

# Targeted Sports Program

## Football - Term 1 2023

- 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 gear listed.

|                          | <b>ACTIVITY</b>   | <b>EQUIPMENT</b>   |
|--------------------------|---|--|
| <b>Week 1</b><br>1/2/23  | <b>THS Swimming Carnival – Gosford Olympic Pool</b>   | Please refer to Carnival Information                                 |
| <b>Week 2</b><br>8/2/23  | Treasure Hunt / Team Building Games – Terrigal Haven <b>ALL TSP</b>   | Drink bottle, Towel, Full PE Uniform, Runners etc.                   |
| <b>Week 3</b><br>15/2/23 | Sports Specific Coaching – Duffy's Oval<br><b>With Sports specific Coaches</b>                              | Football Boots, Shin Pads, Drink bottle, Towel, Full PE uniform etc. |
| <b>Week 4</b><br>22/2/23 | Zu Fitness Duffy's Oval – Strength, flexibility, mobility, anaerobic fitness.                               | Drink bottle, Towel, Full PE Uniform, Runners etc.                   |
| <b>Week 5</b><br>1/3/23  | Sports Specific Coaching – Duffy's Oval<br><b>With Sports specific Coaches</b>                              | Football Boots, Shin Pads, Drink bottle, Towel, Full PE uniform etc. |
| <b>Week 6</b><br>8/3/23  | The Collective Gym Erina – Specialised Breathing Technique's and Sports Mindfulness. Bus from THS at 9:25am | Drink bottle, Towel, Full PE Uniform, Runners etc.                   |
| <b>Week 7</b><br>15/3/23 | Sports Specific Coaching – Duffy's Oval<br><b>With Sports specific Coaches</b>                              | Football Boots, Shin Pads, Drink bottle, Towel, Full PE uniform etc. |
| <b>Week 8</b><br>22/3/23 | Sports Specific Coaching – Duffy's Oval<br><b>With Sports specific Coaches</b>                              | Football Boots, Shin Pads, Drink bottle, Towel, Full PE uniform etc. |
| <b>Week 9</b><br>29/3/23 | Gymnastics Holgate – Parkour, balance, core strength, stability. Bus from THS at 9:25am                     | Drink bottle, Towel, Full PE Uniform, Runners                        |
| <b>Week 10</b><br>5/4/23 | <b>Showcase Game:</b> Vs Narara High School – Duffy's Oval or Breakers Indoor Sports Stadium                | Football Boots, Shin Pads, Drink bottle, Towel, Full PE uniform etc. |