



Macrocycle for 2017/2018 Cap City 06 Boys DA

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	5	12	19	26	2	9	16	23	30	7	14	21	28	4											
Tryout	Rest				Preperation				Competition								Rest		Transition		Rest		Transition				Preperation				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	7	8	9	10											
Tryouts	Rest				Preseason				Outdoor								Rest		Active Rest		Rest		Futsal				Preseason-Indoor Turf				Outdoor																															
Tryouts					General				Specific				General								Specific				General		Specific																																			

Macrocycle Objectives

- Phase 1** Development of basic technique, general tactical awareness, basic strength, flexibility, endurance, team development and team culture
- Phase 2** Development of specific technical skill, advanced tactical concepts, individual roles and responsibilities, continue team culture
- Phase 3** Competition - learn to develop - learn concepts, make adjustments, learn from mistakes
- Phase 4** Competition - learn to perform - refine focus of roles, objectives, moments in the game to learn process of success
- Phase 5** Rest, Recover, and Recharge - No or very little sport. Enjoy family and friends.
- Phase 6** Active Rest - Play other sports, participate in soccer activities 1 time per week. Fun. Expirement.