



AZAM U-15: JUNE -2026 MESOYCLE Training Schedule

WEEK 1 (2-7)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TIME		03:00-06:00pm	03:00- 06:00 pm	03:00-06:00 pm	03:00-06:00 PM	07:00-09:00 AM	03:00-06:00 pm
Training		Playing against mid block	Breaking line of attack	Overload to isolate	Set pieces	Compact	MATCH DAY
Topic		VIDEO ANALYSIS- Match review		VIDEO ANALYSIS- Possessing under pressure		VIDEO ANALYSIS SET PIECES	
Gym			GYM		GYM		
WEEK 2 (9-14)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TIME		03:00-06:00pm	03:00-06:00 pm	03:00-06:00 pm	03:00-06:00 PM	07:00 -06:00 AM	03:00-06:00 pM
Training		High intensity – sprinting circuit	PRESSING TRIGGER – closing gaps	Midfield rotations & find pockets	Attacking movements	Match Preparation- set pieces	MATCH DAY
Topic		VIDEO ANALYSIS		VIDEO ANALYSIS			
Gym			GYM		GYM		
WEEK 3 (16-21)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TIME		03:00-06:00PM	03:00-06:00 PM	03:00-06:00 PM	03:00 -06:00 PM	07:00-09:00 AM	03:00-06:00 Am
Training		Crossing & finishing	Fullbacks & wing linkage	Combination play with close pressure	Breaking lines -combine play	Match preparation -compact, set pieces	MATCH DAY
Topic		VIDEO ANALYSIS		VIDEO ANALYSIS		VIDEO ANALYSIS	
Gym			GYM		GYM		
WEEK 4 (23-28)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TIME		03:00-06:00 Pm	03:00-06:00 PM	03:00-06:00 PM	03:00-06:00 PM	07:00-09:00 AM	03:00-06:00 PM
Training		Running with the ball feint and shot	Receiving with close marking behind	Penetration & finishing	Scoring 1v 1 situations	fullback overlap & underlap	MATCH DAY
Topic		VIDEO ANALYSIS		VIDEO ANALYSIS		VIDEO ANALYSIS	
Gym			GYM		GYM		
		Pre- Training Routine		Wellness Form		Prehab: Activation	
		Training Routine		Loading Management		Time Keeping	
		Post - Training		Recovery Methods		RPE players feedback	