



AZAM F.C Football Club: U-15 Mesocycle Training Schedule: February 2026

WEEK 1 (3-8)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TIME		03:00pm-06:00 pm	03:00- 06:00 pm	03:00-06:00 pm	03:00-06:00 PM	07:00-09:00 AM	07:00-09:00 AM
Training		HIGH PRESS & TEAM COMPACT	Defending against quick transition counter attacks	transition to attack	Beating a low block Organization	Match preparation -compactness -Set pieces	Match Day
Topic		VIDEO ANALYSIS: high press		VIDEO ANALYSIS: Transition to attack	Individual/group extra training	VIDEO ANALYSIS: SET PIECES	
Gym			GYM		GYM		
WEEK 2 (10-15)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TIME		03:00 – 06:00pm	03:00-06:00 pm	03:00-06:00 pm	03:00-06:00 PM	07:00 -06:00 AM	07:00-09:00 AM
Training		Skill development	Recovery defending	Importance of scanning	Beating a low block	Match Preparation- team shape & compactness	MATCH DAY
Topic		VIDEO ANALYSIS : PLAYING IN TIGHT SPACES		VIDEO ANALYSIS: importance of SCANNING			
Gym			GYM		GYM		
WEEK 3 (17-22)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TIME		03:00-06:00pm	03:00-06:00 PM	03:00-06:00 PM	03:00 -06:00 PM	07:00-09:00 AM	07:00-09:00 Am
Training		High press	Midfield Rotations	Fullbacks & wing linkage	Cross and finishing	Set pieces	MATCH DAY
Topic		VIDEO ANALYSIS: HIGH PRESS		INDIVIDUAL EXTRA TRAINING		VIDEO ANALYSIS: SET PIECES	
Gym			GYM				
WEEK 4 (24-28)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TIME		03:00-06:00PM	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		Skills Development	Transitions	Third man run in the opponent half	Run behind the defense & striker's movement	fullback overlap & underlap	MATCH DAY
Topic		VIDEO ANALYSIS Skills development		VIDEO ANALYSIS: Third man run		VIDEO ANALYSIS: fullback overlap & underlap	
Gym			GYM		GYM		
		Pre- Training Routine		Wellness Form		Prehab: Activation	
		Training Routine		Loading Management		Time Keeping	
		Post - Training		Recovery Methods		RPE players feedback	