

Targeted Sports Program

Football - Term 1 2024

- Outlined in the table below is the program students involved in the Targeted Sports Program (TSP) will be following during Term 1. 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.

	ACTIVITY	EQUIPMENT
Week 1 31/1/24	Pupil Free Day	NA
Week 2 7/2/24	THS Swimming Carnival	Please see permission note:
Week 3 14/2/24	Treasure Hunt / Team Building Games – Terrigal Haven ALL TSP	Drink bottle, Towel, Full PE Uniform, Runners
Week 4 21/2/24	Sports Specific Coaching – Breakers Indoor Sports Centre	Football Boots, Shin Pads, Socks, Drink bottle, Towel, Full PE uniform
Week 5 28/2/24	Aqua Aerobics : Aerobic Fitness, muscular endurance, core strength - Erina	Drink bottle, Towel, Full PE Uniform, Runners, Face Mask
Week 6 6/3/24	Sports Specific Coaching – Breakers Indoor Sports Centre	Football Boots, Shin Pads, Socks, Drink bottle, Towel, Full PE uniform
Week 7 13/3/24	The Collective Gym with Troy: Breathing techniques, mindfulness , team work, strength - Erina	Drink bottle, Towel, Full PE Uniform, Runners, Face Mask
Week 8 20/3/24	Sports Specific Coaching – Breakers Indoor Sports Centre With Sports specific Coaches	Football Boots, Shin Pads, Socks, Drink bottle, Towel, Full PE uniform
Week 9 27/3/24	ZUU with Kane : Body Movement, Flexibility, Strength, Co-ordination - Duffys Oval	Drink bottle, Towel, Full PE Uniform, Runners
Week 10 3/4/24	Sports Specific Coaching – Breakers Indoor Sports Centre With Sports specific Coaches	Football Boots, Shin Pads, Socks, Drink bottle, Towel, Full PE uniform
Week 11 10/4/24	Showcase Game: Vs TBC – Duffy's Oval or Breakers Indoor Sports Stadium	Football Boots, Shin Pads, Socks, Drink bottle, Towel, Full PE uniform