



BSC INDIVIDUAL SESSION PLAN

CLICK THE IMAGES BELOW FOR VIDEO EXAMPLES



BALL MASTERY

PERFORM EACH ACTIVITY FOR 1 MINUTE / 1 MINUTE REST

- Quality touches, experiment with different surfaces
- Find a rhythm - quick feet, light touches
- Balanced - knees bent, low center of gravity
- Accelerate after change of direction
- Head up, aware of surroundings



DRIBBLING 1V1 - DEFENDER IN FRONT SKILLS

PERFORM EACH ACTIVITY FOR 1 MINUTE / 1 MINUTE REST

- Quality over speed - experiment with different skills
- Timing - complete skill roughly one step from obstacle
- Balanced - knees bent, avoid reaching for the ball
- Small touches before skill, accelerate after skill
- Head up, aware of surroundings



BALL AND WALL

PERFORM EACH ACTIVITY FOR 1 MINUTE / 1 MINUTE REST

- Quality touches, experiment with different surfaces
- Find a rhythm, light on your feet
- Balanced - knees bent, chest slightly forward
- Hit the ball hard, challenge yourself
- Positive 1st touch roughly one step in front of you



JUGGLING CHALLENGES

- Try some of these challenges!
- There are different progressions so find one that will challenge you
- Keep ankle locked and experiment with different shapes of your foot to get different spin on the ball



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