






# Brit-Am Soccer Academy

## Week 9 Winter Program 6-8yrs

	<p>Age Group: 6-8yrs</p> <p>Topic: Shooting</p> <p>Objectives: Improve finishing</p>
	<p>Warm Up: Cone Killer</p> <p>Players must dribble and shoot the cones 1point for knocking them over. Add a second team or two players that have to pick up the cones they get a 1point for standing them up. Player with most points after 90 sec wins.</p> <ul style="list-style-type: none"> <li>• Head down over the ball</li> <li>• Toes pointing down</li> <li>• Lock your ankle</li> <li>• Short follow through</li> </ul>
	<p>Technical Practice: Clear the Back Yard</p> <p>X2 teams, every player with a ball, players not allowed to cross center line. Players have to clear the trash (balls) out of their own back yard into the other. At the end of 2mins the team with the least amount of trash wins. Best of 3 games.</p>
	<p>Skills Practice: 2v1 attack</p> <p>2 teams, 2 red players attack the goal, and 1 blue player defends. They play 2v1 until a goal is scored or ball goes out of play. Red team attacks for 4mins then switch roles. Team with the most goals scored in that time wins.</p> <ul style="list-style-type: none"> <li>• Technical execution</li> <li>• When should you play the pass?</li> <li>• How should the player of the ball position himself?</li> </ul>
	<p>Small Sided Game: 5v5</p> <p>2 teams play 5v5. No off sides.</p> <ul style="list-style-type: none"> <li>• Technical execution</li> <li>• Confidence</li> <li>• First touch</li> </ul>