



MICROCYCLE AZAM U 17

WEEK 1	TOPIC	MONDAY	TUESDAY	WENSDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		4 – 5 - 2026	5 – 5 – 2026	6 – 3 - 2026	7 – 3 - 2026	8 – 3 - 2026	9 – 3 - 2026	8/2/2026
		6 : 00 am	6 : 00 am	6 : 00 am	6 : 00 am	6 : 00 am	8 : 00 am	
	PROBLEM SOLVING	RECOVERY & PROBLEM SOLVING	1V1,2 V2 & FINISHING &SET PLAYS	FRIENDLY MATCH DAY	RECOVERY/ SOLVING PROBLEM &SET PLAYS	LEAGUE MATCH PRE SHOOTING &SET PLAYS	LEAGUE MATCH DAY	FREE
		----	----	6 : 00 PM	----	4 : 00 PM		
						Private session with potential		
WEEK 2	TOPIC	MONDAY	TUESDAY	WENSDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		11 – 2 - 2026	12 – 2 - 2026	13 – 2 - 2026	14 – 2 - 2026	15 – 2 - 2026	16 – 2 – 2026	15 - 2 - 2026
		6 : 00 am	6 : 00 am	6 : 00 am	6 : 00 am	6 : 00 am	8 : 00 am	
	PROBLEM SOLVING	RECOVERY & PROBLEM SOLVING	Build up the from &SET PLAYS the back	Build up the from the back &SET PLAYS	Team strategies & SET PLAYS	LEAGUE MATCH PRE SHOOTING &SET PLAYS	LEAGUE MATCHDAY	FREE
		----	----	6 : 00 PM	----	4 : 00 PM		
				Friendly match		Private session with potential		
WEEK 3	TOPIC	MONDAY	TUESDAY	WENSDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		18 – 2 - 2026	19 – 2 - 2026	20 – 2 - 2026	21 – 2 - 2026	22 – 2 - 2026	23 – 2 – 2026	
		6 : 00 am	6 : 00 am	6 : 00 am	6 : 00 am	6 : 00 am	8 : 00 am	
	DEFENDING	RECOVERY & PROBLEM SOLVING	DEFENDING BOX &SET PLAYS	DEFENDING BOX &SET PLAYS	DEFENDING BOX &SET PLAYS	LEAGUE MATCH PRE SHOOTING &SET PLAYS	MATCHDAY	FREE
		----	----	4 : 00 PM	----	4 : 00 PM		
				rest		Private session with potential		
WEEK 4	TOPIC	MONDAY	TUESDAY	WENSDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		25 – 2 - 2026	26 – 2 - 2026	27 – 2 - 2026	28 – 2 - 2026	29 – 2 - 2026	30 – 2 – 2026	28– 2 - 2026
		6 : 00 am	6 : 00 am	6 : 00 am	6 : 00 am	6 : 00 am	8 : 00 am	
		RECOVERY & PROBLEM SOLVING	CENTER FORWARD MOVENEBS	CENTER FORWARD MOVENEBS	CENTER FORWARD MOVENEBS	LEAGUE MATCH PRE SHOOTING &SET PLAYS	MATCHDAY	FREE

		----	----	4 : 00 PM	----	4 : 00 PM		
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