



AZAM U13 NOVEMBER ATHLETES TRAINING SESSIONS: COACH SHABANI YASSIN

Week 1 (14-16)	FRIDAY	SATURDAY	SUNDAY
TOPIC	Dribbling	Dribbling	Dribbling
TIME	3:30 PM	7:30 AM	7:30AM
DURATION	2HRS	2HRS	2HRS
Week 2 (21-23)	FRIDAY	SATURDAY	SUNDAY
TOPIC	TURNING	TURNING	TURNING
TIME	3:30 PM	7:30 AM	7:30 AM
DURATION	2HRS	2HRS	2HRS
Week 3(28-30)	FRIDAY	SATURDAY	SUNDAY
TOPIC	Dribbling	Dribbling	Dribbling
TIME	3:30 PM	7:30 AM	7:30 AM
DURATION	2HRS	2HRS	2HRS

PRIVATE SESSIONS (POTENTIALS)

- RICHARD ERASTO GAMBALAI 13YRS CM*
- IQRAM MOHAMED SAIDI 13YRS RM*
- YUSUPH DAUDI BARAKATI 11YRS CM
- RAJABU IDDI MGULUMALI 13YRS CM
- MOHAMED SAIDI MOHAMED 13YRS ST

DAY (19-20)	<i>Awareness</i>	4:15 pm – 5:15 pm
DAY (26-27)	<i>Scanning</i>	4:15 pm- 5:15 pm

- Those who having stars we prepare them to bring u15 next month.