

***Targeted Sports Program***

***Football - Term 4 2022***

* Outlined in the table below is the program students involved in the Targeted Sports Program (TSP) will be following during Term 4. 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****12/10/22** | **ZUU Fitness with Kane:** Plyometrics, core strength, muscular endurance– Duffy’s | Drink bottle, Towel, Full PE Uniform, Runners |
| **Week 2****19/10/22** | Sports Specific **Coaching** – Duffy’s  | Football boots, shin pads, socks, Drink bottle, Towel, Full PE uniform, etc. |
| **Week 3****26/10/22** | **Sprint Training with Lenore:** Running technique, power, explosive training – Duffy’s | Drink bottle, Towel, Full PE Uniform, Runners, etc. |
| **Week 4****2/11/22** | Sports Specific **Coaching** – Duffy’s  | Football boots, shin pads, socks, Drink bottle, Towel, Full PE uniform, etc. |
| **Week 5****9/11/22** | **Game Play :** Modified Games within the TSP group– Duffy’s | Football boots, shin pads, socks, Drink bottle, Towel, Full PE uniform, etc. |
| **Week 616/11/22** | Sports Specific **Coaching** – Duffy’s  | Football boots, shin pads, socks, Drink bottle, Towel, Full PE uniform, etc. |
| **Week 723/11/22** | **Beach Fitness/Games:** Muscular Endurance, Skill’s, Free Play– Terrigal Beach | Drink bottle, Towel, Full PE Uniform, Runners, etc. |
| **Week 830/11/22** | Sports Specific **Coaching** – Duffy’s  | Football boots, shin pads, socks, Drink bottle, Towel, Full PE uniform, etc. |
| **Week 97/12/22** | **Showcase Game:** Vs TBC High School – Duffys Oval/Breakers Stadium | Football boots, shin pads, socks, Drink bottle, Towel, Full PE uniform, etc. |
| **Week 1014/12/22** | ‘Aquasplash’**Gosford Waterfront** | Swimmers, Drink bottle, Towel, Full PE Uniform, sunscreen, hat, runners, etc. |