

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

S Ben Porath



6 Week Session Plan Sports:

Reviewing **6 Week Session Plan Sports**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**6 Week Session Plan Sports**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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