

**GAME TRAINING PROGRAM (U14 & U15)**

WEEK	SESSION 1.	SESSION 2.	SESSION 3.	WEEKEND	ADDITIONAL
<b>PRE SEASON CYCLE</b>					
WEEK 1.	PLAYING OUT FROM THE BACK - MS1	MIDFIELD PLAY - MS1	ATTACKING - CENTRAL - MS1	NO GAME	
WEEK 2.	DISTURBING & PRESSING - MS1	DEFENDING & RECAPTURING - MS1	TRANSITION - MS1	NO GAME	
WEEK 3.	PLAYING OUT FROM THE BACK - MS2	MIDFIELD PLAY - MS2	ATTACKING - WIDE - MS1	NO GAME	STEP UP IF POSSIBLE
WEEK 4.	DISTURBING & PRESSING - MS2	DEFENDING & RECAPTURING - MS2	TRANSITION - MS2	NO GAME	STEP UP IF POSSIBLE
WEEK 5.	PLAYING OUT FROM THE BACK - MS1	MIDFIELD PLAY - MS1	ATTACKING - CENTRAL - MS2	GAME	STEP UP IF POSSIBLE
WEEK 6.	DISTURBING & PRESSING - MS1	DEFENDING & RECAPTURING - MS1	TRANSITION - MS1	GAME	STEP UP IF POSSIBLE
<b>SEASON CYCLE</b>					
<b>Cycle 1</b>					
WEEK 1.	PLAYING OUT FROM THE BACK - MS1	MIDFIELD PLAY - MS1	ATTACKING - CENTRAL - MS1	NO GAME	
WEEK 2.	PLAYING OUT FROM THE BACK - MS2	MIDFIELD PLAY - MS2	ATTACKING - WIDE - MS1	NO GAME	
WEEK 3.	DISTURBING & PRESSING - MS1	DEFENDING & RECAPTURING - MS1	TRANSITION - MS1	NO GAME	STEP UP IF POSSIBLE
WEEK 4.	DISTURBING & PRESSING - MS2	DEFENDING & RECAPTURING - MS2	TRANSITION - MS2	NO GAME	STEP UP IF POSSIBLE
WEEK 5.	PLAYING OUT FROM THE BACK - MS1	MIDFIELD PLAY - MS1	ATTACKING - CENTRAL - MS2	GAME	STEP UP IF POSSIBLE
WEEK 6.	DISTURBING & PRESSING - MS1	DEFENDING & RECAPTURING - MS1	ATTACKING - WIDE - MS2	GAME	STEP UP IF POSSIBLE
<b>Cycle 2</b>					
WEEK 1.	PLAYING OUT FROM THE BACK - MS1	MIDFIELD PLAY - MS1	ATTACKING - CENTRAL - MS1	GAME	
WEEK 2.	DISTURBING & PRESSING - MS1	DEFENDING & RECAPTURING - MS1	TRANSITION - MS1	GAME	
WEEK 3.	PLAYING OUT FROM THE BACK - MS2	MIDFIELD PLAY - MS2	ATTACKING - WIDE - MS1	GAME	STEP UP IF POSSIBLE
WEEK 4.	DISTURBING & PRESSING - MS2	DEFENDING & RECAPTURING - MS2	TRANSITION - MS2	GAME	STEP UP IF POSSIBLE
WEEK 5.	PLAYING OUT FROM THE BACK - MS1	MIDFIELD PLAY - MS1	ATTACKING - CENTRAL - MS2	GAME	STEP UP IF POSSIBLE
WEEK 6.	DISTURBING & PRESSING - MS1	DEFENDING & RECAPTURING - MS1	TRANSITION - MS1	GAME	STEP UP IF POSSIBLE

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WEEK	SESSION 1.	SESSION 2.	SESSION 3.	WEEKEND	ADDITIONAL
<b>SEASON CYCLE</b>					
<b>Cycle 3</b>					
WEEK 1.	PLAYING OUT FROM THE BACK - MS1	MIDFIELD PLAY - MS1	ATTACKING - CENTRAL - MS1	NO GAME	
WEEK 2.	PLAYING OUT FROM THE BACK - MS2	MIDFIELD PLAY - MS2	ATTACKING - WIDE - MS1	NO GAME	
WEEK 3.	DISTURBING & PRESSING - MS1	DEFENDING & RECAPTURING - MS1	TRANSITION - MS1	NO GAME	STEP UP IF POSSIBLE
WEEK 4.	DISTURBING & PRESSING - MS2	DEFENDING & RECAPTURING - MS2	TRANSITION - MS2	NO GAME	STEP UP IF POSSIBLE
WEEK 5.	PLAYING OUT FROM THE BACK - MS1	MIDFIELD PLAY - MS1	ATTACKING - CENTRAL - MS2	GAME	STEP UP IF POSSIBLE
WEEK 6.	DISTURBING & PRESSING - MS1	DEFENDING & RECAPTURING - MS1	ATTACKING - WIDE - MS2	GAME	STEP UP IF POSSIBLE
<b>Cycle 4</b>					
WEEK 1.	PLAYING OUT FROM THE BACK - MS1	MIDFIELD PLAY - MS1	ATTACKING - CENTRAL - MS1	GAME	
WEEK 2.	DISTURBING & PRESSING - MS1	DEFENDING & RECAPTURING - MS1	TRANSITION - MS1	GAME	
WEEK 3.	PLAYING OUT FROM THE BACK - MS2	MIDFIELD PLAY - MS2	ATTACKING - WIDE - MS1	GAME	STEP UP IF POSSIBLE
WEEK 4.	DISTURBING & PRESSING - MS2	DEFENDING & RECAPTURING - MS2	TRANSITION - MS2	GAME	STEP UP IF POSSIBLE
WEEK 5.	PLAYING OUT FROM THE BACK - MS1	MIDFIELD PLAY - MS1	ATTACKING - CENTRAL - MS2	GAME	STEP UP IF POSSIBLE
WEEK 6.	DISTURBING & PRESSING - MS1	DEFENDING & RECAPTURING - MS1	TRANSITION - MS1	GAME	STEP UP IF POSSIBLE
<b>Cycle 5</b>					
WEEK 1.	PLAYING OUT FROM THE BACK - MS1	MIDFIELD PLAY - MS1	ATTACKING - CENTRAL - MS1	NO GAME	
WEEK 2.	PLAYING OUT FROM THE BACK - MS2	MIDFIELD PLAY - MS2	ATTACKING - WIDE - MS1	NO GAME	
WEEK 3.	DISTURBING & PRESSING - MS1	DEFENDING & RECAPTURING - MS1	TRANSITION - MS1	NO GAME	STEP UP IF POSSIBLE
WEEK 4.	DISTURBING & PRESSING - MS2	DEFENDING & RECAPTURING - MS2	TRANSITION - MS2	NO GAME	STEP UP IF POSSIBLE
WEEK 5.	PLAYING OUT FROM THE BACK - MS1	MIDFIELD PLAY - MS1	ATTACKING - CENTRAL - MS2	GAME	STEP UP IF POSSIBLE
WEEK 6.	DISTURBING & PRESSING - MS1	DEFENDING & RECAPTURING - MS1	ATTACKING - WIDE - MS2	GAME	STEP UP IF POSSIBLE