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				
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
Rest							Preparation					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
Rest							Preseason			Outdoor												Rest	Active Rest			Rest	Futsal									Preseason-Indoor Turf								Outdoor									
							Specific			General																	Specific									General				Specific													

Microcycle

Work load levels

1	Recovery Session
2	Low
3	Medium
4	High

Phase 1 Development of basic technique, general tactical awareness, basic strength, flexability, endurance, team development and team culture

Period	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 2 Training Sessions	24-Jul	OFF	Medium 75 Minutes Invidual Ball Control		Medium 75 Minutes Individual Ball Control	OFF	OFF	OFF

Phase 2 Development of specific technical skill, advanced tactical concepts, individual roles and responsibilities, continue team culture

Period	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 2 2 Training Sessions	31-Jul	OFF	Medium 75 Minutes Individual Ball Control Passing and Receiving Passing Patterns		Medium 75 Minutes Individual Ball Control Passing and Receiving Passing Patterns		OFF	OFF
Week 3 3 Training Sessions 1 Friendly	7-Aug	OFF	Medium 75 Minutes Small group poss. Possession Introduce overload combination play	Medium 75 Minutes Small group poss. Possession Introduce overload combination play	Low 75 Minutes Small Group Poss. Overloads to Goal **Team Meeting**	**Intraclub Friendly**	OFF	OFF

Phase 3 Competition - learn to develop - learn concepts, make adjustments, learn from mistakes

Period	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 3 Training Sessions 1 Team Meeting 1 Tournament	14-Aug	Medium 90 Minutes Velocity Sports Perf. Technical Training Free Play	OFF	High 75 Minutes 1v1, 2v1 Overload	Medium 75 Minutes 1v1, 2v1 Overload 2v2, 3v2 Overload **Team Meeting**	OFF	**Tournament**	**Tournament**
Week 2 2 Training Sessions 1 Team Activity	21-Aug	Medium 90 Minutes Velocity Sports Perf. Technical Training Free Play	OFF	High 75 Minutes 1v1, 2v1 Overload 2v2, 3v2 Overload to goal	Low MSU Club Day Women's Soccer vs. Butler - 7:00pm	OFF	OFF	OFF
Week 3 3 Training Sessions 1 Player Review	28-Aug	Medium 90 Minutes Velocity Sports Perf. Technical Training Free Play	OFF	Medium 75 Minutes Combination play through give and go	Medium 75 Minutes Small group poss. Pattern play to change the point of attack	OFF	OFF	OFF
Week 4 3 Training Sessions 1 Team Meeting	4-Sep	OFF (Memorial Day)	OFF	Medium 75 Minutes Building Out of Back Penetration vs Possession	High 75 Minutes Small group poss. Penetration vs Possession **Team Meeting**	OFF	OFF	OFF
Week 5 3 Training Sessions 1 Game	11-Sep	Medium 90 Minutes Velocity Sports Perf. Technical Training Free Play	OFF	Low 75 Minutes Pattern play in back overload on flanks	Medium 75 Minutes Small group poss. Pattern play to change the point of attack	OFF	**League Game**	OFF

Phase 4 Competition - learn to perform - refine focus of roles, objectives, moments in the game to learn process of success

Period	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 6 3 Training Sessions 1 Game	18-Sep	Medium 90 Minutes Velocity Sports Perf. Technical Training Free Play	OFF	Medium 75 Minutes Possession through CMs	Low 75 Minutes Small group poss. Poss vs Penetration through CMs	OFF	**League Game**	OFF
Week 7 3 Training Sessions 1 Game	25-Sep	Medium 90 Minutes Velocity Sports Perf. Technical Training Free Play	OFF	High 75 Minutes Combination play through give and go in Middle 3rd	Low MSU Women's Club Day	OFF	OFF	**League Game**
Week 8 3 Training Sessions 1 Game	2-Oct	Medium 90 Minutes Velocity Sports Perf. Technical Training Free Play	OFF	High 75 Minutes Small group poss. Penetration vs Possession	High 75 Minutes Small group poss. Penetration vs Possession	OFF	**League Game**	OFF
Week 9 3 Training Sessions 1 Game	9-Oct	Medium 90 Minutes Velocity Sports Perf. Technical Training Free Play	OFF	Medium 75 Minutes Combination play through give and go on flanks in Final 3rd	Low 75 Minutes Small group poss. Pattern play in Final 3rd	OFF	OFF	**League Game**
Week 10 3 Training Sessions 1 Game	16-Oct	Medium 90 Minutes Velocity Sports Perf. Technical Training Free Play	OFF	Medium 75 Minutes 1v1, 2v1 Overload 2v2, 3v2 Overload with set pass in Final 3rd	Low 75 Minutes Small group poss. Pattern play with set pass in final 3rd	OFF	OFF	**League Game**
Week 11 2 Training Sessions 2 Games	23-Oct	Medium 90 Minutes Velocity Sports Perf. Technical Training Free Play	OFF	High 75 Minutes Combination play through give and go across lines	Medium 75 Minutes Small group poss. Pattern play to build up across lines	OFF	**League Game**	**League Game**
Week 12 2 Training Sessions 1 Tournament	30-Oct	OFF	OFF	Medium 75 Minutes Build up play across lines Possession vs. penetration	Low 75 Minutes Small group poss. Penetration vs Possession	OFF	**Tournament**	**Tournament**
Week 13 2 Training Sessions 1 Team Meeting 1 Player Review	6-Nov	OFF	OFF	High 75 Minutes Combination play through give and go across lines **Team Meeting**	Medium 75 Minutes Small group poss. Pattern play to build up across lines	OFF	OFF	OFF