Red Star Football Club, Belgrade

Structure of training within the microcycle, age ${\sf U15}$

MICROCYCLE TOPIC: ORGANIZATION OF PRESSING GAME, INDIVIDUAL AND GROUP DEFENSIVE ROLES.

time	1.11	2.11	3.11	4.11	5.11	6.11	7.11
9:30 15:00 18:00	Introductory part of training 20' Introductory specific part of training 20' Main part of training + real game 50'	Restoration of elementary technique 20' Plays in small side games with a reaction to a lost ball/ principles of pressing 20' Game in middle relationships + a real game with the principles of pressing the game 50'	Introductory part of training 20' Introductory specific part of training 20' Main part of training + real game 50'	Introductory part of training 20' Introductory specific part of training 20' Main part of training + real game 50'	Introductory part of training 20' Introductory specific part of training 20' Main part of training + real game 50'	GAME DAY	FREE DAY
	individual work 30'	individual work 30'	individual work 30'	individual work 30'	individual work 30'		