

## Macrocycle for 2017/2018 Cap City 06 Boys DA Fall 2017

DA League Games 8
Tournaments 2
Team Meetings 4 Player Reviews 2 Community Service 1

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## Mesocycle - Preseason - Training Themes

Period	Date	Training Theme	Training Phase
Week 1 2 Training Sessions	24-Jul	Review Ball Control Techniques (Individual Focus)	Development of basic technique, general tactical awareness, basic strength, flexability, endurance, team development and team culture
Week 2 2 Training Sessions	31-Jul	Review Passing and Receiving Techniques (Individual Focus)	Development of basic technique, general tactical awareness, basic strength, flexability, endurance, team development and team culture
Week 3 3 Training Sessions 1 Team Meeting 1 Friendly	7-Aug	Team Shape and Position Roles (Team Focus)	Development of specific technical skill, advanced tactical concepts, individual roles and responsibilities, continue team culture

## Mesocycle - Outdoor Competition Phase - Training Themes

Seek 1   14-Aug   Inroduce 2v1 Overloads to create attacking advantage   Competition - Learn to Develop - Learn Concepts, Make Adjustments, Learn from Mistakes	Period	Date	Training Theme	Training Phase
3 Training Sessions   14-Aug   Inroduce 2v1 Overloads to create attacking advantage   Competition - Learn to Develop - Learn Concepts, Make Adjustments, Learn from Mistakes		Dute	Training Tricino	Transling I muse
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	1 Team Meeting	6-Nov	Build up play through lines on the field.	· ·
	1 Player Review			