

BSS JUNIORS



For 3-6 year olds

Our new BSS Juniors program will introduce your child to the FUNamentals of football using 4 main aspects in each session. Our sessions typically use 2 different footballs depending on the aim of the session. A specially weighted size 2 football which has less bounce than a regular football and aids in children's confidence with the ball, along with a regular size 3 / 4 football. Sessions are run as follows...

Ball Manipulation / Confidence with the ball

Each child will spend individual time with the ball learning and repeating core skills and the basis of juggling (first touch in the air). Everything in this section is designed to give players confidence with the ball at their feet

Core skills include: Sprints, Side sprints, Triangle, Step-overs, Push pull

Juggling includes: Juggling to a catch, Juggling with a bounce, Laces juggling, Inside of the foot juggling, Alternate foot juggling

Passing / receiving / decision making.

Passing and receiving is an integral part of football and this section will concentrate on children playing in small groups. All small group games will include some form of decision making for the players and will teach players the correct time to pass is and how to receive with a good first touch.

Multi Goal Games

Our multi-goal games will both challenge the player's problem solving skills and decision making by placing them in different situations each week as well as develop their football skills by putting everything they have learnt into fun, yet pressured situations with opposition / defenders.

Our multi goal games include: 2 goal game, 2 goal reverse game,
End zone game (1 v 1 / 2 v 2 / 3 v 3 ← Numbers up and Numbers down)

Matches

At the end of each session all children will play matches. Players will be put into teams for that week to learn how to play within a team and learn the basic rules of football. Basic principles of play will be encouraged along with lots of positive reinforcement.