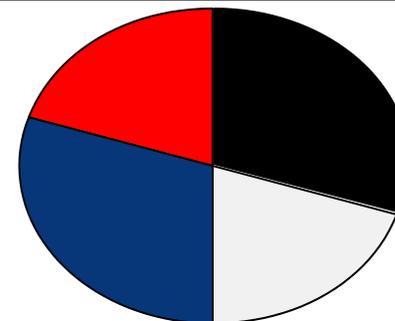


BOLTS HIGH PERFORMANCE

2009 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 Accuracy, distance, weight, safe side At speed, with both feet, correct area Running with & 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
		SESSION STRUCTURE		ASPECTS TO CONSIDER	
		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>TACTICAL: Purposeful Possession Understanding roles on field Attacking principles Defending Principles</p> <p>Transition</p> <p>SECONDARY:</p>	<p>PRIMARY: To break lines to break shape Responsibility of the 2, 10, 8, etc. Interchange of positions, off the ball movement, combination play Win ball back quickly (7 seconds) Win individual matchup, compact in our shape Attacking at speed, exploit open area Playing out from the back, playing between the lines</p>	COMMENTS:			
		*Prepare collective practices with and without the ball to develop the technical and tactical awareness of the player.			
		*Formations 1-2-3-3 or 1-3-1-2-2			
		By the end of the season the player must be capable of:			
		1. Applying of technique at speed in game situations			
		2. Applying of attacking and defending principles in games			
		3. Implementing agility, coordination and speed movements in simple practices			
<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</p>	<p>PRIMARY: Motivation, willingness to fail Cooperation, communication Strong minded, poised</p>				
<p>SCRIMMAGE: Improving possession. Defending with the ball. Being able to change the tempo. Playing fast vs playing slow. Train to compete.</p>					

SESSION DISTRIBUTION



BOLTS HIGH PERFORMANCE

2009 BOYS SUMMER CALENDAR

JULY 2020

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

BOLTS HIGH PERFORMANCE 2009 BOYS SUMMER CALENDAR

AUGUST 2020

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

BOLTS HIGH PERFORMANCE 2009 BOYS SUMMER CALENDAR

SEPTEMBER 2020

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

BOLTS HIGH PERFORMANCE 2009 BOYS SUMMER CALENDAR

OCTOBER 2020

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