3. Use different turns

Activity 3: Crab Soccer

Focus: Dribbling



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

Objective

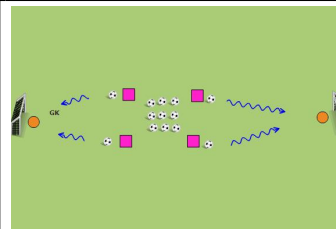
Three defenders 'Crabs' in a line move side to side to prevent the attackers 'Fish' from reaching the end line. On the command of "GO", all the attackers move forward with the ball, keeping close control and using turns and body moves to avoid the crabs (who must stay in a crab position – hands and feet). If the fish's ball is kicked out, the fish joins the crabs. Play until the last fish is captured.

Coaching Points

1. Encourage players to use body movements to elude the crabs
2. When dribbling, keep soccer balls close to allow quick changes in direction
3. Lift head to avoid collision and see routes for escape

Activity 4: Beat the Keeper

Focus: Attacking



1. Area: 30 x 20 yds
2. Balls
3. Cones
4. Goals x 2

Objective

Place all the balls in the middle of the area. On the call of "GO" the players must collect a ball and attack one of the two goals. Once they have scored they must collect another ball and attack the opposite goal. The players have 2 minutes to score as many goals as possible.

Coaching Points

1. Dribble at pace
2. Keep head up
3. Lock ankle and strike ball with laces



SOCCERPLUS

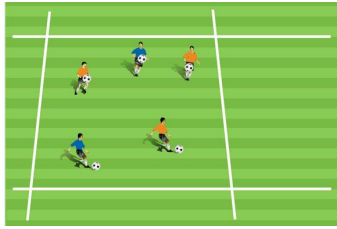
THE DICICCO METHOD

Plus 1 #3

Dribbling & Attacking

Activity 1: Can You ?.....

Focus: Ball mastery



1. Area: 20 x 20 yds
2. Cones
3. Ball per Player

Objective

Coach to lead patterns of movement asking can you? Basic and more advanced movements.

Coaching Points

1. Use different surfaces of the body
2. Balance
3. Keep eye on the ball

Activity 2: Hide and Seek

Focus: Dribbling



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

Objective

Each player has a ball. Players close their eyes and count to 10. The coach takes a training vest and hides it under one of the cones dotted around the area. Players then dribble around the area going to each cone. Every time they reach a cone they must stop the ball and pick up the cone to look under it.

Coaching Points

1. Keep ball close and under control
2. Keep head up
3. Keep ball moving

Activity 3: What Time is it Mr Fox?

Focus: Dribbling



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

Objective

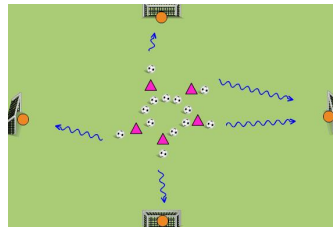
Mr Fox stands at one end facing the players. The players call "what time is it Mr Fox" and the Fox answers in one of two ways - "3 O'CLOCK" and the players take three small touches of the ball. If the Fox calls "DINNER TIME" the players must dribble back to the starting line and if they are caught by the Fox they become a Fox.

Coaching Points

1. Keep the ball close when approaching Mr. Fox.
2. Use different turns when Mr. Fox calls "Dinner Time" – drag back, inside/outside foot, back heel etc.
3. Use the laces to dribble the ball.

Activity 4: Beat the Keeper 4 Goal

Focus: Attacking



1. Area: 30 x 30 yds
2. Balls
3. Cones
4. Goals x 4

Objective

Place all the balls in the middle. Have 4 keepers in each one of the goals (Parents). On the call of "GO" players must collect a ball and attack one of the goals. Once they have scored collect another ball from the middle and attack a different goal. How many goals can they score in 1 minute?

Coaching Points

1. Dribble at pace
2. Keep ball close
3. Keep head up
4. Strike ball with laces



SOCCERPLUS

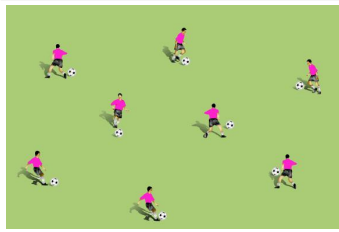
THE DICICCO METHOD

Plus 1 #4

Dribbling & Attacking

Activity 1: Soccer Safari

Focus: Dribbling



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

Objective

Players have a ball each and must react to the coach's command. Zebra - dribble, Lion - stop & stand still, Elephant - go slow, Cheetah - dribble at speed, Kangaroo - toe taps, Snake - slither with inside of feet, Crab - use outside of feet.

Coaching Points

1. Keep ball close and under control
2. Keep head up
3. Keep ball moving

Activity 2: Ice man/Ice woman Tag

Focus: Dribbling and Movement



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

Objective

Players will learn to dribble in close proximity to others using different speeds, body swerves and change of direction - using the 'disguise' of a game environment. Basic teamwork is also introduced.

Coaching Points

1. Encourage players to use body movements to elude Ice man/ Ice Woman
2. When dribbling, keep soccer balls close to allow quick changes in direction

Activity 3: Shrek

Focus: Movement skills, Dribbling, turns



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

Objective

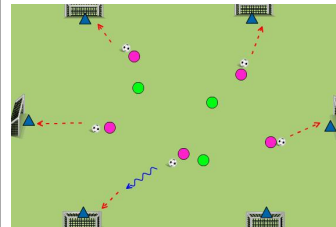
Each player (Shrek) has a ball and moves around the area (Castle) looking for Princess Fiona. The dragon (coach) enters the area and attempts to kick the balls out of the area. If the ball leaves the area, Shrek must collect the ball and go to the 'Swamp' to perform a turn before entering back into the castle. Change the dragon regularly. Story: "Shrek the ogre has been sent by Lord Farquaad to find Princess Fiona - however, the fierce dragon is guarding the castle!"

Coaching Points

1. Become part of the story and have fun
2. Protect the ball by moving body between the ball and defender
3. Keep balls close by

Activity 4: Greedy Goal Scorer

Focus: Attacking



1. Area 30 x 40 yds
2. Balls
3. Cones
4. Training Vests
5. Goals x 6

Objective

Five attackers have a ball each. They have to try and score as many goals as they can in 45 seconds. They have 6 different goals to score in. Trying to stop them are three defenders. Progress this by adding more goalkeepers and more defenders

Coaching Points

1. Be aware of the open goals
2. Strike ball with laces
3. Follow up re-bounds



SOCCERPLUS

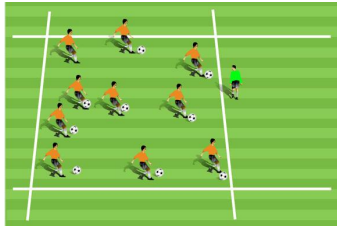
THE DICICCO METHOD

Plus 1 #5

Dribbling & Attacking

Activity 1: 'Madagascar'

Focus: Dribbling, turns



1. Area 20x20
2. Ball per player
3. Cones

Objective

Coach gets into character as players act like their favorite jungle animals. Players perform dribbling and turning skills whilst playing a fun activity.

Coaching Points

1. Become part of the story and have fun
2. Keep balls close by
3. Quick response to instruction

Activity 2: Robot Tag

Focus: Dribbling, turns



1. Area: 20 x 15
2. Balls
3. Cones

Objective

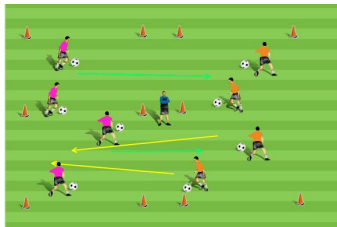
Players try to tag the other players within the grid. Once tagged, that player holds that area of the body tagged while dribbling the ball yet still attempting to tag others. Tagged twice, hold the second area. When the player is tagged a third time, they move to the outside of the grid and do exercise (ie. toe taps) before rejoining the group.

Coaching Points

1. Keep the ball close
2. Head up to avoid other dribblers
3. Attack open space with speed

Activity 3: Shark Attack

Focus: Dribbling, turns



1. Area 30 x 10 yds
2. Ball per player
3. Cones
4. Training Vests

Objective

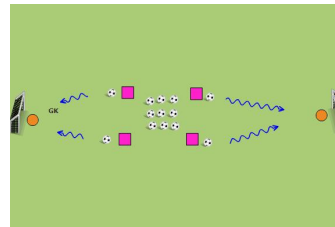
Cone off an area in the center – 5 yards wide and the width of the area (this area represents the ocean). 4-6 players on a desert island on each side of the ocean – dribbling the soccer ball. Coach is in the ocean – on all fours. When the coach shouts "ISLAND HOP", the players have to cross the ocean without being tagged by the shark.

Coaching Points

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

Activity 4: Beat the Keeper

Focus: Attacking



1. Area: 30 x 20 yds
2. Balls
3. Cones
4. Goals x 2

Objective

Place all the balls in the middle of the area. On the call of "GO" the players must collect a ball and attack one of the two goals. Once they have scored they must collect another ball and attack the opposite goal. The players have 2 minutes to score as many goals as possible.

Coaching Points

1. Dribble at pace
2. Keep head up
3. Lock ankle and strike ball with laces



SOCCERPLUS

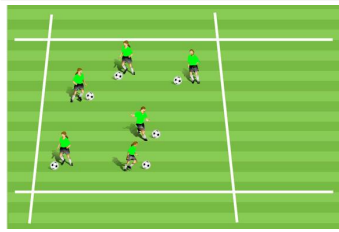
THE DICICCO METHOD

Plus 1 #6

Dribbling & Attacking

Activity 1: Old MacDonald's Farm

Focus: Dribbling, turns



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

Objective

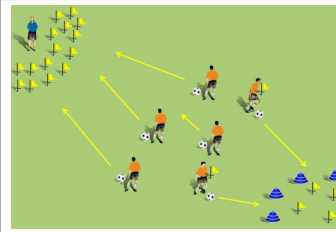
Coach gets into character and sings as players act like their favorite farm animals. Players perform dribbling and turning skills whilst playing a fun activity.

Coaching Points

1. Become part of the story and have fun
2. Keep balls close by
3. Quick response to instruction

Activity 2: Sleeping Giant

Focus: Dribbling



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

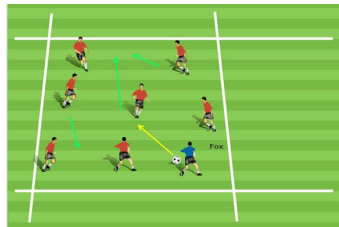
Objective

The coach (sleepy giant) has stolen all the villager's treasure (training vests). The villagers have to send the giant off to sleep by singing his/her favourite song, for example Twinkle Twinkle Little Star. Once the giant is asleep then the villagers may dribble their ball towards the giant and the treasure. If the giant stirs the villagers must hide behind their ball so the giant can't see them. Once again the villagers must send the giant back to sleep by singing his/her favourite song. Now that the giant has gone back to sleep the villagers can dribble their ball closer to the giant. Once a villager gets all the way across to the giant they can take a piece of treasure and return to their village. The aim is to win back all the treasure.

Coaching Points

Activity 3: Fox and Rabbits

Focus: Dribbling, turns



1. Area 20x20
2. Ball per player
3. Cones
4. Training Vests

Objective

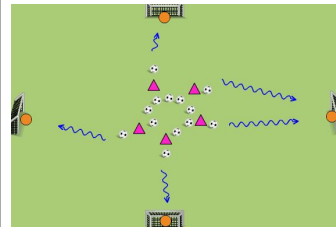
Players move around the area dodging and weaving, moving fast and slow – with or without the ball

Coaching Points

1. Use body fakes, spins and change of speed to avoid capture
2. Keep the ball moving

Activity 4: Beat the Keeper 4 Goal

Focus: Attacking



1. Area: 30 x 30 yds
2. Balls
3. Cones
4. Goals x 4

Objective

Place all the balls in the middle. Have 4 keepers in each one of the goals (Parents). On the call of "GO" players must collect a ball and attack one of the goals. Once they have scored collect another ball from the middle and attack a different goal. How many goals can they score in 1 minute?

Coaching Points

1. Dribble at pace
2. Keep ball close
3. Keep head up
4. Strike ball with laces



SOCCERPLUS

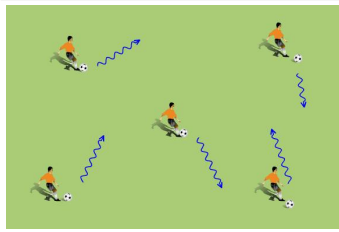
THE DICICCO METHOD

Plus 1 #7

Dribbling & Attacking

Activity 1: Traffic Lights

Focus: Dribbling Warm Up



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

Objective

Use the theme of the popular movie 'CARS'. Every player has a soccer ball. When the coach calls "Green light" the players must dribble their ball around the area. On the call of "Red light" the player must stop and place their foot on the ball. Other commands of "Mater" (tow truck) for dribbling slowly, and "Lightning McQueen" - dribble as fast as you can, "Car Wash" - ball rolls forward & back (both feet), "Wipers" - foundations back and forth, "Sheriff" - the coach gives a 'ticket' (5 toe taps) to runaway cars, and 'Rev the Engines' - foot on top of the ball and vibrate faster and faster and make revving noise.

Coaching Points

1. Keep ball close and under control
2. Keep head up
3. Keep the ball moving

Activity 2: Sticky Donut

Focus: Dribbling



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

Objective

Coach forms a large circle using cones equally spaced (one cone per player minus one). Each player stands next to a cone and the extra player without a cone starts to dribble around the outside of the circle. As the player moves around in a clockwise direction, he/she touches another player and shouts "STICKY DONUT" – that player leaves the circle and moves in an anti-clockwise direction. Each player attempt to get back to the vacant spot before the other - first without and then with the ball. If the coach shouts "DONUTS", all players dribble to the center cone – first one to the middle gets the top cone (Donut) off the stack.

Coaching Points

1. Quick dribble
2. Keep ball close to the outside of the circle as you dribble
3. Head up to avoid collision

Activity 3: Finding Nemo

Focus: Dribbling, turns & running with ball



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

Objective

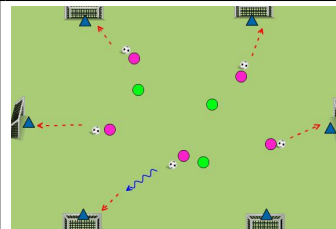
Players must evade capture whilst keeping control of the ball.

Coaching Points

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

Activity 4: Greedy Goal Scorer

Focus: Attacking



1. Area 30 x 40 yds
2. Balls
3. Cones
4. Training Vests
5. Goals x 6

Objective

Five attackers have a ball each. They have to try and score as many goals as they can in 45 seconds. They have 6 different goals to score in. Trying to stop them are three defenders. Progress this by adding more goalkeepers and more defenders

Coaching Points

1. Be aware of the open goals
2. Strike ball with laces
3. Follow up re-bounds



SOCCERPLUS

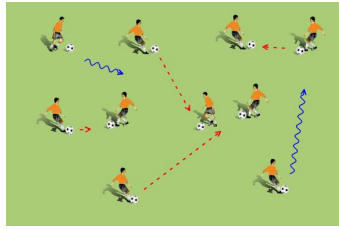
THE DICICCO METHOD

Plus 1 #8

Dribbling & Attacking

Activity 1: Soccer Marbles

Focus: Dribbling & Attacking



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

Objective

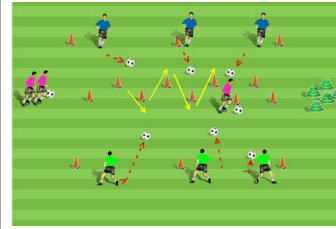
Each player has a ball. They must dribble around and shoot against another player's ball. If they hit a ball they score a point. Play 5 x 1 minute rounds. Add a money ball. Have the coach or coaches join in. If the players can hit the coach's ball they score 3 points.

Coaching Points

1. Keep head up
2. Lock ankle
3. Strike ball with laces
4. Be positive and take shots

Activity 2: The Gauntlet

Focus: Dribbling



1. Area 20 x 10 yds
2. Ball per player
3. Cones
4. Training vests

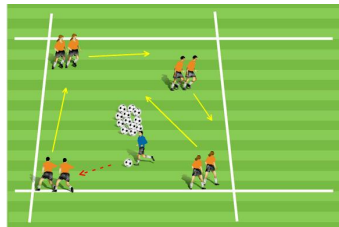
Objective

Three teams – One team positioned on either side of the area with a ball each. The other team in two lines at one end of the square. Two lines of cones are staggered down the center of the square and on the command of "GO" the brave Knight will run the Gauntlet by dribbling in and out of the cones to the other side. As the Knights of team 'A' run the Gauntlet, the Knights of team 'B' & 'C' pass their balls along the ground in an attempt to hit the Knight's ball. Once the ball is hit the gauntlet is finished and the Knight sits behind his/her team. If the Knight reaches the end line, he/she collects a cone (treasure) and takes it back through the Gauntlet to the team. The Knight continues until the ball is hit. Count the treasure for each team

Coaching Points

Activity 3: Jimmy Neutron

Focus: Shooting



1. Area 20 x 20 yds
2. 12 Balls
3. Cones
4. Training Vests

Objective

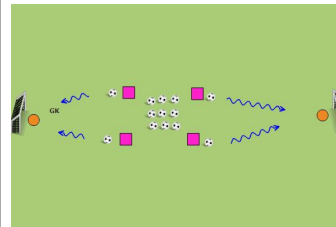
Jimmy Neutron is flying around Soccer Space. The Ugly Alien (coach) must try to shoot them down. If the coach shoots down the Neutron's space ship they become Ugly Aliens.

Coaching Points

1. Keep head up to see Space ships and Aliens
2. Non-kicking foot next to the ball
3. Strike through the center of the ball and follow through

Activity 4: Beat the Keeper

Focus: Attacking



1. Area: 30 x 20 yds
2. Balls
3. Cones
4. Goals x 2

Objective

Place all the balls in the middle of the area. On the call of "GO" the players must collect a ball and attack one of the two goals. Once they have scored they must collect another ball and attack the opposite goal. The players have 2 minutes to score as many goals as possible.

Coaching Points

1. Dribble at pace
2. Keep head up
3. Lock ankle and strike ball with laces



SOCCERPLUS

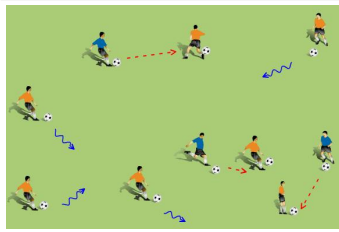
THE DICICCO METHOD

Plus 1 #9

Dribbling & Attacking

Activity 1: Soccer Monster Trucks

Focus: Dribbling & Attacking



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

Objective

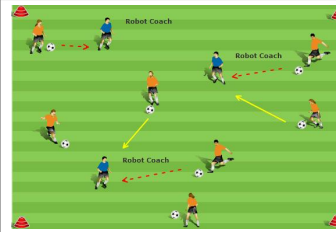
Each player has a ball. Place three players in training vests who are 'Monster Trucks'. The Monster trucks must try and crush the little 'Sport Cars' who are dribbling around trying to stay away from the trucks. The Monster Trucks have to strike their ball against the legs of the sports cars. They must sit on the ball and wait for a 'high-five' from the coach.

Coaching Points

1. Keep head up
2. Keep ball moving
3. Lock ankle and strike ball with laces

Activity 2: Runaway Robot Coach

Focus: Dribbling, Shooting



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

Objective

Players have to strike their ball against the Robot coach in order to take the coach down piece by piece.

Coaching Points

1. Non kicking foot next to the ball
2. Lock your ankle
3. Use your laser laces to strike the centre of the ball
4. Follow through towards target

Activity 3: Doctor Doctor

Focus: Dribbling, Shooting



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

Objective

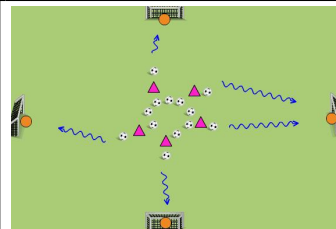
Players are put into 2 equal teams. All players have a ball each (apart from the doctor of each team) and have to dribble around area looking to pass their ball against an opponent's ball. If your ball gets hit you are injured – shout "DOCTOR DOCTOR" – must be saved with a 'high-five' by the team doctor 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: Beat the Keeper 4 Goal

Focus: Attacking



1. Area: 30 x 30 yds
2. Balls
3. Cones
4. Goals x 4

Objective

Place all the balls in the middle. Have 4 keepers in each one of the goals (Parents). On the call of "GO" players must collect a ball and attack one of the goals. Once they have scored collect another ball from the middle and attack a different goal. How many goals can they score in 1 minute?

Coaching Points

1. Dribble at pace
2. Keep ball close
3. Keep head up
4. Strike ball with laces



SOCCERPLUS

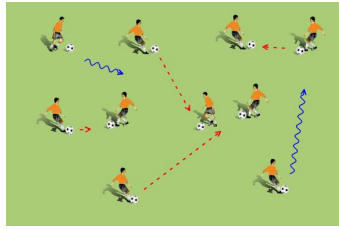
THE DICICCO METHOD

Plus 1 #10

Dribbling & Attacking

Activity 1: Soccer Marbles

Focus: Dribbling & Attacking



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

Objective

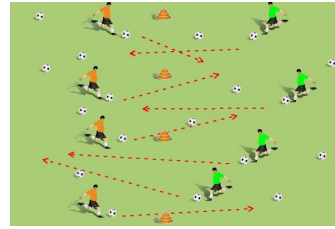
Each player has a ball. They must dribble around and shoot against another player's ball. If they hit a ball they score a point. Play 5 x 1 minute rounds. Add a money ball. Have the coach or coaches join in. If the players can hit the coach's ball they score 3 points.

Coaching Points

1. Keep head up
2. Lock ankle
3. Strike ball with laces
4. Be positive and take shots

Activity 2: Cleaning my Room

Focus: Attacking



1. 20 soccer balls
2. cones
3. 20x30

Objective

My room is a mess and has soccer balls everywhere. I have helpers to help clean my room. Their job is to clean my room but make my brother's room a mess. At the same time my brother is trying to clean his room and also has helpers. The aim is to strike the balls across into the other room. The cleanest room after 1 minute is the winner.

Coaching Points

1. Lock ankle
2. Strike ball with Laces
3. aim for the space

Activity 3: Storm the Castle

Focus: Dribbling & Attacking



1. Area 30 x 30 yds
2. Ball per player
3. Ball per cone
4. Cones

Objective

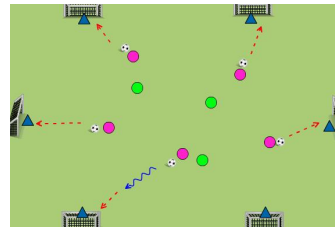
Players have a ball each and must dribble around the area. In the area are soccer balls placed on cones (The Castle). The players aim to strike their ball against the Castle in order to knock the ball off. The aim is to see how many balls can be knocked off the castles in 1 minute. Castles are worth 1 point each.

Coaching Points

1. Keep ball close
2. Keep head up
3. Strike ball with laces and lock ankle

Activity 4: Greedy Goal Scorer

Focus: Attacking



1. Area 30 x 40 yds
2. Balls
3. Cones
4. Training Vests
5. Goals x 6

Objective

Five attackers have a ball each. They have to try and score as many goals as they can in 45 seconds. They have 6 different goals to score in. Trying to stop them are three defenders. Progress this by adding more goalkeepers and more defenders.

Coaching Points

1. Be aware of the open goals
2. Strike ball with laces
3. Follow up re-bounds



SOCCERPLUS

THE DICICCO METHOD

Plus 1 #11

Dribbling & Attacking

Activity 1: Soccer Safari

Focus: Dribbling



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

Objective

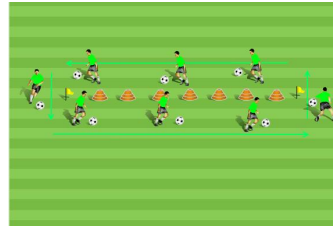
Players have a ball each and must react to the coach's command. Zebra - dribble, Lion - stop & stand still, Elephant - go slow, Cheetah - dribble at speed, Kangaroo - toe taps, Snake - slither with inside of feet, Crab - use outside of feet.

Coaching Points

1. Keep ball close and under control
2. Keep head up
3. Keep ball moving

Activity 2: Musical Cones

Focus: Dribbling, turns



1. Area 20 x 10 yds
2. Ball per player
3. Cones

Objective

Place 2 coaching sticks (or cones) 20 yards apart and in between place a straight line of cones (representing chairs) – enough for one cone per player. Choose a song to sing with the players and when the song is being sung, players dribble the ball from one coaching stick to the other creating a loop – no loitering. When the singing stops, the players hustle to a cone dribbling their ball – no hands. Once the players understand the game, eliminate one or two cones (chairs) – eliminated players get to choose and sing the song.

Coaching Points

1. Don't be shy – sing nice and loud!
2. Keep balls close by
3. Quick response - avoid using hands

Activity 3: Countries of the World

Focus: Dribbling, turns



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

Objective

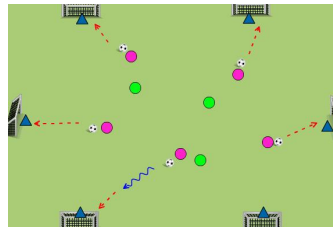
Coach asks players to name a country they have visited – select three and name one inside box for each country. Separate the group between the three countries and give each player a training vest (one color vest for each country). First without the ball and then add a ball per player.

Coaching Points

1. Become part of the story and have fun
2. Keep balls close by
3. Quick response to instruction

Activity 4: Greedy Goal Scorer

Focus: Attacking



1. Area 30 x 40 yds
2. Balls
3. Cones
4. Training Vests
5. Goals x 6

Objective

Five attackers have a ball each. They have to try and score as many goals as they can in 45 seconds. They have 6 different goals to score in. Trying to stop them are three defenders. Progress this by adding more goalkeepers and more defenders

Coaching Points

1. Be aware of the open goals
2. Strike ball with laces
3. Follow up re-bounds



SOCCERPLUS

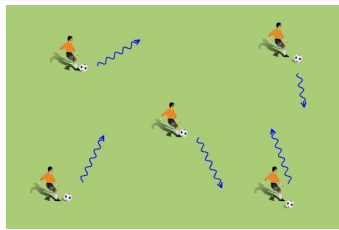
THE DICICCO METHOD

Plus 1 #12

Dribbling & Attacking

Activity 1: Traffic Lights

Focus: Dribbling Warm Up



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

Objective

Use the theme of the popular movie 'CARS'. Every player has a soccer ball. When the coach calls "Green light" the players must dribble their ball around the area. On the call of "Red light" the player must stop and place their foot on the ball. Other commands of "Mater" (tow truck) for dribbling slowly, and "Lightning McQueen" - dribble as fast as you can, "Car Wash" - ball rolls forward & back (both feet), "Wipers" - foundations back and forth, "Sheriff" - the coach gives a 'ticket' (5 toe taps) to runaway cars, and 'Rev the Engines' - foot on top of the ball and vibrate faster and faster and make revving noise.

Coaching Points

1. Keep ball close and under control
2. Keep head up
3. Keep the ball moving

Activity 2: Cat & Mouse

Focus: Dribbling, turns & running with ball



1. Area 40x30
2. Ball per player
3. Cones
4. Training Vests

Objective

Players chase one and other whilst keeping control of the ball.

Coaching Points

1. Quick first movement – low center of gravity
2. Get ball out of feet to allow for high speed
3. Dribble with laces

Activity 3: Cops and Robbers

Focus: Dribbling



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

Objective

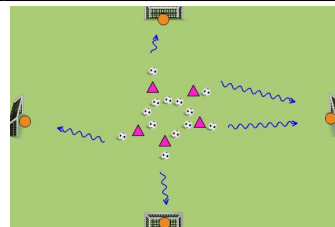
'Robbers' have a ball each which they dribble around the soccer streets. The 'Cops' (who don't have a ball) have to get a touch on the robber's ball in order to send them to the jail in the middle of the area. Once in jail the robber must sit on their ball and call out "HELP". The only way a robber can 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: Beat the Keeper 4 Goal

Focus: Attacking



1. Area: 30 x 30 yds
2. Balls
3. Cones
4. Goals x 4

Objective

Place all the balls in the middle. Have 4 keepers in each one of the goals (Parents). On the call of "GO" players must collect a ball and attack one of the goals. Once they have scored collect another ball from the middle and attack a different goal. How many goals can they score in 1 minute?

Coaching Points

1. Dribble at pace
2. Keep ball close
3. Keep head up
4. Strike ball with laces



SOCCERPLUS

THE DICICCO METHOD

Plus 1 #13

Dribbling & Attacking

Activity 1: 'Madagascar'

Focus: Dribbling, turns



1. Area 20x20
2. Ball per player
3. Cones

Objective

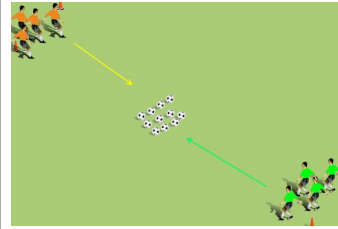
Coach gets into character as players act like their favorite jungle animals. Players perform dribbling and turning skills whilst playing a fun activity.

Coaching Points

1. Become part of the story and have fun
2. Keep balls close by
3. Quick response to instruction

Activity 2: Tree House

Focus: Dribbling



1. Area 20 x 20 yds
2. Balls
3. Cones

Objective

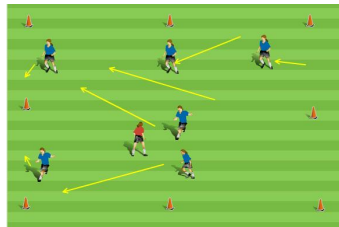
At either end of the area you have a tree house. At one end you have the 'Greedy Gorillas' and at the other end you have the 'Cheeky Chimps'. In the middle are all the soccer coconuts. On the call of "GO" the Chimps and Gorillas run to the middle and collect a coconut and return back to their tree house before going to collect another one.

Coaching Points

1. Keep ball moving
2. Keep ball close
3. Keep head up

Activity 3: British Bull Dog

Focus: Dribbling & Movement



1. Area 30 x 15 yds
2. Ball per player
3. Cones
4. Training Vests

Objective

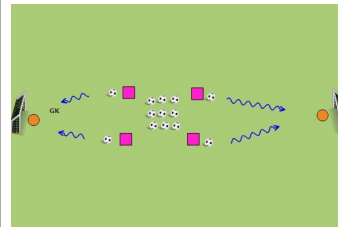
One player is selected to be the 'Bull Dog' and starts at the end line. The other players 'Cats' line up at the other end of the rectangle facing the person in the middle. The first time through without soccer balls – then all players other than Bull Dog has balls to dribble. Cats who were tagged join the Bull Dog.

Coaching Points

1. Encourage players to use body movements to elude the bull dog
2. When dribbling, keep soccer balls close to allow quick changes in direction
3. Lift head to avoid collision and see routes for escape

Activity 4: Beat the Keeper

Focus: Attacking



1. Area: 30 x 20 yds
2. Balls
3. Cones
4. Goals x 2

Objective

Place all the balls in the middle of the area. On the call of "GO" the players must collect a ball and attack one of the two goals. Once they have scored they must collect another ball and attack the opposite goal. The players have 2 minutes to score as many goals as possible.

Coaching Points

1. Dribble at pace
2. Keep head up
3. Lock ankle and strike ball with laces



SOCCERPLUS

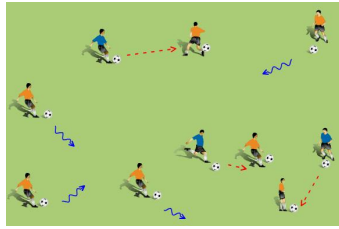
THE DICICCO METHOD

Plus 1 #14

Dribbling & Attacking

Activity 1: Soccer Monster Trucks

Focus: Dribbling & Attacking



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

Objective

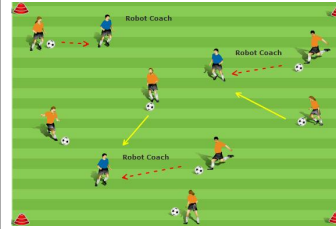
Each player has a ball. Place three players in training vests who are 'Monster Trucks'. The Monster trucks must try and crush the little 'Sport Cars' who are dribbling around trying to stay away from the trucks. The Monster Trucks have to strike their ball against the legs of the sports cars. They must sit on the ball and wait for a 'high-five' from the coach.

Coaching Points

1. Keep head up
2. Keep ball moving
3. Lock ankle and strike ball with laces

Activity 2: Runaway Robot Coach

Focus: Dribbling, Shooting



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

Objective

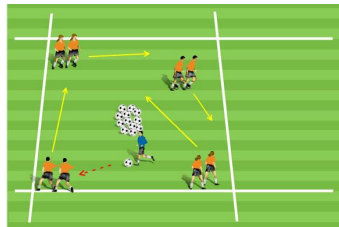
Players have to strike their ball against the Robot coach in order to take the coach down piece by piece.

Coaching Points

1. Non kicking foot next to the ball
2. Lock your ankle
3. Use your laser laces to strike the centre of the ball
4. Follow through towards target

Activity 3: Jimmy Neutron

Focus: Shooting



1. Area 20 x 20 yds
2. 12 Balls
3. Cones
4. Training Vests

Objective

Jimmy Neutron is flying around Soccer Space. The Ugly Alien (coach) must try to shoot them down. If the coach shoots down the Neutron's space ship they become Ugly Aliens.

Coaching Points

1. Keep head up to see Space ships and Aliens
2. Non-kicking foot next to the ball
3. Strike through the center of the ball and follow through

Activity 4: 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



SOCCERPLUS

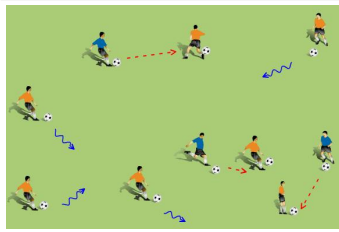
THE DICICCO METHOD

Plus 1 #15

Dribbling & Attacking

Activity 1: Soccer Monster Trucks

Focus: Dribbling & Attacking



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

Objective

Each player has a ball. Place three players in training vests who are 'Monster Trucks'. The Monster trucks must try and crush the little 'Sport Cars' who are dribbling around trying to stay away from the trucks. The Monster Trucks have to strike their ball against the legs of the sports cars. They must sit on the ball and wait for a 'high-five' from the coach.

Coaching Points

1. Keep head up
2. Keep ball moving
3. Lock ankle and strike ball with laces

Activity 2: Looters

Focus: Dribbling, attacking, and defending



1. Area 40 x 20 yds
2. Ball per player
3. Cones
4. Training Vests

Objective

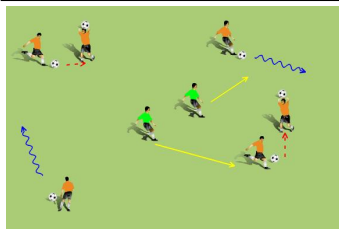
Two or more teams. To play the activity with two teams, two 5 x 5 yds square are marked 5 yards from each end line. Players from both teams stand inside their team square and all the balls are lined up on center line of the area. On the command of "GO" players leave their square and attempt to dribble a ball back to their square. An opponent cannot steal the ball. Play until all balls are in either of the two squares.

Coaching Points

1. Get to the ball quickly
2. Move into space
3. Dribble with laces for speed

Activity 3: Stuck in the Mud

Focus: Dribbling



1. Balls
2. Cones
3. Training Vests

Objective

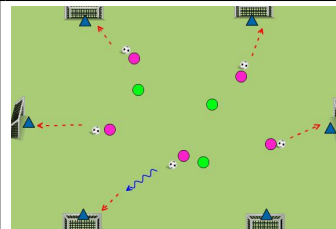
Each player has a ball apart from 2 Mud Monsters. The monsters must try and tag the soccer players who are dribbling around the swamp. Once tagged the player is then stuck in the mud. When stuck in the mud you must place the ball on your head and open your legs. The stuck player can be saved by having a ball passed through their legs by another play.

Coaching Points

1. Keep your head up
2. Move into the open space
3. Awareness of team-mates

Activity 4: Greedy Goal Scorer

Focus: Attacking



1. Area 30 x 40 yds
2. Balls
3. Cones
4. Training Vests
5. Goals x 6

Objective

Five attackers have a ball each. They have to try and score as many goals as they can in 45 seconds. They have 6 different goals to score in. Trying to stop them are three defenders. Progress this by adding more goalkeepers and more defenders

Coaching Points

1. Be aware of the open goals
2. Strike ball with laces
3. Follow up re-bounds



SOCCERPLUS

THE DICICCO METHOD

Plus 1 #16

Dribbling & Attacking

Activity 1: Memory Game Warm Up 1

Focus: Fundamental Movement Skills



1. Area 20 x 20 yds
2. 30 Cones of three different colors
3. Ball each

Objective

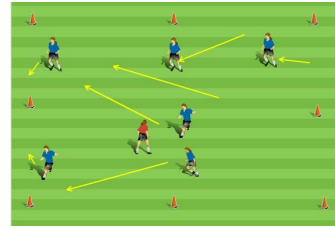
Coach to provide players with a pattern of movement, for example, Red Cone, Yellow Cone, Blue Cone, Blue Cone. On the command of "GO" players to perform movement pattern. Players should always start and conclude the movement pattern in space.

Coaching Points

1. Change direction
2. Change speed
3. Look Up
4. Move into space

Activity 2: British Bull Dog

Focus: Dribbling & Movement



1. Area 30 x 15 yds
2. Ball per player
3. Cones
4. Training Vests

Objective

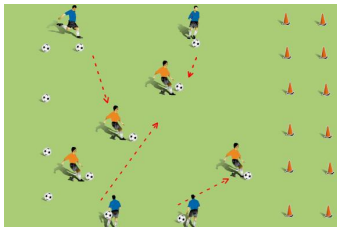
One player is selected to be the 'Bull Dog' and starts at the end line. The other players 'Cats' line up at the other end of the rectangle facing the person in the middle. The first time through without soccer balls – then all players other than Bull Dog has balls to dribble. Cats who were tagged join the Bull Dog.

Coaching Points

1. Encourage players to use body movements to elude the bull dog
2. When dribbling, keep soccer balls close to allow quick changes in direction
3. Lift head to avoid collision and see routes for escape

Activity 3: Bob The Builder

Focus: Dribbling and Attacking



1. Area: 20 x 30 yds
2. Balls
3. Cones
4. Training Vests

Objective

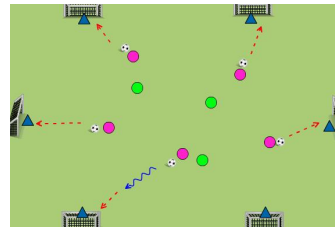
Bob (the players) have a ball each. On the other side there are Bob's 'bricks'. Bob must dribble his/her ball across the building site and collect a brick and return it back to the other side of the building site. Trying to stop Bob collecting the bricks are soccer players on the side who must shoot their balls at Bob. If they hit Bob then that player moves to the outside.

Coaching Points

1. Keep head up
2. Keep ball close and under control
3. Change of speed and direction

Activity 4: Greedy Goal Scorer

Focus: Attacking



1. Area 30 x 40 yds
2. Balls
3. Cones
4. Training Vests
5. Goals x 6

Objective

Five attackers have a ball each. They have to try and score as many goals as they can in 45 seconds. They have 6 different goals to score in. Trying to stop them are three defenders. Progress this by adding more goalkeepers and more defenders

Coaching Points

1. Be aware of the open goals
2. Strike ball with laces
3. Follow up re-bounds



SOCCERPLUS

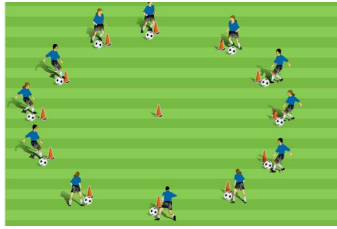
THE DICICCO METHOD

Plus 1 #17

Dribbling & Attacking

Activity 1: Memory Game Warm Up 2

Focus: Fundamental Movement Skills



1. 20 Cones
2. Ball for each player

Objective

All players start on a cone.

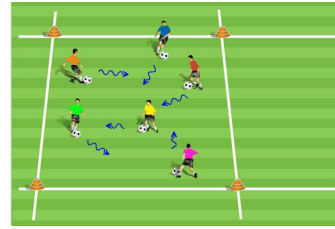
Coach provides instruction to trigger a movement pattern, for example, 1 cone left 2 cones right or 3 cones right 3 cones left.

Coaching Points

1. Quick to react
2. Sideways movement, facing into the circle
3. Light on your feet
4. Quickfeet, rather than long strides and stretching to the cone

Activity 2: Robot Tag

Focus: Dribbling, turns



1. Area: 20 x 15
2. Balls
3. Cones

Objective

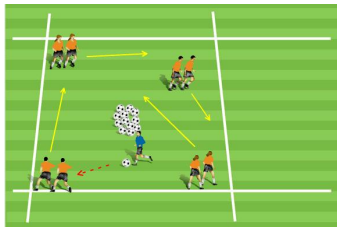
Players try to tag the other players within the grid. Once tagged, that player holds that area of the body tagged while dribbling the ball yet still attempting to tag others. Tagged twice, hold the second area. When the player is tagged a third time, they move to the outside of the grid and do exercise (ie. toe taps) before rejoining the group.

Coaching Points

1. Keep the ball close
2. Head up to avoid other dribblers
3. Attack open space with speed

Activity 3: Jimmy Neutron

Focus: Shooting



1. Area 20 x 20 yds
2. 12 Balls
3. Cones
4. Training Vests

Objective

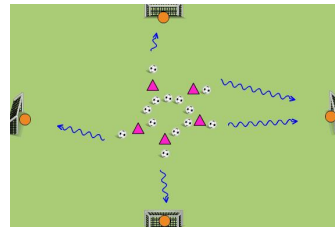
Jimmy Neutron is flying around Soccer Space. The Ugly Alien (coach) must try to shoot them down. If the coach shoots down the Neutron's space ship they become Ugly Aliens.

Coaching Points

1. Keep head up to see Space ships and Aliens
2. Non-kicking foot next to the ball
3. Strike through the center of the ball and follow through

Activity 4: Beat the Keeper 4 Goal

Focus: Attacking



1. Area: 30 x 30 yds
2. Balls
3. Cones
4. Goals x 4

Objective

Place all the balls in the middle. Have 4 keepers in each one of the goals (Parents). On the call of "GO" players must collect a ball and attack one of the goals. Once they have scored collect another ball from the middle and attack a different goal. How many goals can they score in 1 minute?

Coaching Points

1. Dribble at pace
2. Keep ball close
3. Keep head up
4. Strike ball with laces



SOCCERPLUS

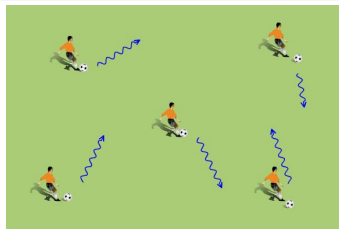
THE DICICCO METHOD

Plus 1 #18

Dribbling & Attacking

Activity 1: Traffic Lights

Focus: Dribbling Warm Up



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

Objective

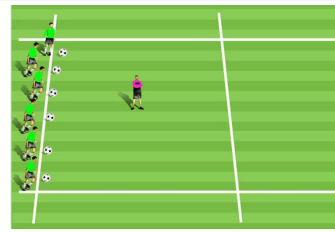
Use the theme of the popular movie 'CARS'. Every player has a soccer ball. When the coach calls "Green light" the players must dribble their ball around the area. On the call of "Red light" the player must stop and place their foot on the ball. Other commands of "Mater" (tow truck) for dribbling slowly, and "Lightning McQueen" - dribble as fast as you can, "Car Wash" - ball rolls forward & back (both feet), "Wipers" - foundations back and forth, "Sheriff" - the coach gives a 'ticket' (5 toe taps) to runaway cars, and 'Rev the Engines' - foot on top of the ball and vibrate faster and faster and make revving noise.

Coaching Points

1. Keep ball close and under control
2. Keep head up
3. Keep the ball moving

Activity 2: Stamford Bridge

Focus: Dribbling



1. Area 20*20
2. Ball per player
3. Cones
4. Training Vests

Objective

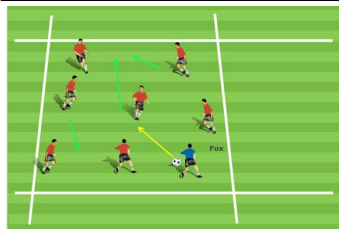
1) North, South, East or West stands; players dribble to that side 2) 'The boss is here'; players stand still 3) 'Trainer is here'; players roll around holding their knee 4) 'Drogba'; players take a Drogba dive 5) 'Goal' celebration 6) 'Lampard'; raise two arms to the sky and give a pose for the cameras 7) Cech; dive to save the ball like Petr Cech

Coaching Points

1. Attack space quickly
2. Keep ball close to allow change of direction
3. Use different turns

Activity 3: Fox and Rabbits

Focus: Dribbling, turns



1. Area 20x20
2. Ball per player
3. Cones
4. Training Vests

Objective

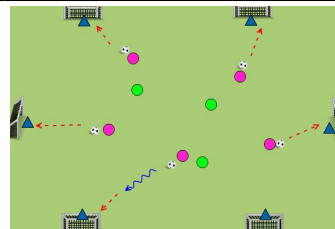
Players move around the area dodging and weaving, moving fast and slow – with or without the ball

Coaching Points

1. Use body fakes, spins and change of speed to avoid capture
2. Keep the ball moving

Activity 4: Greedy Goal Scorer

Focus: Attacking



1. Area 30 x 40 yds
2. Balls
3. Cones
4. Training Vests
5. Goals x 6

Objective

Five attackers have a ball each. They have to try and score as many goals as they can in 45 seconds. They have 6 different goals to score in. Trying to stop them are three defenders. Progress this by adding more goalkeepers and more defenders

Coaching Points

1. Be aware of the open goals
2. Strike ball with laces
3. Follow up re-bounds



SOCCERPLUS

THE DICICCO METHOD

Plus 1 #19

Dribbling & Attacking

Activity 1: Soccer Safari

Focus: Dribbling



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

Objective

Players have a ball each and must react to the coach's command. Zebra - dribble, Lion - stop & stand still, Elephant - go slow, Cheetah - dribble at speed, Kangaroo - toe taps, Snake - slither with inside of feet, Crab - use outside of feet.

Coaching Points

1. Keep ball close and under control
2. Keep head up
3. Keep ball moving

Activity 2: Antz Nests

Focus: Dribbling, Turns



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

Objective

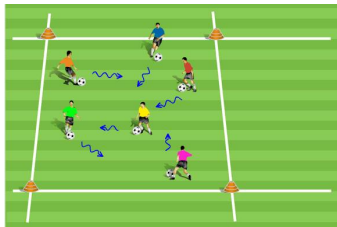
Four equal teams of Antz must work quickly to build their ant nest. In the four corners of the square the coach sets 3x3 yd squares. The objective is to fill the nest with supplies first – three balls.

Coaching Points

1. Quick turns and dribble
2. Look around to see which groups are closest to winning
3. Stay upright when competing for a ball

Activity 3: Robot Tag

Focus: Dribbling, turns



1. Area: 20 x 15
2. Balls
3. Cones

Objective

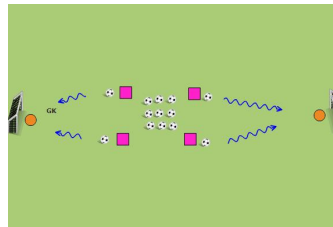
Players try to tag the other players within the grid. Once tagged, that player holds that area of the body tagged while dribbling the ball yet still attempting to tag others. Tagged twice, hold the second area. When the player is tagged a third time, they move to the outside of the grid and do exercise (ie. toe taps) before rejoining the group.

Coaching Points

1. Keep the ball close
2. Head up to avoid other dribblers
3. Attack open space with speed

Activity 4: Beat the Keeper

Focus: Attacking



1. Area: 30 x 20 yds
2. Balls
3. Cones
4. Goals x 2

Objective

Place all the balls in the middle of the area. On the call of "GO" the players must collect a ball and attack one of the two goals. Once they have scored they must collect another ball and attack the opposite goal. The players have 2 minutes to score as many goals as possible.

Coaching Points

1. Dribble at pace
2. Keep head up
3. Lock ankle and strike ball with laces



SOCCERPLUS

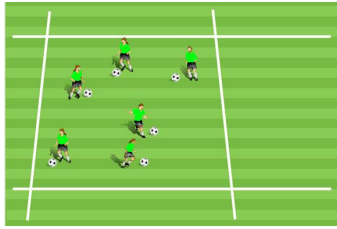
THE DICICCO METHOD

Plus 1 #20

Dribbling & Attacking

Activity 1: Old MacDonald's Farm

Focus: Dribbling, turns



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

Objective

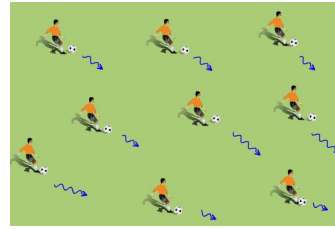
Coach gets into character and sings as players act like their favorite farm animals. Players perform dribbling and turning skills whilst playing a fun activity.

Coaching Points

1. Become part of the story and have fun
2. Keep balls close by
3. Quick response to instruction

Activity 2: Patterns

Focus: Dribbling



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

Objective

Players dribble around the area and react to the pattern of play the coach calls out.

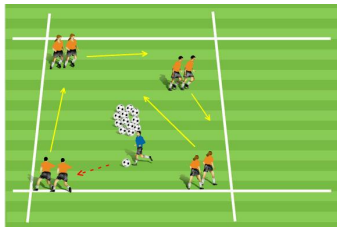
Start with basic commands such as dribbling with the laces, turn etc. Then increase complexity by adding patterns such as: Inside/inside/inside/miss, Inside/inside/inside and drag back. Inside/outside/inside/outside. Outside/inside/outside/inside. Inside/Outside sole. Sole/sole/step over.

Coaching Points

1. Keep ball close and under control
2. Keep ball moving at all times
3. Keep head up and move the ball into the open space.

Activity 3: Jimmy Neutron

Focus: Shooting



1. Area 20 x 20 yds
2. 12 Balls
3. Cones
4. Training Vests

Objective

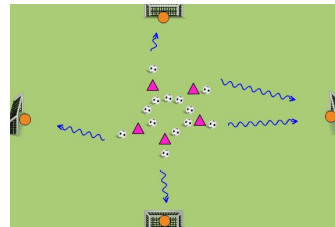
Jimmy Neutron is flying around Soccer Space. The Ugly Alien (coach) must try to shoot them down. If the coach shoots down the Neutron's space ship they become Ugly Aliens.

Coaching Points

1. Keep head up to see Space ships and Aliens
2. Non-kicking foot next to the ball
3. Strike through the center of the ball and follow through

Activity 4: Beat the Keeper 4 Goal

Focus: Attacking



1. Area: 30 x 30 yds
2. Balls
3. Cones
4. Goals x 4

Objective

Place all the balls in the middle. Have 4 keepers in each one of the goals (Parents). On the call of "GO" players must collect a ball and attack one of the goals. Once they have scored collect another ball from the middle and attack a different goal. How many goals can they score in 1 minute?

Coaching Points

1. Dribble at pace
2. Keep ball close
3. Keep head up
4. Strike ball with laces



SOCCERPLUS

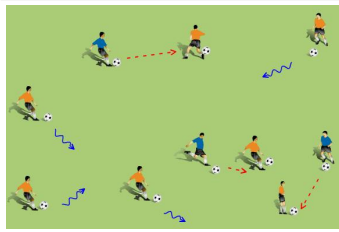
THE DICICCO METHOD

Plus 1 #21

Dribbling & Attacking

Activity 1: Soccer Monster Trucks

Focus: Dribbling & Attacking



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

Objective

Each player has a ball. Place three players in training vests who are 'Monster Trucks'. The Monster trucks must try and crush the little 'Sport Cars' who are dribbling around trying to stay away from the trucks. The Monster Trucks have to strike their ball against the legs of the sports cars. They must sit on the ball and wait for a 'high-five' from the coach.

Coaching Points

1. Keep head up
2. Keep ball moving
3. Lock ankle and strike ball with laces

Activity 2: Got Ya

Focus: Dribbling



1. Ball per player
2. Cones

Objective

Players start on the line with a ball each. The coach starts by facing all of the players. When the coach turns his/her back the players can start to dribble. As soon as the coach turns back around to face the players they must stop straight away with foot on the ball. If they don't they must return the start. First player across wins.

Coaching Points

1. Keep head up
2. Keep ball close and under control
3. Stop with foot on the ball

Activity 3: Cat & Mouse

Focus: Dribbling, turns & running with ball



1. Area 40x30
2. Ball per player
3. Cones
4. Training Vests

Objective

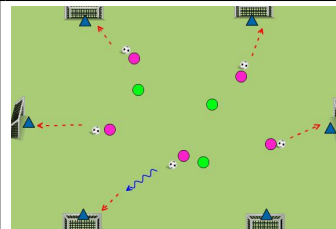
Players chase one and other whilst keeping control of the ball.

Coaching Points

1. Quick first movement – low center of gravity
2. Get ball out of feet to allow for high speed
3. Dribble with laces

Activity 4: Greedy Goal Scorer

Focus: Attacking



1. Area 30 x 40 yds
2. Balls
3. Cones
4. Training Vests
5. Goals x 6

Objective

Five attackers have a ball each. They have to try and score as many goals as they can in 45 seconds. They have 6 different goals to score in. Trying to stop them are three defenders. Progress this by adding more goalkeepers and more defenders

Coaching Points

1. Be aware of the open goals
2. Strike ball with laces
3. Follow up re-bounds



SOCCERPLUS

THE DICICCO METHOD

Plus 1 #22

Dribbling & Attacking

Activity 1: Body Ball

Focus: Dribbling



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

Objective

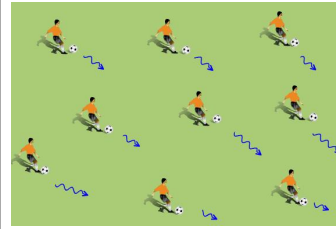
Players all have a ball each and must dribble around the area. The players must react to the commands of the coach and place that body part on the ball. If the coach shouts head; players must stop the ball and place their head on the ball, etc.

Coaching Points

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

Activity 2: Patterns

Focus: Dribbling



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

Objective

Players dribble around the area and react to the pattern of play the coach calls out.

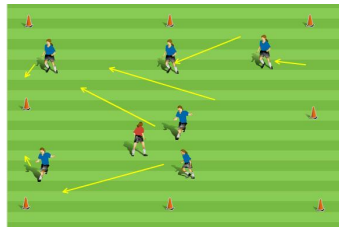
Start with basic commands such as dribbling with the laces, turn etc. Then increase complexity by adding patterns such as: Inside/inside/inside/miss, Inside/inside/inside and drag back. Inside/outside/inside/outside. Outside/inside/outside/inside. Inside/Outside sole. Sole/sole/step over.

Coaching Points

1. Keep ball close and under control
2. Keep ball moving at all times
3. Keep head up and move the ball into the open space.

Activity 3: British Bull Dog

Focus: Dribbling & Movement



1. Area 30 x 15 yds
2. Ball per player
3. Cones
4. Training Vests

Objective

One player is selected to be the 'Bull Dog' and starts at the end line. The other players 'Cats' line up at the other end of the rectangle facing the person in the middle. The first time through without soccer balls – then all players other than Bull Dog has balls to dribble. Cats who were tagged join the Bull Dog.

Coaching Points

1. Encourage players to use body movements to elude the bull dog
2. When dribbling, keep soccer balls close to allow quick changes in direction
3. Lift head to avoid collision and see routes for escape

Activity 4: 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



SOCCERPLUS

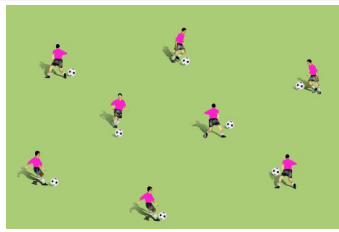
THE DICICCO METHOD

Plus 1 #23

Dribbling & Attacking

Activity 1: Soccer Safari

Focus: Dribbling



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

Objective

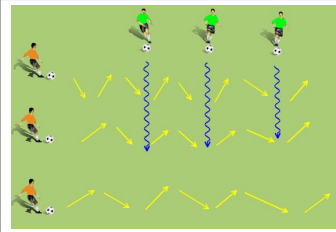
Players have a ball each and must react to the coach's command. Zebra - dribble, Lion - stop & stand still, Elephant - go slow, Cheetah - dribble at speed, Kangaroo - toe taps, Snake - slither with inside of feet, Crab - use outside of feet.

Coaching Points

1. Keep ball close and under control
2. Keep head up
3. Keep ball moving

Activity 2: North/South/East/West

Focus: Dribbling



1. Area 20 x 15 yards
2. Ball per player
3. Cones
4. Training Vests

Objective

Set your players into two groups. One group must dribble their ball from North-South of your area and the other group dribble East-West in your area. The group who dribbles from North-South must always dribble in a straight line and the group who dribble from East-West must dribble in a Zig-Zag formation.

Coaching Points

1. Keep head up at all times
2. Keep ball close and under control
3. Attack open spaces when possible.

Activity 3: Follow the leader

Focus: Dribbling



1. Balls
2. Cones
3. Training Vest

Objective

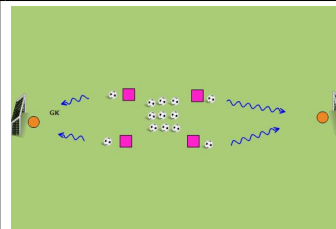
Player 1 starts without a ball and player 2 has a ball at his/her feet. Player 1 starts by slowly jogging around the area for player 2 to follow (with the ball). The aim for player 2 is to stay as close to player 1 as possible. After 45 seconds change roles.

Coaching Points

1. Awareness of the leader
2. Keep head up
3. Keep close and moving at all times.

Activity 4: Beat the Keeper

Focus: Attacking



1. Area: 30 x 20 yds
2. Balls
3. Cones
4. Goals x 2

Objective

Place all the balls in the middle of the area. On the call of "GO" the players must collect a ball and attack one of the two goals. Once they have scored they must collect another ball and attack the opposite goal. The players have 2 minutes to score as many goals as possible.

Coaching Points

1. Dribble at pace
2. Keep head up
3. Lock ankle and strike ball with laces



SOCCERPLUS

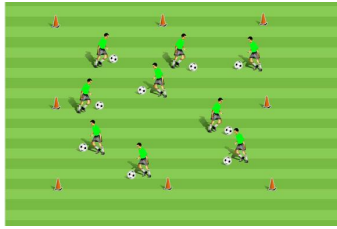
THE DICICCO METHOD

Plus 1 #24

Dribbling & Attacking

Activity 1: Dribbling Basics

Focus: Dribbling, creating space



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

Objective

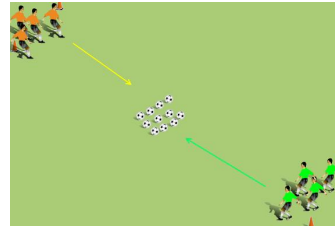
Players dribble the ball randomly in the area. On command of "FREEZE", players demonstrate control by placing the foot on the ball. Balance by bending the knees and determine if there is adequate space by extending the arms in all directions. Red light – Green light can be used (Red = Stop, Green = Go and Yellow = Turn). Progress to turns, fakes, and exchanging balls.

Coaching Points

1. "Feel the ball - see the field"
2. Keep the ball moving
3. Dribble with the laces

Activity 2: Tree House

Focus: Dribbling



1. Area 20 x 20 yds
2. Balls
3. Cones

Objective

At either end of the area you have a tree house. At one end you have the 'Greedy Gorillas' and at the other end you have the 'Cheeky Chimps'. In the middle are all the soccer coconuts. On the call of "GO" the Chimps and Gorillas run to the middle and collect a coconut and return back to their tree house before going to collect another one.

Coaching Points

1. Keep ball moving
2. Keep ball close
3. Keep head up

Activity 3: Dribbling Tag

Focus: Dribbling, Creating Space



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

Objective

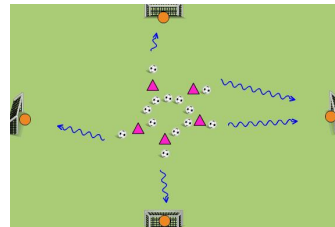
Two 30 x 20 yds areas with 5 yds of space between. Two teams of 4 players create a 3v1 scenario in each area. Every player has a ball (including the defensive player). The defender attempts to tag as many players as he/she can in 30 seconds. At the end of 30 seconds, rotate the players. Add the total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

Activity 4: Beat the Keeper 4 Goal

Focus: Attacking



1. Area: 30 x 30 yds
2. Balls
3. Cones
4. Goals x 4

Objective

Place all the balls in the middle. Have 4 keepers in each one of the goals (Parents). On the call of "GO" players must collect a ball and attack one of the goals. Once they have scored collect another ball from the middle and attack a different goal. How many goals can they score in 1 minute?

Coaching Points

1. Dribble at pace
2. Keep ball close
3. Keep head up
4. Strike ball with laces



SOCCERPLUS

THE DICICCO METHOD

Plus 1#25

Dribbling & Attacking

Activity 1: Individual Ball Warm Up 1

Focus: Dribbling



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

Objective

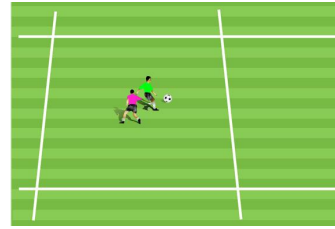
Players have a ball each. Set the players tasks - don't let the ball stop moving! Don't let the ball go outside the area. Progress to having the players react to the coach's commands. Toe taps, boxes, stop and go, change balls, etc.

Coaching Points

1. Keep the ball moving at all times
2. Soft touches and keep head up
3. Move into the open space

Activity 2: Escape Move - Drag Back

Focus: Dribbling, Creating Space



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

Objective

One ball per player in an open grid to begin. Isolate the skill by performing on-the-spot. Dribbling forward, stop the ball with the sole of the foot and roll the ball back down the side of the body then dribble back. Progress to: 1) Performing the skill on the move, 2) 1v1 passive defending, 3) 1v1 active defending 4) Game with gates, 5) Small sided game.

Coaching Points

1. Several touches on the ball with the sole
2. Sell the move to the defender
3. Accelerate away after the move

Activity 3: Antz Nests

Focus: Dribbling, Turns



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

Objective

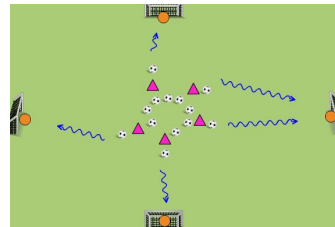
Four equal teams of Antz must work quickly to build their ants nest. In the four corners of the square the coach sets 3x3 yd squares. The objective is to fill the nest with supplies first – three balls.

Coaching Points

1. Quick turns and dribble
2. Look around to see which groups are closest to winning
3. Stay upright when competing for a ball

Activity 4: Beat the Keeper 4 Goal

Focus: Attacking



1. Area: 30 x 30 yds
2. Balls
3. Cones
4. Goals x 4

Objective

Place all the balls in the middle. Have 4 keepers in each one of the goals (Parents). On the call of "GO" players must collect a ball and attack one of the goals. Once they have scored collect another ball from the middle and attack a different goal. How many goals can they score in 1 minute?

Coaching Points

1. Dribble at pace
2. Keep ball close
3. Keep head up
4. Strike ball with laces



SOCCERPLUS

THE DICICCO METHOD

Plus 1 #26

Dribbling & Attacking

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: Hit the Dirt

Focus: Dribbling



1. Open playing field
2. Group of players
3. One ball per player

Objective

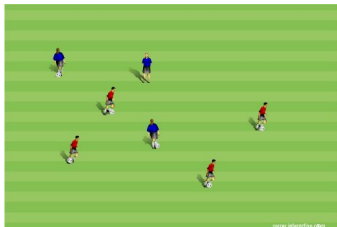
Players dribble freely in all directions. Coach says, "Hit the Dirt", each player must stop their ball and lie on their chest on the ground. Coach says, "UP!", each player gets up and begins to dribble freely once again.

Coaching Points

1. Keep head up to examine space
2. Bend knees and stay on balls of feet
3. Lots of touches to ensure close control

Activity 3: Knee Tag

Focus: Dribbling



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

Objective

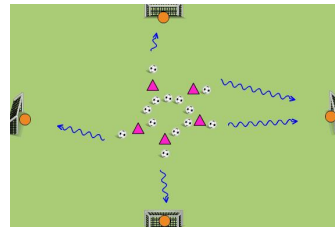
Every child dribbles a soccer ball in a defined space while trying to tag other players on the knees with their hand. Players cannot leave their own ball. Have them keep count of how many people they have tagged.

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: Beat the Keeper 4 Goal

Focus: Attacking



1. Area: 30 x 30 yds
2. Balls
3. Cones
4. Goals x 4

Objective

Place all the balls in the middle. Have 4 keepers in each one of the goals (Parents). On the call of "GO" players must collect a ball and attack one of the goals. Once they have scored collect another ball from the middle and attack a different goal. How many goals can they score in 1 minute?

Coaching Points

1. Dribble at pace
2. Keep ball close
3. Keep head up
4. Strike ball with laces



SOCCERPLUS

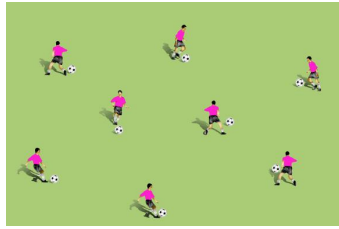
THE DICICCO METHOD

Plus 1 #27

Dribbling & Attacking

Activity 1: Soccer Safari

Focus: Dribbling



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

Objective

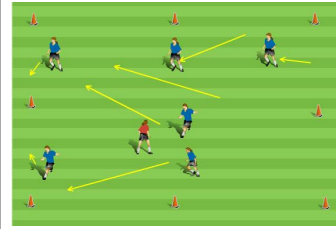
Players have a ball each and must react to the coach's command. Zebra - dribble, Lion - stop & stand still, Elephant - go slow, Cheetah - dribble at speed, Kangaroo - toe taps, Snake - slither with inside of feet, Crab - use outside of feet.

Coaching Points

1. Keep ball close and under control
2. Keep head up
3. Keep ball moving

Activity 2: British Bull Dog

Focus: Dribbling & Movement



1. Area 30 x 15 yds
2. Ball per player
3. Cones
4. Training Vests

Objective

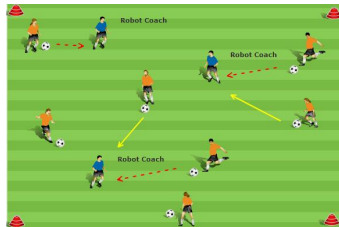
One player is selected to be the 'Bull Dog' and starts at the end line. The other players 'Cats' line up at the other end of the rectangle facing the person in the middle. The first time through without soccer balls – then all players other than Bull Dog has balls to dribble. Cats who were tagged join the Bull Dog.

Coaching Points

1. Encourage players to use body movements to elude the bull dog
2. When dribbling, keep soccer balls close to allow quick changes in direction
3. Lift head to avoid collision and see routes for escape

Activity 3: Runaway Robot Coach

Focus: Dribbling, Shooting



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

Objective

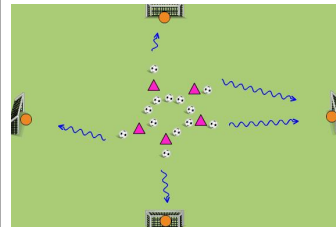
Players have to strike their ball against the Robot coach in order to take the coach down piece by piece.

Coaching Points

1. Non kicking foot next to the ball
2. Lock your ankle
3. Use your laser laces to strike the centre of the ball
4. Follow through towards target

Activity 4: Beat the Keeper 4 Goal

Focus: Attacking



1. Area: 30 x 30 yds
2. Balls
3. Cones
4. Goals x 4

Objective

Place all the balls in the middle. Have 4 keepers in each one of the goals (Parents). On the call of "GO" players must collect a ball and attack one of the goals. Once they have scored collect another ball from the middle and attack a different goal. How many goals can they score in 1 minute?

Coaching Points

1. Dribble at pace
2. Keep ball close
3. Keep head up
4. Strike ball with laces



SOCCERPLUS

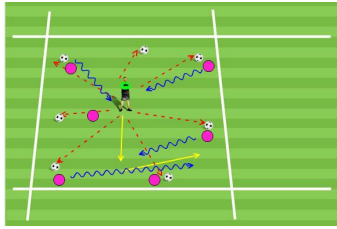
THE DICICCO METHOD

Plus 1 #28

Dribbling & Ball Mastery

Activity 1: Fetch

Focus: Dribbling, Ball Mastery



1. Area 20 x 20 yds
2. Ball each player
3. Cones

Objective

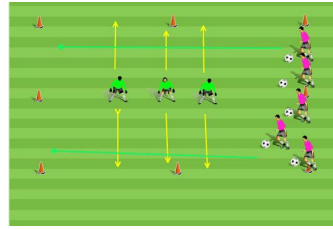
No more than 5 minutes - 4-8 players. Ball each. Coach kneels on the ground. Players surround the coach so they are close enough for the coach to reach their ball when the player puts their foot on top. Coach rolls the balls randomly in the area and the players sprint to collect and dribble back, stopping the ball within touching distance for the coach.

Coaching Points

1. Move quickly to the ball
2. Dribble with laces
3. Use different surfaces to change direction

Activity 2: Crab Soccer

Focus: Dribbling



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

Objective

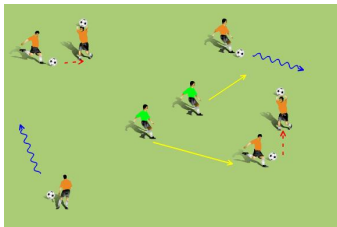
Three defenders 'Crabs' in a line move side to side to prevent the attackers 'Fish' from reaching the end line. On the command of "GO", all the attackers move forward with the ball, keeping close control and using turns and body moves to avoid the crabs (who must stay in a crab position – hands and feet). If the fish's ball is kicked out, the fish joins the crabs. Play until the last fish is captured.

Coaching Points

1. Encourage players to use body movements to elude the crabs
2. When dribbling, keep soccer balls close to allow quick changes in direction
3. Lift head to avoid collision and see routes for escape

Activity 3: Stuck in the Mud

Focus: Dribbling



1. Balls
2. Cones
3. Training Vests

Objective

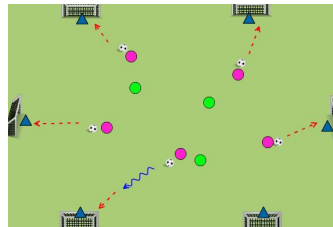
Each player has a ball apart from 2 Mud Monsters. The monsters must try and tag the soccer players who are dribbling around the swamp. Once tagged the player is then stuck in the mud. When stuck in the mud you must place the ball on your head and open your legs. The stuck player can be saved by having a ball passed through their legs by another player.

Coaching Points

1. Keep your head up
2. Move into the open space
3. Awareness of team-mates

Activity 4: Greedy Goal Scorer

Focus: Attacking



1. Area 30 x 40 yds
2. Balls
3. Cones
4. Training Vests
5. Goals x 6

Objective

Five attackers have a ball each. They have to try and score as many goals as they can in 45 seconds. They have 6 different goals to score in. Trying to stop them are three defenders. Progress this by adding more goalkeepers and more defenders

Coaching Points

1. Be aware of the open goals
2. Strike ball with laces
3. Follow up re-bounds