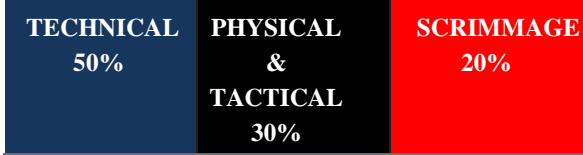
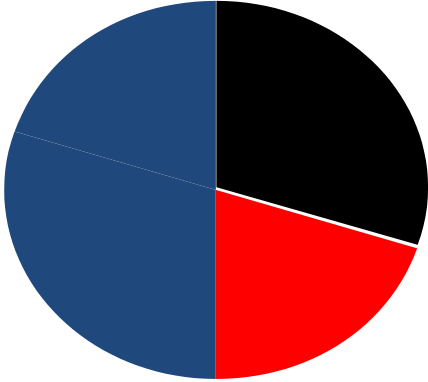


BOLTS HIGH PERFORMANCE

2012 BOYS PROGRAM PLAN

OBJECTIVES	TOPIC	ORGANIZATION				
TECHNICAL: Improving individual ball mastery. Encourage experimentation and self expression.	PRIMARY: Passing and receiving, shooting, ball control, and 1V1 attacking. Emphasis on using both feet SECONDARY: Running, dribbling, turning, fakes, feints, body swerves, all done with the ball at speed.	Sessions/skills clinic per week	2+1	Session time	70'	
		Players per team	10-12	Game time	50'	
		Game Format	5V5	League	YRSA	
		SESSION STRUCTURE		ASPECTS TO CONSIDER		
		Warm-up	5'	*Player will have fun *Stress juggling at home *Players will play all positions *Watch the game to learn the game *Think the game to play the game		
		Physical	10'			
		Technique	30'			
Tactics	10'					
Scrimmage	10'					
	Cool Down	5'	COMMENTS: * The player will keep maximum contact with the ball in training with tons of repetition. Ball mastery is the focus. * Formations: Tactical focus will occur mostly during game play.			
TACTICAL: Shape	PRIMARY: Triangles & diamonds. Compact without the ball. Wide, Long and High with the ball. SECONDARY: Attack play as a group, defend as a group. Interchange of positions.	By the end of the season the player must be capable of: 1. Utilizing basic skills in 1v1 situations in attack and defense 2. Demonstrating basic coordinated movements with and without the ball				
PHYSICAL: Improving speed, coordination and balance with and without the ball	PRIMARY: Perception & Awareness, Basic Motor Skills, Agility, Coordination & Balance, Endurance Speed, Acceleration, and Reaction SECONDARY: Performing task of high intensity for long periods of time					
PSYCHOSOCIAL: Interacting positively with teammates during training sessions and games. Being a good citizen and student.	PRIMARY: Motivation, Respect, Self-Discipline, and Self-confidence SECONDARY: Focus, drive to succeed, willingness to fail					
SCRIMMAGE: Play with freedom. Try new moves, do not be afraid to fail.						

SESSION DISTRIBUTION



BOLTS HIGH PERFORMANCE 2012 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 2012 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 2012 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	