

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

Minjie Lin



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 ,1976-03 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

Boys' Life ,1974-05 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

Summer Opportunities for Kids Christopher Billy, 1986

Boys' Life ,1991

Good Housekeeping ,1927

Vogue ,1930

Harper's Bazaar ,1923

Journal of Health, Physical Education, Recreation ,1952

The American Legion Weekly American Legion, 1922

Personnel Study of Directors of Physical Education for Men in Colleges and Universities Harry Alexander Scott, 1929

Guide to American Camping Association Accredited Camps, 1997-1998 American Camping Association, 1997-12 There are approximately 8000 camps in the U S this is the only complete listing of

the 2 000 camps which have earned American Camping Association accreditation by meeting over 300 standards that apply to health safety program quality operating practices The Guide published annually features special indexes that allow a parent to find a camp by activity special need special group or location The American Camping Association has been setting standards for camps since 1935 has been accrediting camps since 1965 It is the recognized voice of camps in the United States This directory will play a prominent part in an intensive public relations campaign to promote the camping experience beginning in February 1997 The campaign includes a satellite media tour featuring members of RADD Recording Artists Against Drunk Driving Kids a group of child celebrities who speak out for safe causes Buyers can order the book directly from American Camping Association Inc 5000 State Road 67 North Martinsville IN 46151 7902 800 428 2267 or from Independent Publishers Group 800 888 4741 Look for the 1998 99 edition coming in January 1998 San Diego Magazine ,1985-03 *World Tennis* ,1985 **Redbook** ,1962 The magazine for young adults varies **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 **Independent Schools** ,1998 **Private Independent Schools** Bunting & Lyon,2008 *Contributions to Education* ,1929

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