

6-week training program

Skill goals:

Shooting – To increase improve shot accuracy by 50%, also to improve my shot power by 20% to use in real games. I will do this training 1-2 times a week for 45 minutes.

Dribbling – To improve my control of the ball and make better use of my touches. Also, to improve my cone dribble time by 15 seconds. I will do this training 1-2 times a week for 1 hour.

Heading – To keep the ball up on my head for 20 touches. To score 50% more goals with my head. I will do this training 1-2 times a week for 30 minutes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Dribbling Training 1	Shooting Training 1	Heading Training 1	Rest Day	Dribbling Training 2	Shooting Training 2	Rest Day
Week 2	Heading Training 2	Dribbling Training 1	Shooting Training 1	Rest Day	Heading Training 1	Dribbling Training 2	Rest Day
Week 3	Shooting Training 2	Heading Training 2	Dribbling Training 1 Progression 1	Rest Day	Shooting Training 1 Progression 1	Heading Training 1 Progression 1	Rest Day
Week 4	Dribbling Training 2 Progression 1	Shooting Training 2 Progression 1	Heading Training 2 Progression 1	Rest Day	Dribbling Training 1 Progression 1	Shooting Training 1 Progression 1	Rest Day
Week 5	Heading Training 1 Progression 1	Dribbling Training 2 Progression 1	Shooting Training 2 Progression 1	Rest Day	Heading Training 2 Progression 1	Dribbling Training 1 Progression 2	Rest Day
Week 6	Shooting Training 1 Progression 2	Heading Training 2 Progression 2	Dribbling Training 2 Progression 2	Rest Day	Shooting Training 2 Progression 2	Heading Training 2 Progression 2	Rest Day

6 Week Session Plan Sports

RM Cervero



6 Week Session Plan Sports:

Emerging Trends and Innovation in Sports Marketing and Management in Asia Leng, Ho Keat, 2015-01-31 Once only associated with North America and Europe formal athletic events are now becoming more prevalent in Asia as well With the expansion of this industry there is a need for efficient and strategic advertising to promote competitions events and teams Emerging Trends and Innovation in Sports Marketing and Management in Asia brings together research and case studies to evaluate and discuss the effectiveness of current methodologies and theories in an effort to improve promotional activities and the organization of all aspects of the sports industry This publication is an essential reference source for academicians researchers industry practitioners and upper level students interested in the theories and practices of sports marketing and management with a special focus on Asia

Foundations of Sports Coaching Ashley Gill, 2014-10-30 Now in a fully revised and updated second edition Foundations of Sports Coaching is a comprehensive and engaging introduction to the practical vocational and scientific principles that underpin the sports coaching process It provides the reader with all the skills knowledge and scientific background they will need to prepare athletes and sports people technically tactically physically and mentally With practical coaching tips techniques and tactics highlighted throughout the book covers all the key components of a foundation course in sports coaching including the development of sports coaching as a profession coaching styles and technique planning and management basic principles of anatomy physiology biomechanics and psychology fundamentals of training and fitness performance analysis reflective practice in coaching This second edition features more case studies from real top level sport including football basketball and athletics helping the student to understand how to apply their knowledge in practice and providing useful material for classroom discussion The book also includes a greater range of international examples more references to contemporary research and a stronger evidence base and new questions in each chapter to encourage the student to reflect upon their own coaching practice Foundations of Sports Coaching bridges the gap between theory and applied practice and is essential reading for all introductory coaching courses and for any sports coach looking to develop their professional expertise

Boys' Life ,1976-03 Boys Life is the official youth magazine for the Boy Scouts of America Published since 1911 it contains a proven mix of news nature sports history fiction science comics and Scouting

Boys' Life ,1974-05 Boys Life is the official youth magazine for the Boy Scouts of America Published since 1911 it contains a proven mix of news nature sports history fiction science comics and Scouting

Harper's Bazaar ,1926

Personnel Study of Directors of Physical Education for Men in Colleges and Universities Harry Alexander Scott, 1929

Vogue ,1930

Industrial Sports and Recreation ,1955

Summer Session Kent State University, 1927

Boys' Life ,1980-05 Boys Life is the official youth magazine for the Boy Scouts of America Published since 1911 it contains a proven mix of news nature sports history fiction science comics and Scouting

Private Independent Schools Peter Bunting, 2004

Contributions to Education ,1929

Catalog James Millikin University, 1912

The New York Times Magazine ,1983

Journal of Health, Physical Education, Recreation ,1952 **The Journal of Health and Physical Education** ,1932
Sunset ,1985 *Down East* ,2003 International journal of sport psychology ,1987 Boys' Life ,1991

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6 Week Session Plan Sports Introduction

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The number line: an auxiliary means or an obstacle? ... The aim of this paper is to investigate the ways in which the number line can function in solving mathematical tasks by first graders (6 year olds). The Number Line: An Auxiliary Means or an Obstacle? - ERIC by C Skoumpourdi · 2010 · Cited by 19 — The main research question was whether the number line functioned as an auxiliary means or as an obstacle for these students. Through analysis ... The Number Line - subtraction, and measurement The number line is not just a school object. It is as much a mathematical idea as functions. Unlike the Number Line Hotel, hundreds charts, Cuisenaire rods, and ... What is a Number Line? | Definition and Examples A number line is useful because it acts as a visual math aid. It can support teachers and parents as they teach children how to count and write numbers. It's ... Common Core State Standards for Mathematics figure and can use the strategy of drawing an auxiliary line for solving problems. ... Understand a fraction as a number on the number line; represent fractions ... how kindergartners use auxiliary means to solve problems Sep 3, 2010 — The aim of this paper is to investigate the role that auxiliary means (manipulatives such as cubes and representations such as number line) ... Number Line - Definition, Examples | Inequalities A number line is a visual representation of numbers on a straight line. This line is used to compare numbers that are placed at equal intervals on an infinite ... Massachusetts Mathematics Curriculum Framework — 2017 ... auxiliary line for solving problems. They also can step ... Understand a fraction as a number on the number line; represent fractions on a number line diagram. Michigan Math Standards figure and can use the strategy of drawing an auxiliary line for solving problems. ... A diagram of the number line used to represent numbers and support ... Pelobatoidea The Pelobatoidea are a superfamily of frogs. They typically combine a toad-like body shape with a frog-like, pointed face Phylogenetically they stand ... European spadefoot toad The European spadefoot toads are a family of frogs, the Pelobatidae, with only one extant genus Pelobates, containing six species. They are native to Europe ... Pelobatidae They are collectively known as the "spadefoot toads" due to the presence of a keratinized "spade" on each hind foot which are used in burrowing. While all ... European Spadefoot Toads (Family Pelobatidae) The European spadefoot toads are a family of frogs, the Pelobatidae, with only one extant genus Pelobates, containing four species. ADW: Pelobatidae: INFORMATION Pelobatids are squat and toadlike, with soft skins and fossorial habits. This treatment places Megophryidae in a separate family, leaving but two or three ... Spadefoot Toads (Pelobatidae) Frogs in this family are often mistaken for toads (exemplified by the common name, "spadefoot toads"). They do not have the warty skin of true toads, however, ... Natural History of the White-Inyo Range Spadefoot Toads (Family Pelobatidae). Great Basin Spadefoot Toad, Spea ... A related species in southeastern California, the

Couch's Spadefoot Toad (*S. couchii*) ... Couch's spadefoot (*Scaphiopus couchi*) Couch's spadefoot (*Scaphiopus couchi*).
Order: Salientia Family: Pelobatidae (spadefoots) Other common name: spadefoot toad. Spanish names: sapo con espuelas ...
Spadefoot toad | burrowing, nocturnal, desert 3 days ago — All spadefoot toads are classified in the family Pelobatidae.
Spadefoot toads have a broad, horny “spade” projecting from the inside of each Pelobatidae - European Spadefoot Toad
Family - Apr 21, 2017 — The family Pelobatidae is the European Spadefoot toads but they aren't just found in Europe, they are also found in Asia and Northern Africa.