



## MICROCYCLE AZAM U 17

WEEK 1	TOPIC	MONDAY	TUESDAY	WENSDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		2 – 3 - 2026	3 – 3 – 2026	4 – 3 - 2026	5 – 3 - 2026	6 – 3 - 2026	7 – 3 - 2026	8/2/2026
		6 : 00 am	6 : 00 am	6 : 00 am	6 : 00 am	6 : 00 am	8 : 00 am	
	POSITIONAL PLAY	Positional play	Positional play (positional SSG)	Positional play (positional SSG)	Adaptation to positional play	Adaptation to positional play	FREE	FREE
		----	----	6 : 00 PM	----	4 : 00 PM		
						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	
	BUILD UP PLAY	Build up the from the back	Build up the from the back	Build up the from the back	Team strategies	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	
	MIDFIELD COMBINATIN PLAY	Midfield combination play	Midfield combination play	Friendly match	Midfield combination play	Midfield combination play	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	
	SPECIAL TRAININGS	SSG 1 V 1 2 V 2	SSG Shooting	Friendly match	team strategies	team strategies	MATCHDAY	FREE
		----	----	4 : 00 PM	----	4 : 00 PM		

