***Targeted Sports Program***

***Football - Term 2 2022***

* Outlined in the table below is the program students involved in the Targeted Sports Program (TSP) will be following during Term 2. The program has been developed to build up individual’s skills through cross training techniques as well as sport specific sessions. Each member of the program needs to use this outline as a guide and be prepared for the relevant session with the appropriate gear listed.

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|  | ACTIVITY | EQUIPMENT |
| **Week 1**  **27/4/22** | **The Collective Gym with Troy:** Breathing techniques, team work, Strength - Erina | Drink bottle, Towel, Full PE Uniform, Runners |
| **Week 2**  **4/5/22** | Sports Specific **Coaching – Duffy’s Oval With Sports specific Coaches** | Boots, Socks, Shin pads, Drink bottle, Towel, Full PE uniform |
| **Week 3**  **11/5/22** | **Jiu Jitsu with Gracie:** Discipline, Core work, Balance, Power - Erina | Drink bottle, Towel, Full PE Uniform, Runners |
| **Week 4**  **18/5/22** | Sports Specific **Coaching – Duffy’s Oval With Sports specific Coaches** | Boots, Socks, Shin pads, Drink bottle, Towel, Full PE uniform |
| **Week 5**  **25/5/22** | **ZUU with Kane :** Body Movement, Flexibility, Strength - Duffys Oval | Drink bottle, Towel, Full PE Uniform, Runners, Face Mask |
| **Week 6 1/6/22** | Sports Specific **Coaching – Duffy’s Oval With Sports specific Coaches** | Boots, Socks, Shin pads, Drink bottle, Towel, Full PE uniform |
| **Week 7 8/6/22** | **F45** Aerobic Fitness Session – Terrigal | Drink bottle, Towel, Full PE Uniform, Runners, Face Mask |
| **Week 8 15/6/22** | Sports Specific **Coaching – Duffy’s Oval With Sports specific Coaches** | Boots, Socks, Shin pads, Drink bottle, Towel, Full PE uniform |
| **Week 9 22/6/22** | Sport Specific Inter School Competition: **TBC** | Drink bottle, Towel, Full PE Uniform, Runners |
| **Week 10 29/6/22** | Sports Specific **Coaching – Duffy’s Oval With Sports specific Coaches** | Boots, Socks, Shin pads, Drink bottle, Towel, Full PE uniform |

\*Please note: Each week’s session will be pending current COVID-19 restrictions. We will keep you updated if any changes do occur to the above schedule.