



AZAM Football Club: U-15 Mesocycle : March 2026

WEEK 1 (3-8)	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	03:00-06:00 pm	03:00-06:00 PM
Trainin g		Beating the law block	Center forward movement	Cross and finishing	Set pieces	Match preparation	Friendly match
Topic		VIDEO ANALYSIS - Beating the law block		VIDEO ANALYSIS- cross and finishing		VIDEO ANALYSIS- Center forward movement	
Gym			GYM		GYM		
WEEK 2 (10-15)	MONDAY AM	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	03:00 -06:00 pm	03:00-06:00 pm
Trainin g		Playing against high pressing team	Transition to attack	Running behind the defenders	Midfield rotations & inverted fullbacks	Match Preparation- team shape & compact ness	MATCH DAY
Topic		VIDEO ANALYSIS				VIDEO ANALYSIS- COMPACT	
Gym			GYM		GYM		
WEEK 3 (17-22)	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	03:00-06:00 pm	03:00-06:00 pm
Trainin g		Playing against a mid block team	Midfield Rotations & FINDING POCKETS	Fullbacks & wing linkage	SCORING	Set pieces	MATCH DAY
Topic		VIDEO ANALYSIS -		VIDEO ANALYSIS- LINKAGE			
Gym			GYM		GYM		
WEEK 4 (24-29)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TIME		03:00-06:0pm	03:00-06:00 PM	03:00-06:00 PM	03:00-06:00 PM	03:00-04:00 pm	03:00-06:00 pm
Trainin g		Possessing under pressure	Attacking the half space	Playing/attacki ng vertically	Playing in tight spaces	fullback overlap & underlap	MATCH DAY
Topic		VIDEO ANALYSIS		VIDEO ANALYSIS		VIDEO ANALYSIS- Fullback overlap & underlap	
Gym			GYM		GYM		

	Wellness Form	Prehab: Activation
	Loading Management	Time Keeping
	Recovery Methods	RPE players feedback