
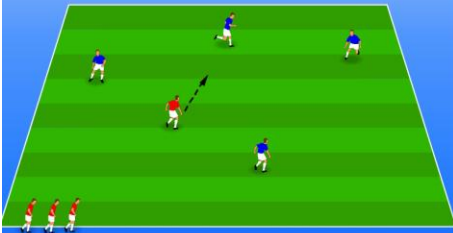
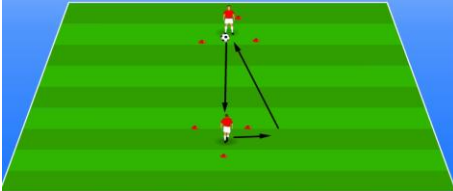
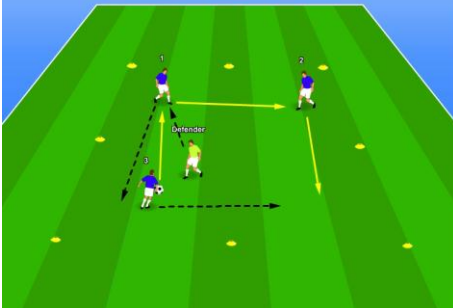



# Brit-Am Soccer Academy

## Week 6 Winter Program 6-8yrs

	<p>Age Group: 6-8yrs</p> <p>Topic: Receiving</p> <p>Objectives: Improve players ability to control the ball</p>
	<p>Warm Up: Tag Two Robbers</p> <p>Red team cops, Blue team robbers, first cop must tag two robbers and then get back to the station, second cop continues the cycle, once all the cops have been, stop the watch. Team who tagged the robbers fastest wins.</p> <ul style="list-style-type: none"> <li>• What do you have to do to avoid the cops?</li> <li>• Whilst in the station how can you support your team mate?</li> </ul>
	<p>Technical Practice: Receiving</p> <p>In pairs 5yrds apart, they must pass the ball through the goal to their partner who receives it by taking it outside of the triangle and passing back to his partner.</p> <ul style="list-style-type: none"> <li>• Inside to inside</li> <li>• Outside to inside</li> </ul>
	<p>Skills Practice: 3v1 Keep Away</p> <p>10x10 box 3v1 Keep Away.</p> <ul style="list-style-type: none"> <li>• What is the best way to keep possession?</li> <li>• Where should your first touch be?</li> <li>• When should you play the pass?</li> <li>• What should you consider before you receive the ball?</li> </ul>
	<p>Small Sided Game: 5v5+2 neutrals</p> <p>Conditions:</p> <p>5 passes =2 point , Goal = 1point.</p> <p>Players must take two touches before passing.</p>