



AZAM F.C Football Club: U-15 mesocycle Training Schedule: 1/nov-28 nov 2025

WEEK 1 (1-7)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TIME			04:00- 06:00 pm	04:00-06:00 pm	04:00-06:00 PM	07:00-09:00 AM	07:00-09:00 AM
Training			Skill development	Build up from the back	High press	Center forward movement	Internal match - own game
Topic							
Gym							
WEEK 2 (8-14)	MONDAY AM	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TIME			04:00-06:00 pm	04:00-06:00 pm	04:00-06:00 PM	07:00 -06:00 AM	07:00-09:00 AM
Training			Principles of defending	Recovery defending	The role of number 6 & inverted fullbacks	Match Preparation- team shape & compact ness	MATCH DAY
Topic							
Gym							
WEEK 3 (15-21)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TIME			04:00-06:00 PM	04:00-06:00 PM	04:00 -06:00 PM	07:00-09:00 AM	07:00-09:00 Am
Training			Midfield Rotations	Fullbacks & wing linkage	Cross and finishing	Set pieces	MATCH DAY
Topic							
Gym							
WEEK 4 (22-8)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TIME			04:00-06:00 PM	04:00-06:00 PM	04:00-06:00 PM	07:00-09:00 AM	07:00-09:00 AM
Training			Transitions	Third man run in the opponent half	Run behind the defense & striker's movement	fullback overlap & underlap	MATCH DAY
Topic							
Gym							
		Pre- Training Routine		Wellness Form		Prehab: Activation	
		Training Routine		Loading Management		Time Keeping	
		Post - Training		Recovery Methods		RPE players feedback	