



AZAM U13 JANUARY ATHLETES TRAINING SESSIONS: COACH SHABANI YASSIN

<b>Week 1 (15-18)</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>TOPIC</b>	Build up From Back	Build Up From Back	Transition To Attack	Friendly Game
<b>TIME</b>	4:20 PM	4:20 PM	7:30AM	7:30 AM
<b>DURATION</b>	2HRS	2HRS	2HRS	2HRS
<b>Week 2 (22-25)</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>TOPIC</b>	Transition To Attack	Transition To Attack	Defending Transition	Friendly Game
<b>TIME</b>	4:20 PM	4:20 PM	7:30 AM	7:30 AM
<b>DURATION</b>	2HRS	2HRS	2HRS	2HRS
<b>Week 3 (29-1)</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>TOPIC</b>	Defending Transition	Defending Transition	Team work in Possesion	<b>BONANZA</b>
<b>TIME</b>	4:20 PM	4:20 PM	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\*
- HENRY KELVIN DUMA RB\*

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