

# BOLTS HIGH PERFORMANCE

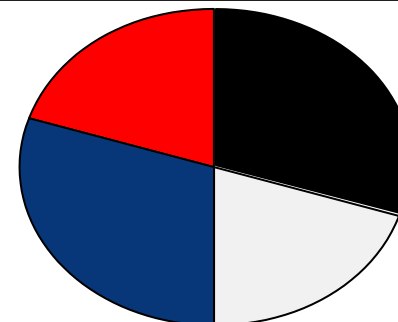
## 2009 BOYS PROGRAM PLAN

OBJECTIVES		TOPIC	ORGANIZATION			
<b>TECHNICAL:</b> First touch, touch direction Receiving Ball control Passing, shooting 1v1 attacking <b>SECONDARY:</b>	<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 & shielding the ball	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		
<b>TACTICAL:</b> Purposeful Possession Understanding roles on field Attacking principles  Defending Principles  Transition <b>SECONDARY:</b>	<b>PRIMARY:</b> 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	<b>COMMENTS:</b> *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				
		<b>By the end of the season the player must be capable of:</b> 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				
<b>PHYSICAL:</b> Speed, Agility, Quickness Power, strength, balance <b>SECONDARY:</b>	<b>PRIMARY:</b> Acceleration, endurance, change pace Fake, feints, body mechanics Mobility, flexibility, aerobic capacity					
<b>PSYCHOSOCIAL:</b> Coachability, discipline Good citizenship Confidence	<b>PRIMARY:</b> Motivation, willingness to fail Cooperation, communication Strong minded, poised					
<b>SCRIMMAGE:</b> Improving possession. Defending with the ball. Being able to change the tempo. Playing fast vs playing slow. Train to compete.						

SESSION DISTRIBUTION

Color	Percentage
Red	30%
Blue	30%
Black	20%
White	20%

**SESSION DISTRIBUTION**



TECHNICAL 30%	TACTICAL 30%	PHYSICAL 20%	SCRIMMAGE 20%
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# 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 <b>OFF</b>	2 <b>OFF</b>
3 <b>OFF</b>	4 Training 6:30pm Huntington Park	5 <b>OFF</b>	6 Training 6:30pm Huntington Park	7 <b>OFF</b>	8 Training @ Huntington Park Time TBD	9 <b>OFF</b>
10 Training 6:30pm Huntington Park	11 Training 6:30pm Huntington Park	12 <b>OFF</b>	13 Training 6:30pm Huntington Park	14 <b>OFF</b>	15 Training @ Huntington Park Time TBD	16 <b>OFF</b>
17 Training 6:30pm Huntington Park	18 Training 6:30pm Huntington Park	19 <b>OFF</b>	20 Training 6:30pm Huntington Park	21 <b>OFF</b>	22 Training @ Huntington Park Time TBD	23 <b>OFF</b>
24 Training 6:30pm Huntington Park	25 Training 6:30pm Huntington Park	26 <b>OFF</b>	27 Training 6:30pm Huntington Park	28 <b>OFF</b>	29 Training @ Huntington Park Time TBD	30 <b>OFF</b>
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 <b>OFF</b>	3 Training 6:30pm Huntington Park	4 <b>OFF</b>	5 <b>OFF</b>	6 <b>OFF</b>
7 <b>OFF</b>	8 Training 6:30pm Huntington Park	9 <b>OFF</b>	10 Training 6:30pm Huntington Park	11 <b>OFF</b>	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 <b>OFF</b>	17 Training 6:30pm Huntington Park	18 <b>OFF</b>	19 <b>OFF</b>	20 <b>OFF</b>
21 Training 6:30pm Huntington Park	22 Training 6:30pm Huntington Park	23 <b>OFF</b>	24 Training 6:30pm Huntington Park	25 <b>OFF</b>	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 <b>OFF</b>				

# BOLTS HIGH PERFORMANCE 2009 BOYS SUMMER CALENDAR

# OCTOBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday
			1 Training 6:30pm Huntington Park	2 <b>OFF</b>	3 Training @ Huntington Park Time TBD	4 <b>OFF</b>
5 Training 6:30pm Huntington Park	6 Training 6:30pm Huntington Park	7 <b>OFF</b>	8 Training 6:30pm Huntington Park	9 <b>OFF</b>	10 <b>OFF</b>	11 <b>OFF</b>
12 <b>OFF</b>	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 6:30pm St. Roberts Dome	27 Training 6:30pm The Hanger	28 <b>OFF</b>	29 Training 6:30pm St. Roberts Dome	30 <b>OFF</b>	31 Winter League TBD	