



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

June	July	August	September	October	November	December	January	February	March	April	May	June
12 19 26	3 10 17	24 31 7	14 21 28	4 11 18 25	2 9 16 23 30	6 13 20 27	4 11 18 25	1 8 15 22 29	5 12 19 26	2 9 16 23 30	7 14 21 28	4
Rest			Competition			Rest	Transition	Rest	Transition	Preparation	Competition	
1	1 2 3 4 5	1 2 3	1 2 3 4 5	6 7 8 9 10 11 12 13	1 2	1 2 3 4	1 2	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6 7 8 9 10	
Trans	Rest	Preseason	Outdoor			Rest	Active Rest	Rest	Futsal	Preseason-Indoor Turf	Outdoor	
Trans		Specific				General		Specific		General	Specific	

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, flexibility, 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, flexibility, 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

Period	Date	Training Theme	Training Phase
Week 1 3 Training Sessions 1 Team Meeting 1 Tournament	14-Aug	Introduce 2v1 Overloads to create attacking advantage	Competition - Learn to Develop - Learn Concepts, Make Adjustments, Learn from Mistakes
Week 2 3 Training Sessions	21-Aug	Overloads to create attacking advantage	Competition - Learn to Develop - Learn Concepts, Make Adjustments, Learn from Mistakes
Week 3 3 Training Sessions 1 Player Review	28-Aug	Introduce combination play and changing the point of attack to create attacking advantage through overloads	Competition - Learn to Develop - Learn Concepts, Make Adjustments, Learn from Mistakes
Week 4 3 Training Sessions 1 Team Meeting	4-Sep	Introduce penetration vs possession decision in the defensive third of the field.	Competition - Learn to Develop - Learn Concepts, Make Adjustments, Learn from Mistakes
Week 5 3 Training Sessions 1 Game	11-Sep	Pattern play to change the point of attack in defensive third of field. Create overload vs. wing players	Competition - Learn to Develop - Learn Concepts, Make Adjustments, Learn from Mistakes
Week 6 3 Training Sessions 1 Game	18-Sep	Penetrate vs. possession in middle third of field	Competition - Learn to Perform - Refine focus on moments. Learn process of success.
Week 7 3 Training Sessions 1 Game	25-Sep	Pattern play to change the point of attack in the middle third of field. Create overload vs. central players.	Competition - Learn to Perform - Refine focus on moments. Learn process of success.
Week 8 3 Training Sessions 1 Game	2-Oct	Changing the point of attack to create overloads in the attacking third on the flanks.	Competition - Learn to Perform - Refine focus on moments. Learn process of success.
Week 9 3 Training Sessions 1 Game	9-Oct	Possession vs. penetration in attacking third of field.	Competition - Learn to Perform - Refine focus on moments. Learn process of success.
Week 10 3 Training Sessions 1 Game	16-Oct	Combination play in attacking third of field.	Competition - Learn to Perform - Refine focus on moments. Learn process of success.
Week 11 3 Training Sessions 2 Games	23-Oct	Build up play through lines on the field.	Competition - Learn to Perform - Refine focus on moments. Learn process of success.
Week 12 2 Training Sessions 1 Tournament	30-Oct	Build up play through lines on the field.	Competition - Learn to Perform - Refine focus on moments. Learn process of success.
Week 13 2 Training Sessions 1 Team Meeting 1 Player Review	6-Nov	Build up play through lines on the field.	Competition - Learn to Perform - Refine focus on moments. Learn process of success.