

6-week training program

Skills goals:

Shooting – To increase/improve shot accuracy by 50%, also to improve my shot power by 20% to use in real games. I will do this training 1-2 times a week for 45 minutes.

Dribbling – To improve my control of the ball and make better use of my touches. Also, to improve my cone dribble time by 15 seconds. I will do this training 1-2 times a week for 1 hour.

Heading – To keep the ball up in my head for 20 touches. To score 10% more goals with my head. I will do this training 1-2 times a week for 30 minutes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Dribbling Training 1	Shooting Training 1	Heading Training 1	Rest Day	Dribbling Training 2	Shooting Training 2	Rest Day
Week 2	Heading Training 2	Dribbling Training 1	Shooting Training 1	Rest Day	Heading Training 1	Dribbling Training 2	Rest Day
Week 3	Shooting Training 2	Heading Training 2	Dribbling Training 1 Progression 1	Rest Day	Shooting Training 1 Progression 1	Heading Training 1 Progression 1	Rest Day
Week 4	Dribbling Training 2 Progression 1	Shooting Training 2 Progression 1	Heading Training 2 Progression 1	Rest Day	Dribbling Training 1 Progression 1	Shooting Training 1 Progression 1	Rest Day
Week 5	Heading Training 1 Progression 1	Dribbling Training 2 Progression 1	Shooting Training 2 Progression 1	Rest Day	Heading Training 2 Progression 1	Dribbling Training 1 Progression 2	Rest Day
Week 6	Shooting Training 1 Progression 2	Heading Training 2 Progression 2	Dribbling Training 2 Progression 2	Rest Day	Shooting Training 2 Progression 2	Heading Training 2 Progression 2	Rest Day

6 Week Session Plan Sports

Peterson's Guides

6 Week Session Plan Sports:

Foundations of Sports Coaching Ashley Gill,2014-10-30 Now in a fully revised and updated second edition Foundations of Sports Coaching is a comprehensive and engaging introduction to the practical vocational and scientific principles that underpin the sports coaching process It provides the reader with all the skills knowledge and scientific background they will need to prepare athletes and sports people technically tactically physically and mentally With practical coaching tips techniques and tactics highlighted throughout the book covers all the key components of a foundation course in sports coaching including the development of sports coaching as a profession coaching styles and technique planning and management basic principles of anatomy physiology biomechanics and psychology fundamentals of training and fitness performance analysis reflective practice in coaching This second edition features more case studies from real top level sport including football basketball and athletics helping the student to understand how to apply their knowledge in practice and providing useful material for classroom discussion The book also includes a greater range of international examples more references to contemporary research and a stronger evidence base and new questions in each chapter to encourage the student to reflect upon their own coaching practice Foundations of Sports Coaching bridges the gap between theory and applied practice and is essential reading for all introductory coaching courses and for any sports coach looking to develop their professional expertise

Emerging Trends and Innovation in Sports Marketing and Management in Asia Leng, Ho Keat,2015-01-31 Once only associated with North America and Europe formal athletic events are now becoming more prevalent in Asia as well With the expansion of this industry there is a need for efficient and strategic advertising to promote competitions events and teams Emerging Trends and Innovation in Sports Marketing and Management in Asia brings together research and case studies to evaluate and discuss the effectiveness of current methodologies and theories in an effort to improve promotional activities and the organization of all aspects of the sports industry This publication is an essential reference source for academicians researchers industry practitioners and upper level students interested in the theories and practices of sports marketing and management with a special focus on Asia

Boys' Life ,1976-04 Boys Life is the official youth magazine for the Boy Scouts of America Published since 1911 it contains a proven mix of news nature sports history fiction science comics and Scouting

Boys' Life ,1976-03 Boys Life is the official youth magazine for the Boy Scouts of America Published since 1911 it contains a proven mix of news nature sports history fiction science comics and Scouting

International journal of sport psychology ,1987

Boys' Life ,1980-05 Boys Life is the official youth magazine for the Boy Scouts of America Published since 1911 it contains a proven mix of news nature sports history fiction science comics and Scouting

Sunset ,1985

Summer Session University of Georgia,1905

Vermont Magazine ,1998

Vogue ,1971-03

Office Management of Sports Injuries & Athletic Problems Morris B. Mellion,1988

Aim for Industrial Sports & Recreation ,1948

Independent Schools ,1999

Research Quarterly for Exercise and

Sport ,1980 **Boys' Life** ,1991 *Parents' Guide to Accredited Camps* ,1986 Good Housekeeping ,1975

Peterson's Summer Opportunities for Kids and Teenager's 1993 Peterson's Guides,1992-10 The 1 300 plus programs described in this easy to use guide are offered by private schools colleges camps religious organizations travel and sports groups and others An easy to scan chart makes it easy for readers to quickly identify the programs and activities which range from precollege academic programs sports bike and wilderness trips music theater and the arts and more

Including Youth with Disabilities in Outdoor Programs Steve A. Brannan,2003 Annotation Based on a nationwide study confirming the benefits of outdoor programs for youth Outdoor Programs is a practical guide for anyone interested in inclusionary outdoor programs for youth This cutting edge book provides practical tools to help measure the impact and effectiveness of programs a timely realistic and futuristic resource Supplemental CD included Outdoor Program Evaluation Battery OPEB A comprehensive set of assessments and record forms for evaluating youth with and without disabilities in outdoor programs *Redbook* ,1961 The magazine for young adults varies

Unveiling the Energy of Verbal Art: An Emotional Sojourn through **6 Week Session Plan Sports**

In a world inundated with screens and the cacophony of instantaneous interaction, the profound energy and mental resonance of verbal artistry frequently fade into obscurity, eclipsed by the regular assault of sound and distractions. Yet, nestled within the musical pages of **6 Week Session Plan Sports**, a captivating function of fictional elegance that impels with organic feelings, lies an remarkable journey waiting to be embarked upon. Penned with a virtuoso wordsmith, this enchanting opus instructions viewers on an emotional odyssey, gently revealing the latent possible and profound affect stuck within the complicated internet of language. Within the heart-wrenching expanse with this evocative analysis, we shall embark upon an introspective exploration of the book is central themes, dissect its fascinating publishing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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