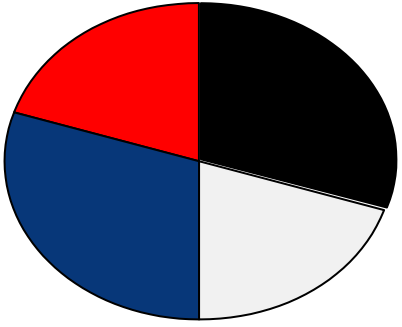


BOLTS HIGH PERFORMANCE

2007 BOYS PROGRAM PLAN

OBJECTIVES	TOPIC	ORGANIZATION			
<p>TECHNICAL: First touch, touch direction Receiving Ball control Passing, shooting 1v1 attacking</p> <p>SECONDARY:</p>	<p>PRIMARY: Touch to control, to set up, to turn Using all surfaces, under pressure At varying speeds, angles and heights Shape, message on pass, see the goal At speed, with both feet, correct area Running with & shielding the ball Crossing & finishing Switching point of attack</p>	Sessions per week	3-4	Session time duration	60-90'
		Maximum Players	14-16	Game time duration	60-70'
				League of Play	CSL
		SESSION STRUCTURE		ASPECTS TO CONSIDER	
		Warm-Up	10'	*Players will be challenged	
		Physical	15'	*Training will be fast paced	
		Technical	15'	*Technical ability to be stressed	
		Tactics	20'	*Attendance effects outcome	
		Scrimmage	25'	*Attitude impacts results	
		Cool Down	5'	*Playing time is earned	
<p>TACTICAL: Purposeful Possession Understanding roles within unit Attacking principles Defending Principles</p> <p>SECONDARY: Transition</p>	<p>PRIMARY: To break lines to break shape the 18 zones and their effect. Numbers up, Overloads, Movement Combination play, Zonal play Win ball back quickly (7 seconds) Delay, maintain shape, patience Attacking at speed, exploit open area Playing out from the back, playing between the lines</p>	COMMENTS:			
		<p>*Prepare collective practices with and without the ball to develop the technical and tactical awareness of the player. *Able to adapt formations and be flexible in positions depending on the unique needs of each game. Train to compete.</p> <p>By the end of the season the player must know:</p> <ol style="list-style-type: none"> 1. Positions 1-11 and the role and responsibility of each. 2. The 18 zones and what we do both in attack and defence. 3. How to play in any system. 4. Situational play-man down, man up, need a goal, protect a lead. 			
<p>PHYSICAL: Speed, Agility, Quickness Power, strength, balance</p> <p>SECONDARY:</p>	<p>PRIMARY: Acceleration, endurance, change pace Fake, feints, body mechanics Mobility, flexibility, aerobic capacity</p>				
<p>PSYCHOSOCIAL: Coachability, discipline Good citizenship Confidence Train to Compete at the highest level</p>	<p>PRIMARY: Motivation, willingness to fail Cooperation, communication Strong minded, poised Learn to play to win using our principles</p>				
<p>SCRIMMAGE: Improving possession, combination play, and collective defending during the match. Controlling the tempo of the game. Interchange of positions, rotations. Improve team communication.</p>					

SESSION DISTRIBUTION



BOLTS HIGH PERFORMANCE

2007 BOYS SUMMER CALENDAR

JULY 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday
		1 OFF	3 OFF	4 OFF	5 OFF	5 OFF
7 Training 7:30pm Huntington Park	8 Training 7:30pm Huntington Park	9 OFF	10 Training 7:30pm Huntington Park	11 OFF	12 OFF	12 OFF
14 Training 7:30pm Huntington Park	15 Training 7:30pm Huntington Park	16 OFF	17 Training 7:30pm Huntington Park	18 OFF	19 OFF	20 OFF
21 Training 7:30pm Huntington Park	22 Training 7:30pm Huntington Park	23 OFF	24 Training 7:30pm Huntington Park	25 OFF	26 OFF	26 OFF
28 Training 7:30pm Huntington Park	29 Training 7:30pm Huntington Park	30 OFF	31 Training 7:30pm Huntington Park	OFF		

BOLTS HIGH PERFORMANCE 2007 BOYS SUMMER CALENDAR

AUGUST 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday
					1 OFF	2 OFF
3 OFF	4 Training 7:30pm Huntington Park	5 OFF	6 Training 7:30pm Huntington Park	7 OFF	8 Training @ Huntington Park Time TBD	9 OFF
10 Training 7:30pm Huntington Park	11 Training 7:30pm Huntington Park	12 OFF	13 Training 7:30pm Huntington Park	14 OFF	15 Training @ Huntington Park Time TBD	16 OFF
17 Training 7:30pm Huntington Park	18 Training 7:30pm Huntington Park	19 OFF	20 Training 7:30pm Huntington Park	21 OFF	22 Training @ Huntington Park Time TBD	23 OFF
24 Training 7:30pm Huntington Park	25 Training 7:30pm Huntington Park	26 OFF	27 Training 7:30pm Huntington Park	28 OFF	29 Training @ Huntington Park Time TBD	30 OFF
31						

BOLTS HIGH PERFORMANCE 2007 BOYS SUMMER CALENDAR

SEPTEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday
	1 Training 7:30pm Huntington Park	!D2 Is Not In Table OFF	!E2 Is Not In Table Training 7:30pm Huntington Park	!F2 Is Not In Table OFF	5 OFF	6 OFF
7 OFF	8 Training 7:30pm Huntington Park	9 OFF	10 Training 7:30pm Huntington Park	11 OFF	12 Training @ Huntington Park Time TBD	13 Training @ Huntington Park Time TBD
14 Training 7:30pm Huntington Park	15 Training 7:30pm Huntington Park	16 OFF	17 Training 7:30pm Huntington Park	18 OFF	19 OFF	20 OFF
21 Training 7:30pm Huntington Park	22 Training 7:30pm Huntington Park	23 OFF	24 Training 7:30pm Huntington Park	25 OFF	26 Training @ Huntington Park Time TBD	27 Training @ Huntington Park Time TBD
28 Training 7:30pm Huntington Park	29 Training 7:30pm Huntington Park	30 OFF				
28	29					

BOLTS HIGH PERFORMANCE 2007 BOYS SUMMER CALENDAR

OCTOBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday
			1 Training 7:30pm Huntington Park	!D2 Is Not In Table OFF	!E2 Is Not In Table Training @ Huntington Park Time TBD	!F2 Is Not In Table Training @ Huntington Park Time TBD
5 Training 7:30pm Huntington Park	1 Training 7:30pm Huntington Park	1 OFF	1 Training 7:30pm Huntington Park	2 OTTAWA SHOWCASE	1 OTTAWA SHOWCASE TOURNAMENT	1 OTTAWA SHOWCASE TOURNAMENT
12 OTTAWA SHOWCASE TOURNAMENT	6 OFF	2 OFF	2 OFF	2 OFF	3 OFF	2 OFF
19 OFF	13 OFF	7 OFF	3 OFF	3 OFF	3 OFF	4 OFF
26 Training 8pm St. Roberts Dome	20 Training 7:30pm The Hanger	14 OFF	8 Training 8pm St. Roberts Dome	4 OFF	4 Winter League TBD	4
5	27					