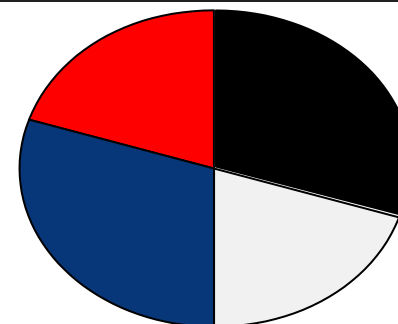


# BOLTS HIGH PERFORMANCE

## 2008 BOYS PROGRAM PLAN

OBJECTIVES	TOPIC	ORGANIZATION			
<p><b>TECHNICAL:</b> First touch, touch direction Receiving Ball control Passing, shooting 1v1 attacking</p> <p><b>SECONDARY:</b></p>	<p><b>PRIMARY:</b> Touch to control, to set up, to turn Using all surfaces, under pressure At varying speeds, angles and heights Accuracy, distance, weight, safe side At speed, with both feet, correct area Running with &amp; shielding the ball</p>	Sessions per week	3-4	Session time duration	60-90'
		Maximum Players	12-14	Game time duration	60-70'
				League of Play	YRSA
		<b>SESSION STRUCTURE</b>		<b>ASPECTS TO CONSIDER</b>	
		Warm-Up/Ball Mastery	10'	*Players will be challenged	
		Physical----→Technical	15'	*Training will be fast paced	
		Technical---→Skill	15'	*Technical ability to be stressed	
		Skill-----→Tactical	20'	*Attendance effects outcome	
		Scrimmage	25'	*Attitude impacts results	
		Cool Down	5'	*Playing time is earned	
<p><b>TACTICAL:</b> Purposeful Possession Understanding roles on field Attacking principles  Defending Principles  Transition</p> <p><b>SECONDARY:</b></p>	<p><b>PRIMARY:</b> To break lines to break shape Responsibility of the 2, 10, 8, etc. Numbers up, movement off the Ball, combination 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>	<b>COMMENTS:</b>			
		*Prepare collective practices with the ball to develop the technical and tactical awareness of the player.			
		*Formations 1-2-3-3 or 1-3-1-2-2			
		<b>By the end of the season the player must be capable of:</b>			
<p><b>PHYSICAL:</b> Speed, Agility, Quickness Power, strength, balance</p> <p><b>SECONDARY:</b></p>	<p><b>PRIMARY:</b> Acceleration, endurance, change pace Fake, feints, body mechanics Mobility, flexibility, aerobic capacity</p>	1. Applying of techniques at speed in game situations			
		2. Applying of attacking and defending principles in games			
<p><b>PSYCHOSOCIAL:</b> Coachability, discipline Good citizenship Confidence</p>	<p><b>PRIMARY:</b> Motivation, willingness to fail Cooperation, communication Strong minded, poised</p>	3. Implementing agility, coordination and speed movements in simple practices			
		4. Transition from 9v9 to 11v11			
<p><b>SCRIMMAGE:</b> Improving possession, combination play, and collective defending during the match. Controlling the tempo of the game.</p>					

**SESSION DISTRIBUTION**



# BOLTS HIGH PERFORMANCE

## 2008 BOYS SUMMER CALENDAR

# JULY 2020

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

# BOLTS HIGH PERFORMANCE 2008 BOYS SUMMER CALENDAR

# AUGUST 2020

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

# BOLTS HIGH PERFORMANCE 2008 BOYS SUMMER CALENDAR

# SEPTEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday
	1 Training 7:30pm Huntington Park	2 <b>OFF</b>	3 Training 7:30pm Huntington Park	4 <b>OFF</b>	5 <b>OFF</b>	6 <b>OFF</b>
7 <b>OFF</b>	8 Training 7:30pm Huntington Park	9 <b>OFF</b>	10 Training 7:30pm Huntington Park	11 <b>OFF</b>	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 <b>OFF</b>	17 Training 7:30pm Huntington Park	18 <b>OFF</b>	19 <b>OFF</b>	20 <b>OFF</b>
21 Training 7:30pm Huntington Park	22 Training 7:30pm Huntington Park	23 <b>OFF</b>	24 Training 7:30pm Huntington Park	25 <b>OFF</b>	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 <b>OFF</b>				

# BOLTS HIGH PERFORMANCE 2008 BOYS SUMMER CALENDAR

# OCTOBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday
			1 Training 7:30pm Huntington Park	2 <b>OFF</b>	3 Training @ Huntington Park Time TBD	4 Training @ Huntington Park Time TBD
5 Training 7:30pm Huntington Park	6 Training 7:30pm Huntington Park	7 <b>OFF</b>	8 Training 7:30pm Huntington Park	9 OTTAWA SHOWCASE	10 OTTAWA SHOWCASE TOURNAMENT	11 OTTAWA SHOWCASE TOURNAMENT
12 OTTAWA SHOWCASE TOURNAMENT	13 <b>OFF</b>	14 <b>OFF</b>	15 <b>OFF</b>	16 <b>OFF</b>	17 <b>OFF</b>	18 <b>OFF</b>
19 <b>OFF</b>	20 <b>OFF</b>	21 <b>OFF</b>	22 <b>OFF</b>	23 <b>OFF</b>	24 <b>OFF</b>	25 <b>OFF</b>
26 Training 8pm St. Roberts Dome	27 Training 7:30pm The Hanger	28 <b>OFF</b>	29 Training 8pm St. Roberts Dome	30 <b>OFF</b>	31 Winter League TBD	