**BFC Skills Nights**

Come join us at our Brandon Futbol Club Skills Nights. Kids will be taught essential skills that are necessary to take their game to the next level while having tons of fun. These sessions are for any player in the BFC program from U9 – U19.

 All Sessions are free!!

**When:**

* August 14th & 28th
* September 11th & 25th
* October 9th & 23rd
* November 6th

**Who:**

* 6:00 – 7:15 : U9 – U11
* 7:15 – 8:30 : U12 and Up

**What this consist of:**

* We will have 7 Skills Sessions in the Fall
* Kids will be split up into small groups and given a specific coach each night to implement more individualized training.
* The First 15 minutes of the hour of every session will be strictly footwork. (Touches on the ball, along with agility and balance)
* The next 45 minutes of the hour 4 different topics will be taught. 1 per night, twice per season for our U8 – U11 Players.
1. Dribbling ( 1v1 Moves, Turns)
2. Passing & Receiving (1 Touch, 2 Touch, Receiving the ball with correct foot)
3. Shooting ( Laces, In Step, 1 Touch, 2 Touch)
4. Small Sided Games ( Allows kids to have fun, use what they have learned, and get numerous touches on the ball)
	1. Games will be played after the other 3 topics are taught (4th & 8th sessions)
* Our U12 – U19 Players will be working on finishing with all different surfaces and techniques.

Our Assistant Director of Coaching, Ousmane Coulibaly, will head up the sessions with assistance from BFC Competitive Coaches.

Skills will take place on Field 4 at Shiloh Park.

All players should bring a ball, water, shin guards, and a fun attitude.