

Bilateral skills explanatory videos

Bilateral skills - Bouncing

<https://www.youtube.com/watch?v=VmEssrG2Eo>

Bilateral skills – Bouncing and soloing

<https://www.youtube.com/watch?v=BY9yrBjFF4I>

Bilateral skills – Chip lift

https://www.youtube.com/watch?v=x_9OgKYyGaw

Bilateral skills – Pick up

<https://www.youtube.com/watch?v=79F326PwTqg>

Bilateral skills – Dummy Solo

<https://www.youtube.com/watch?v=p7MBkJJKtOE>

Bilateral skills – Kicking

<https://www.youtube.com/watch?v=hVh3WtXZnvY>

Bilateral skills – Small ball passing

<https://www.youtube.com/watch?v=eZXIJE5s0rk>

Bilateral skills – Double small ball passing

<https://www.youtube.com/watch?v=D4TuN2I6BK4>

Bilateral skills – Hand passing

<https://www.youtube.com/watch?v=0El1PNBASm0>

Bilateral Skills – Dummy bounce

<https://www.youtube.com/watch?v=hnXMtH2QL0k>

Bilateral skills – Small ball/Big ball

<https://www.youtube.com/watch?v=uneqRQYM-OU>

Bilateral skills – Double bounce

<https://www.youtube.com/watch?v=xn5ghOAIT4E>

Bilateral skills – Outside foot kicking

<https://www.youtube.com/watch?v=Z1y41nKclNo>

Bilateral skills – Pair reaction

<https://www.youtube.com/watch?v=bR0z-S0TyAg>

IDEAS FOR PLANNING TRAINING SESSIONS:

Includes Drill, Videos of Drills and explanations

[Your Activity Planner | Tobar](#)