



SEYCHELLES FOOTBALL FEDERATION

PREPARATION PLAN

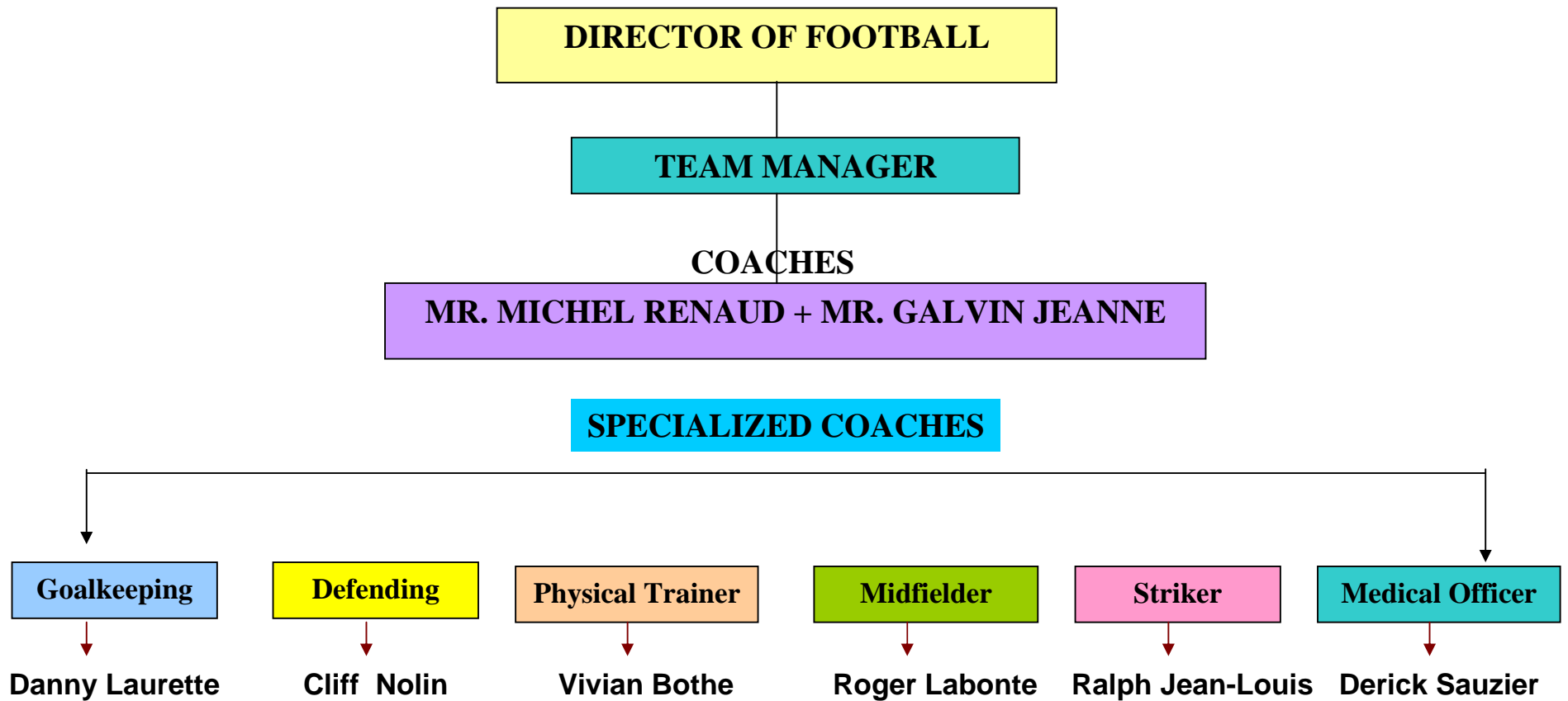
C.A.N UNDER 17 QUALIFIER - 2009

MATCH AWAY TO LA REUNION - 11-12-13 APRIL 2008

RETURN MATCH - 25-26-27 APRIL 2008

TECHNICAL CADRES

TECHNICAL CADRES



PRE-SELECTION



KEEPERS

DEFENDERS



MIDFIELDERS



STRIKER



MONTH OF MARCH -- (INTENSIVE)

TRAINING DAYS:

Monday, Tuesday, Thursday, Friday of the week. (Friday – Sunday morning the players will be in camp)

WEEK 1 – 3RD – 9TH MARCH

TESTS – (COOPER'S – FARLEK – 200 metres – Lactic Aid)

- **PHYSICAL** – Aerobic Capacity
Speed – with + without ball (Alactic and Lactic
 - reaction speed
 - multi-jumps (plyometric)
- **GYM WORK** - Strength
- **TECHNICS** - Tactic work (Team cohesion, principles of play)
- **GAME**
- **PSYCHOLOGICAL/MENTAL WORK**

WEEK 2 – 10TH – 16TH MARCH

- ◆ Physical – Aerobic Capacity
- ◆ Speed (Continuation)
- ◆ Gym work, (Strength)
- ◆ Specialized tactical work (Team Cohesion), principles of play)
- ◆ Stationary plays
- ◆ Duels
- ◆ Game/Match
- ◆ Psychological/Mental work

WEEK 3 – 17TH – 23RD MARCH

- ▶ Physical – Aerobic Capacity
- ▶ Speed (Continuation)
- ▶ Gym work, (Strength)
- ▶ Specialized work (Tactic, principles of play)

- ▶ Stationary plays
- ▶ Game/Match
- ▶ Psychological/Mental work

WEEK 4 – 24TH – 30TH MARCH

TESTS (Rep)

- Physical – Aerobic Capacity
- Speed/Suppleness/C(Continuation)
- Gym work, (Strength)
- Specialized work (Tactic, principles of play)
- Stationary plays
- Game/Match
- Psychological/Mental work

WEEK 5 – 31ST MARCH/6TH APRIL

- Physical – Consolidation work
- Speed – Execution

- Specialized work (Perfectioning)
- Game/Match
- Psychological/Mental work

WEEK 6 – 7TH – 13TH APRIL

Match Saturday 13th April – Match v/s La Reunion (Away)

- Physical – Consolidation work
- Specialized work (fine-training)
- [Departure to La Reunion – Thursday 10th April](#)

WEEK 7 – 14TH – 20TH APRIL

- Regeneration work
- Physical – (sustainability work)
- Speed { Coordination/Suppleness
Reaction
- Post-match analysis
- Tactical work { Individual
Group

Team

- Psychological/Mental Work
- MATCH/GAME

WEEK 8 – 21ST – 27TH APRIL

Return Match v/s La Reunion (HOME)

- Physical – Consolidation work
- Speed - execution
 - Reaction
- Tactical (Fire-training)
- Stationing plays
- Psychological/Mental work

Match v/s La Reunion (Home) – Sunday 26th April