



MICROCYCLE AZAM U 17

WEEK 1	TOPIC	MONDAY	TUESDAY	WENSDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		2 - 2 - 2026	3 - 2 - 2026	4 - 2 - 2026	5 - 2 - 2026	6 - 2 - 2026	7 - 2 - 2026	8/2/2026
		6 : 00 am	6 : 00 am	6 : 00 am	6 : 00 am	6 : 00 am	8 : 00 am	
	The role of number 6 in attack	The role of number 6 in attack	The role of number 6 in attack	Team strategies	Attacking in wide areas	Attacking in wide areas	MATCHDAY	FREE
		----	----	6 : 00 PM	----	4 : 00 PM		
				Friendly match		Private session with potential		
WEEK 2	TOPIC	MONDAY	TUESDAY	WENSDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		9 - 2 - 2026	10 - 2 - 2026	11 - 2 - 2026	12 - 2 - 2026	13 - 2 - 2026	14 - 2 - 2026	15 - 2 - 2026
		6 : 00 am	6 : 00 am	6 : 00 am	6 : 00 am	6 : 00 am	8 : 00 am	
	Center forward movement	enter forward movement	enter forward movement	Team strategies	-----	-----	MATCHDAY	FREE
		----	----	6 : 00 PM	----	4 : 00 PM		
				Friendly match		Private session with potential		
WEEK 3	TOPIC	MONDAY	TUESDAY	WENSDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		16 - 2 - 2026	17 - 2 - 2026	18 - 2 - 2026	19 - 2 - 2026	20 - 2 - 2026	21 - 2 - 2026	22-2-2026
		6 : 00 am	6 : 00 am	6 : 00 am	6 : 00 am	6 : 00 am	8 : 00 am	
	Positional play	Positional play	Positional play	Friendly match	-----	-----	MATCHDAY	FREE
		----	----	4 : 00 PM	----	4 : 00 PM		
				rest		Private session with potential		
WEEK 4	TOPIC	MONDAY	TUESDAY	WENSDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		22 - 2 - 2026	23 - 2 - 2026	24 - 2 - 2026	25 - 2 - 2026	26 - 2 - 2026	27 - 2 - 2026	28- 2 - 2026
		6 : 00 am	6 : 00 am	6 : 00 am	6 : 00 am	6 : 00 am	8 : 00 am	
	Build up from the back	Build up from the back	Build up from the back	Friendly match	Build up from the back	Build up from the back	MATCHDAY	FREE
		----	----	4 : 00 PM	----	4 : 00 PM		

