

# Targeted Sports Program

## Football - Term 2 2024

- 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 equipment listed.

	<b>ACTIVITY</b>	<b>EQUIPMENT</b>
<b>Week 1</b> <b>1/5/24</b>	<b>Clip n Climb Gosford</b> – Muscular endurance, upper and lower body strength, core strength, balance. Bus from THS	Drink bottle, Towel, Full PE uniform, Runners.
<b>Week 2</b> <b>8/5/24</b>	Sports Specific <b>Coaching</b> – Duffy's Road Oval	Football boots, Shin pads, socks, Drink bottle, Towel, Full PE uniform
<b>Week 3</b> <b>15/5/24</b>	<b>Personal Training with Michelle from Be Energised</b> – Body Movement, Flexibility, Strength, Coordination – Duffy's Road	Drink bottle, Towel, Full PE uniform, Runners
<b>Week 4</b> <b>22/5/24</b>	Sports Specific <b>Coaching</b> – Duffy's Road Oval	Football boots, Shin pads, socks, Drink bottle, Towel, Full PE uniform
<b>Week 5</b> <b>29/5/24</b>	<b>Ninja Warrior Gosford</b> – Balance, Coordination, upper and lower body strength, flexibility, power. Bus from THS	Drink bottle, Towel, Full PE uniform, Runners
<b>Week 6</b> <b>5/6/24</b>	Sports Specific <b>Coaching</b> – Duffy's Road Oval	Football boots, Shin pads, socks, Drink bottle, Towel, Full PE uniform
<b>Week 7</b> <b>12/6/24</b>	<b>Round Robin</b> – All TSP sports interschool competition	Drink bottle, Towel, Full PE uniform, Runners
<b>Week 8</b> <b>19/5/24</b>	Sports Specific <b>Coaching</b> – Duffy's Road Oval	Football boots, Shin pads, socks, Drink bottle, Towel, Full PE uniform
<b>Week 9</b> <b>26/6/24</b>	Showcase Gala Day vs Wadalba/Narara Valley HS – Duffy's Oval or Breakers Indoor Sports Stadium	Football boots, Shin pads, socks, Drink bottle, Towel, Full PE uniform
<b>Week 10</b> <b>3/7/24</b>	Sports Specific <b>Coaching</b> – Duffy's Road Oval	Football boots, Shin pads, socks, Drink bottle, Towel, Full PE uniform