

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

ML Morrison



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Table of Contents 6 Week Session Plan Sports

1. Understanding the eBook 6 Week Session Plan Sports
 - The Rise of Digital Reading 6 Week Session Plan Sports
 - Advantages of eBooks Over Traditional Books
2. Identifying 6 Week Session Plan Sports
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an 6 Week Session Plan Sports
 - User-Friendly Interface
4. Exploring eBook Recommendations from 6 Week Session Plan Sports
 - Personalized Recommendations
 - 6 Week Session Plan Sports User Reviews and Ratings
 - 6 Week Session Plan Sports and Bestseller Lists
5. Accessing 6 Week Session Plan Sports Free and Paid eBooks
 - 6 Week Session Plan Sports Public Domain eBooks

- 6 Week Session Plan Sports eBook Subscription Services
- 6 Week Session Plan Sports Budget-Friendly Options
- 6. Navigating 6 Week Session Plan Sports eBook Formats
 - ePub, PDF, MOBI, and More
 - 6 Week Session Plan Sports Compatibility with Devices
 - 6 Week Session Plan Sports Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of 6 Week Session Plan Sports
 - Highlighting and Note-Taking 6 Week Session Plan Sports
 - Interactive Elements 6 Week Session Plan Sports
- 8. Staying Engaged with 6 Week Session Plan Sports
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers 6 Week Session Plan Sports
- 9. Balancing eBooks and Physical Books 6 Week Session Plan Sports
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection 6 Week Session Plan Sports
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine 6 Week Session Plan Sports
 - Setting Reading Goals 6 Week Session Plan Sports
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of 6 Week Session Plan Sports
 - Fact-Checking eBook Content of 6 Week Session Plan Sports
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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