

AZAM YOUTH U17 MESOCYCLE

WEEK 1	TOPIC	MONDAY	TUESDAY	WENSDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					5 – 1 - 2026	6 – 1 - 2026		
		8 : 00 am	8 : 00 am	8 : 00 am	8 : 00 am	8 : 00 am	8 : 00 am	
	Positional play	Positional play		Attacking wide areas	Attacking wide areas		MATCHDAY	FREE
				10 : 00 PM		10 : 00 PM		
WEEK 2	TOPIC	MONDAY	TUESDAY	WENSDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		7 – 1 - 2026	8 – 1 - 2026	9 – 1 - 2026	10 – 1 - 2026	11 – 1 - 2026	12 – 1 - 2026	13 – 1 - 2026
		8 : 00 am	8 : 00 am	8 : 00 am	8 : 00 am	8 : 00 am	8 : 00 am	
	Combination play	Combination play	Combination play	Role of no 10 in attacking	Role of no 10 in attacking	Role of no 10 in attacking		FREE
				10 : 00 PM		10 : 00 PM		
WEEK 3	TOPIC	MONDAY	TUESDAY	WENSDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		14 – 1 - 2026	15 – 1 - 2026	16 – 1 - 2026	17 – 1 - 2026	18 – 1 - 2026	19 – 1 - 2026	20 – 1 - 2026
		8 : 00 am	8 : 00 am	8 : 00 am	8 : 00 am	8 : 00 am	8 : 00 am	
	High press	High press		Counter attack	Counter attack	Counter attack	MATCHDAY	FREE
				10 : 00 PM		10 : 00 PM		
WEEK 4	TOPIC	MONDAY	TUESDAY	WENSDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		21 – 1 - 2026	22 – 1 - 2026	23 – 1 - 2026	24 – 1 - 2026	25 – 1 - 2026	26 – 1 - 2026	27 – 1 - 2026
		8 : 00 am	8 : 00 am	8 : 00 am	8 : 00 am	8 : 00 am	8 : 00 am	
	Build up	Build up	Build up	Combination play	Combination play		MATCHDAY	FREE
				10 : 00 PM		10 : 00 PM		