



AZAM U13 MARCH ATHLETES TRAINING SESSIONS: COACH SHABANI YASSIN

SESSION: PRESSING AND COVERING

This session will help players:

- .Understand how to win ball back
- . Keep the ball once they've won it
- . Learn how to move into a counter attack.

Week 1 (5-8)	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TOPIC	Read and React	Read and React	Read and React	Friendly Game
TIME	3:30 PM	3:30 PM	7:30AM	7:30 AM
DURATION	2HRS	2HRS	2HRS	2HRS
Week 2 (12-15)	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TOPIC	Pressing for Glory	Pressing for Glory	Pressing for Glory	Friendly Game
TIME	3:30 PM	3:30 PM	7:30 AM	7:30 AM
DURATION	2HRS	2HRS	2HRS	2HRS
Week 3 (19-22)	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TOPIC	Cover and Recover	Cover and Recover	Cover and Recover	Friendly Game
TIME	3:30 PM	3:30 AM	7:30 AM	7:30AM
DURATION	2HRS	2HRS	2HRS	2HRS
Week 4 (26-29)	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TOPIC	Pressing Duels	Pressing Duels	Pressing Duels	BONANZA
TIME	3:30 PM	3:30 PM	7:30 AM	8:00 AM
DURATION	2HRS	2HRS	2HRS	8HRS

PRIVATE SESSIONS (POTENTIALS)

AFTER MEETING WITH PARENTS THOSE PLAYERS WILL COME TO TRAIN EVERNING 7PM TO 8PM DUE TO FEW PARTICIPATING TIME

- RICHARD ERASTO GAMBALAI 13YRS CM
- IQRAM MOHAMED SAIDI 13YRS RM
- YUSUPH DAUDI BARAKATI 11YRS CM
- RAJABU IDDI MGULUMALI 13YRS CM
- KHALIDI MWIDADI KHALIDI 13YRS CM
- YUSUPH DAUDI BARAKATI 11YRS CM
- RAZALO WAIDASH SALUMU 12YRS LB
- HENRY KELVIN DUMA 12YRS RB
- NASRI SHABANI ISMAIL 13YRS CM
- FRED YOTHAM WILLIAM 13YRS CM
- HAVEN DAVID TANGUKACHO 14YRS RB
- BRYAN JOHN KISUKA 14YRS CB
- FAHIMU ALLY NGALIMA 1YRS CM
- NASRI JUMANNE ABDALLAH 1YRS CM
- HOWARD BENJAMIN MTELELE 14YRS ST
- MOHAMMEDI SAIDI MOHAMED 13YRS ST
- SALUM SAIDI MOHAMED 15YRS GK
- HAMISI KESSY SHABANI 15YRS GK
- THABITI HAMIS FUNDISHA 15YRS CB
- RASHID ADAM RASHID 14YRS CB
- NASRI SALUM MLETE 14YRS ST
- FRANCIS OMARY HUSSEIN 13YRS RB