



AZAM F.C Football Club U-15 mesocycle Training Schedule: 1 Dec 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			speed endurance	high intensity: sprinting circuit	High press	Team compact & close gaps	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			Attacking wide	Attacking half spaces	Strikers movements: 9	Match Preparation- set pieces	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	attacking vertically & find pockets behind	DEFENDING as a Unit	MATCH DAY
Topic							
Gym							
WEEK 4 (22-28)	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 final third	overload to isolate	counter pressing	MATCH DAY
Topic							
Gym							
		Pre- Training Routine		Wellness Form		Prehab: Activation	
		Training Routine		Loading Management		Time Keeping	
		Post - Training		Recovery Methods		RPE players feedback	