

BOLTS HIGH PERFORMANCE 2010 BOYS PROGRAM PLAN

OBJECTIVES	TOPIC	ORGANIZATION					
<p>TECHNICAL: Individual ball mastery Receiving Ball control Passing, receiving 1v1 attacking</p> <p>SECONDARY:</p>	<p>PRIMARY: Experiment and express oneself Using all surfaces, under pressure At varying speeds, angles and heights Accuracy, distance, weight, safe side At speed, with both feet, correct area Running, dribbling, turning, fakes, Feints, body swerves, all done with the ball at speed.</p>	Sessions per week	3-4	Session time duration	60-90'		
		Maximum Players	12-14	Game time duration	60-70'		
		Game Format	7v7-9v9	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: Function of the pass Roles Positional awareness Attacking principles Defending principles</p> <p>SECONDARY: Comfort on the ball Press from the front</p>	<p>PRIMARY: Create space, eliminate players/lines Responsibility of the 9, 10, 4, 2 etc. High, wide, long With pace, in numbers, exploit space Win individual battle, compact as a unit</p> <p>Play out from the back, solve pressure Win the ball higher up the pitch</p>	COMMENTS:					
		*Prepare collective practices with the ball to develop the technical and tactical awareness of the player.					
		*Formations 1-2-3-1(7v7) 1-3-2-1(7v7) 1-2-3-3(9v9) or 1-3-1-2-2(9v9)					
		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: Improving speed, coordination and balance with and without the ball</p> <p>SECONDARY:</p>	<p>PRIMARY: Perception and awareness, basic motor skills. Agility, speed, endurance, balance, acceleration, reaction. Performing task high intensity for long periods of time.</p>	SESSION DISTRIBUTION			
				<p>PSYCHOSOCIAL: Interacting positively with teammates during training sessions and games. Being a good citizen and student.</p>	<p>PRIMARY: Motivation, self-discipline, self-confidence, respect.</p> <p>SECONDARY: Focus, drive to succeed, willingness to fail. Compete in training</p>	TECHNICAL 40%	
TACTICAL 20%							
PHYSICAL 20%							
SCRIMMAGE 20%							
SCRIMMAGE: Efficiently occupy the correct space on the field at the correct times. Know your role, play your position.							



BOLTS HIGH PERFORMANCE 2010 BOYS SUMMER CALENDAR

JULY 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday
		1 OFF	2 OFF	3 OFF	4 OFF	5 OFF
6 Training 6:30pm Huntington Park	7 Training 6:30pm Huntington Park	8 OFF	9 Training 6:30pm 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 2010 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 2010 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	