
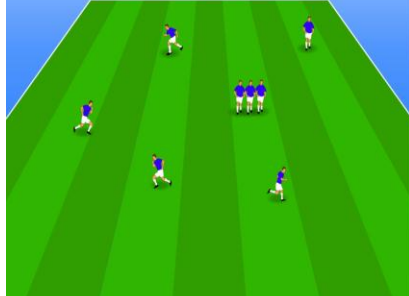
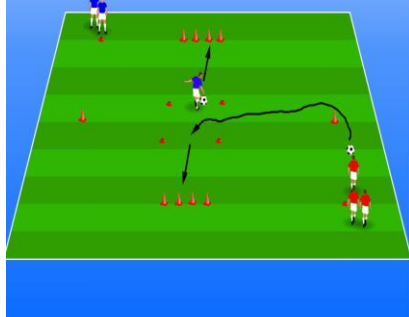
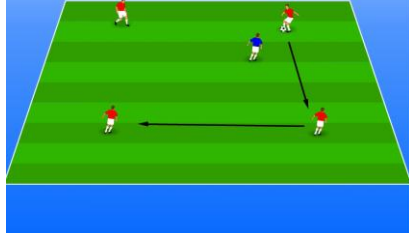
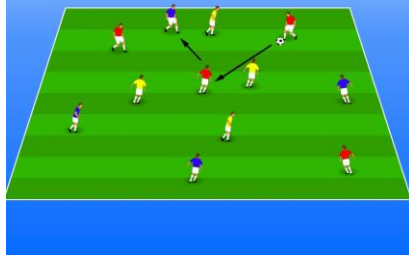


Brit-Am Soccer Academy

Week 4 Winter Program 6-8yrs

	<p>Age Group: 6-8yrs</p> <p>Topic: Passing</p> <p>Objectives: Improve passing technique</p>
	<p>Warm Up: The Blob</p> <p>1 player starts as the blob. If players are tagged by the blob they join hands with the blob and can only tag another player whilst holding hands, when the blob gets to four players split the blob into two blobs!</p> <ul style="list-style-type: none"> • What do we have to do to get away from the blob? • What do we have to do to know where both blobs are?
	<p>Technical Practice: Hot Potato</p> <p>2 teams, first two players have a ball to minimize the number of balls flying around. First player from each team must dribble around the first cone and then into the box in the center, they control the ball and try to knock over their own cones from inside the box. The next player goes immediately after their team mate shoots.</p> <p>Conditions</p> <ul style="list-style-type: none"> • Only counts if the player uses the inside of the foot • Only counts if the player uses their weaker foot
	<p>Skills Practice: 4v1 Keep Away</p> <p>5 passes = 1 point. Play for 2mins and then switch defender. Defender tries to keep the ball if he wins it. Defender with least amount of points wins.</p> <ul style="list-style-type: none"> • What makes a good pass? • What should we do before we pass the ball? • When should we pass the ball?
	<p>Small Sided Game: Possession</p> <p>3 teams, 2 teams try to keep possession whilst the other defends. If the defenders win the ball they try to keep it. Play for 2mins and then the teams switch. 5 passes = 1 point.</p> <ul style="list-style-type: none"> • What do we have to do to keep the possession of the ball?