



Brit-Am Soccer Academy

Week 5 Winter Program U6-U8

	<p>Age Group: U6-U8</p> <p>Topic: Receiving</p> <p>Objectives: Improve players ability to control the ball</p>
	<p>Warm Up: Individual activities with a ball Players must keep the ball under control and work with both feet:</p> <ol style="list-style-type: none"> 1. Drag back push forward with the laces 2. Drag back push forward with the inside 3. Toe Taps 4. Inside to Inside (tick tock) 5. Role the ball with the sole of the foot
	<p>Technical Practice: Receiving in 3's In groups of 3's player 1 passes to player 3 and then follows his pass. Player 3 receives and passes to player 2, and the cycle continues.</p> <ul style="list-style-type: none"> • Receive inside of one foot, pass with inside of the other • Receive outside pass inside same foot • Receive sole of the foot pass with same foot <p>Each exercise should be carried out for 1min with 30sec rest.</p>
	<p>Skills Practice: Connect the Colors In 2's with 1 ball, To score the coach calls a color and the players must pass the ball to there partner through a goal of that color, they play for 60secs the pair with the most points wins. You cannot pass back through the same goal players must find a new goal first.</p> <ul style="list-style-type: none"> • What should you do with your first touch? • What is the fastest way to score goals in this game? • What surfaces of the feet can we use to control the ball?
	<p>Small Sided Game: Receiving SSG 2 teams, 4 goals, to score players must pass between the goal for outside player to control.</p> <ul style="list-style-type: none"> • Where should you control the ball too? • Before you receive the ball what should you consider?