






# Brit-Am Soccer Academy

## Week 2: Winter Indoor Program 6-8yrs

	<p>Age Group: 6-8yrs</p> <p>Topic: Dribbling</p> <p>Objectives: Improve basic dribbling skills</p>
	<p>Warm Up: Four Color Races</p> <p>Players jog around in the middle, on the call from the coach the players must run to that color corner. Last Player must perform 2 jumping jacks.</p> <p>Progression: Include a ball, call two colors players go from one color to the next.</p> <ul style="list-style-type: none"> <li>• What surfaces of the feet should we use to dribble?</li> <li>• What could we do to change direction</li> </ul>
	<p>Technical Practice: Minefield</p> <p>X2 teams: team 1 are the gorilla's and must set the mines by standing them up =1point. The other team are the freedom fighters and must detonate them by knocking them over =1 point. Which player or team scores the most points in 1 min? switch roles.</p> <p>Progression: Both teams have balls.</p> <ul style="list-style-type: none"> <li>• What is the best way to score highly in this game?</li> </ul>
	<p>Skills Practice: Lucky Numbers</p> <p>X2 teams. Each player has a number, coach calls a number those two player play 1v1 to score a point for their team. Make sure the players and teams are competitive. Coach starts with ball to ensure quality of pass.</p> <ul style="list-style-type: none"> <li>• Where should our first touch be?</li> <li>• What is the best way to get past the player?</li> </ul>
	<p>Small Sided Game: Scrimmage 4v4</p> <p>Conditions: Players score 2 points for dribbling through the gates and 1 for a goal.</p> <ul style="list-style-type: none"> <li>• How can you score highly in this game?</li> <li>• If the space towards the goal opens up what should you do?</li> </ul>