






# Brit-Am Soccer Academy

## Week 1 Winter Program 6-8yrs

	<p>Age Group: 6-8yrs</p> <p>Topic: Dribbling</p> <p>Objectives: Improve basic dribbling skills</p>
	<p>Warm Up: Hospital Tag</p> <p>Mark out a small square (hospital) inside a bigger square 25x25yds. Two players are taggers and the others are runners, if the runners are tagged they must go to the hospital and perform some sort of agility exercise.</p> <ul style="list-style-type: none"> <li>• What is the best way to stay free from the taggers?</li> <li>• What is it called when you work hard and don't give up?</li> </ul> <p>Progression: Every one has a ball; players are tagged if the ball hits them below the waist.</p>
	<p>Technical Practice: Three Color Race</p> <p>Coach calls a color, first player from each line dribbles around the cone of that color and then across the corresponding goal line.</p> <p>Progression: without the ball, weaker foot only.</p> <ul style="list-style-type: none"> <li>• What do you have to do to be first to the line?</li> <li>• What can we do as team to encourage your player?</li> </ul> <p>If you are on a gym surface play this without a ball as it will be too fast for the players to control. Good on turf with a ball</p>
	<p>Skills Practice: Hungry hippos</p> <p>Hungry hippos are in the Nile waiting for the gazelle to cross. Players must dribble their ball from one side of the Nile to the other to score 1 point. If the Hippos steal the ball they must kick it out of bounds and then the gazelle starts from 0 again. Players play for 60 seconds and then switch.</p> <ul style="list-style-type: none"> <li>• What do the Gazelle have to consider before they can cross?</li> <li>• What is the best way to score highly in this game?</li> </ul>
	<p>Small Sided Game: 4v4</p> <p>Players score 1 point for a goal and 2 points for a dribble into the corners.</p> <ul style="list-style-type: none"> <li>• What is the purpose of dribbling into the corner?</li> <li>• When should we dribble?</li> <li>• What is the best way to score highly in this game?</li> </ul>