



## **Welcome to BFree Sports Saturday football club**

**The sessions will include skills-based drills, mini matches, penalty shootouts, fun games and competitions. We aim for the sessions to build confidence and most importantly, our main goal is that your child learns new skills and enjoys the football club.**

### **Why choose BFree sports Saturday club?**

**Every member of staff at BFree Sports holds an up to date first aid certificate, DBS enhanced checks and safeguarding and protection certificate. All our staff are committed to the children. They are dedicated and want the best for every individual, their passion for their job reflects on the progression the children make whether it is academically or socially. Our coaches ensure positive measures are implemented to encourage participation of disadvantaged groups. Their mannerism and how our coaches talk to the children is one of the most important qualities we have and that shows from the child's behaviour and bond they have with the coach.**

### **Age groups and times:**

- **Younger ages 4 -7 years old will start at 9.30am-10.30am**
- **Older ages 8-13 years old will start at 10.30am-11.30am**

**A 6-week Block payment system will be in place. Payment must be made at the start of every 6 weeks.**

**The cost for the 6 weeks is £36. Once your child is registered you will receive a confirmation email, all our payments are received via our online system.**

**Please find below a basic outline of what your child will be learning during our 6-week Saturday football Club. At BFree Sports, our main aim is that the children enjoy themselves whilst picking up new skills in a positive and encouraging environment.**

**All clubs are planned and delivered to an excellent standard by experienced coaches.**

**Take a look!**

### **Week 1 – Dribbling**

- **Lots of little touches**
- **Using both feet**
- **Scanning the area**

### **Week 2 – Passing**

- **Point your standing foot to the target**
- **Use the inside of your foot**
- **Follow through after you have kicked the ball.**

### **Week 3 – Passing and moving**

- **Finding space**
- **Passing to a target**
- **Communicating with your teammates.**

### **Week 4 – Shooting**

- **Point your standing foot towards the target**
- **Head over the ball to keep it down**
- **Use your laces to strike the ball.**

### **Week 5 – Recap of Dribbling, passing, moving and shooting**

- **Don't follow the ball**
- **Communicate with your teammates**
- **Find space when you don't have the ball**

### **Weeks 6 1 v 1 Games and mini matches**

- **Dribble using different parts of the foot**
- **Position your body between the ball and the defender**
- **Skills with the ball**