

6-week training program

Skill 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 on my head for 20 touches. To score 50% 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

DJ Losen



6 Week Session Plan Sports:

Unveiling the Magic of Words: A Overview of "**6 Week Session Plan Sports**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**6 Week Session Plan Sports**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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