


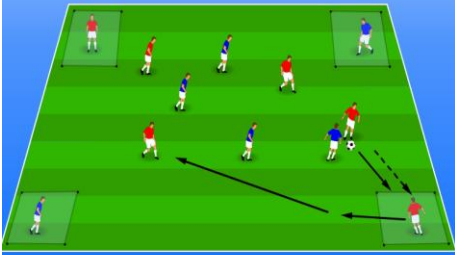



# Brit-Am Soccer Academy

## Week 8 Winter Program 6-8yrs

	<p>Age Group: 6-8yrs</p> <p>Topic: Turning</p> <p>Objectives: Improve player's ability to turn.</p>
	<p>Warm Up: Rabbit and the Hunter</p> <p>In pairs 1 player has the ball (rabbit) and the other chases (hunter). If the hunter wins the ball they change roles. Play for 2mins the hunter at the end of the game loses. Hunter finds new partner.</p>
	<p>Technical Practice: Turning relay's</p> <ul style="list-style-type: none"> <li>• Drag Back</li> <li>• Inside/Outside Cut</li> <li>• Step over</li> </ul> <p>2 team's 1 team works while the other rests. Can also include some sprint relay races.</p>
	<p>Skills Practice: 4v4+2+2</p> <p>To score players must pass the ball into the corner area and take there place.</p> <ul style="list-style-type: none"> <li>• What should you consider before doing a turn?</li> <li>• What should you do immediately after the turn?</li> <li>• Which goal should you look to attack?</li> </ul>
	<p>Small Sided Game: 4v4</p> <p>Normal rules.</p>