



AZAM F.C: U-15 Mesocycle Training Schedule: 7 April – 3 May : Coach: Jeremia Mganga

WEEK 1 (7-12)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TIME		03:00pm-06:00 pm	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
Training		Build up against high pressing opponents	HIGH pressing	transition to attack	Team shape & compact	Match preparation	Match Day
Topic		VIDEO ANALYSIS: build up against high pressing		VIDEO ANALYSIS: Transition to attack	Individual/group extra training	VIDEO ANALYSIS:	
Gym			GYM		GYM		
WEEK 2 (14-19)	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
Training		Beating a low block	Combination play in the final third	Individual attacking	Running behind the defense	Match preparation	MATCH DAY
Topic		VIDEO ANALY: beating a low block opponents		VIDEO ANALYSIS: SCANNING: individual attacking			
Gym			GYM		GYM		
WEEK 3 (21-26)	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
Training		Fullback & wing linkage	Midfield Rotations	Midfield rotations	Set pieces	Match preparation	MATCH DAY
Topic		VIDEO ANALYSIS: HIGH PRESS		INDIVIDUAL EXTRA TRAINING		VIDEO ANALYSIS: SET PIECES	
Gym			GYM				
WEEK 4 (28-3)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TIME		03:00-06:00PM	04:00-06:00 PM	03:00-06:00 PM	03:00-06:00 PM	03:00-06:00 PM	03:00-06:00 PM
Training		Transitions- attack to defense	Transition – attack to defense	Third man run in the opponent half	Run behind the defense & striker's movement	fullback overlap & underlap	MATCH DAY
Topic		VIDEO ANALYSIS		VIDEO ANALYSIS: Third man run		VIDEO ANALYSIS: fullback overlap & underlap	
Gym			GYM				
		Pre- Training Routine		Wellness Form		Prehab: Activation	
		Training Routine		Loading Management		Time Keeping	
		Post - Training		Recovery Methods		RPE players feedback	