



## AZAM U13 DECEMBER ATHLETES TRAINING SESSIONS: COACH SHABANI YASSIN

<b>Week 1 (4-7)</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>TOPIC</b>	Possession Under Pressure	Possession Under pressure	Possession Under Pressure	Wide Attacking
<b>TIME</b>	3:30 PM	3:30 PM	7:30AM	7:30 AM
<b>DURATION</b>	2HRS	2HRS	2HRS	2HRS
<b>Week 2 (11-14)</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>TOPIC</b>	Possession Under Pressure	Possession Under Pressure	Combination Attacking	Friendly Game
<b>TIME</b>	3:30 PM	3:30 PM	7:30 AM	7:30 AM
<b>DURATION</b>	2HRS	2HRS	2HRS	2HRS
<b>Week 3(18-21)</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>TOPIC</b>	Possession Under Pressure	Possession Under Pressure	Finishing Combination	<b>BONANZA</b>
<b>TIME</b>	3:30 PM	7:30 AM	7:30 AM	8:00AM- 3:30 PM
<b>DURATION</b>	2HRS	2HRS	2HRS	8HRS

### 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\*
  - YASRI ABDULRAHMAN HAMISI 13YRS CM\*
  - LAZARO WAIDASH SALUMU 12YRS LB\*
- Those who having stars we prepare them to bring u15 this month.