



MICROCICLO DE ENTRENAMIENTO I WOLVERHAMPTON WANDERERS



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PRINCIPIO FUNDAMENTAL DE LAS 5 SESIONES:



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MOVER EL BALÓN LO MÁS RÁPIDO
POSIBLE PARA CREAR UN DESEQUILIBRIO
EN LA DEFENSA RIVAL O UNA
OPORTUNIDAD 1x1



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DÍA 1 (LUNES)



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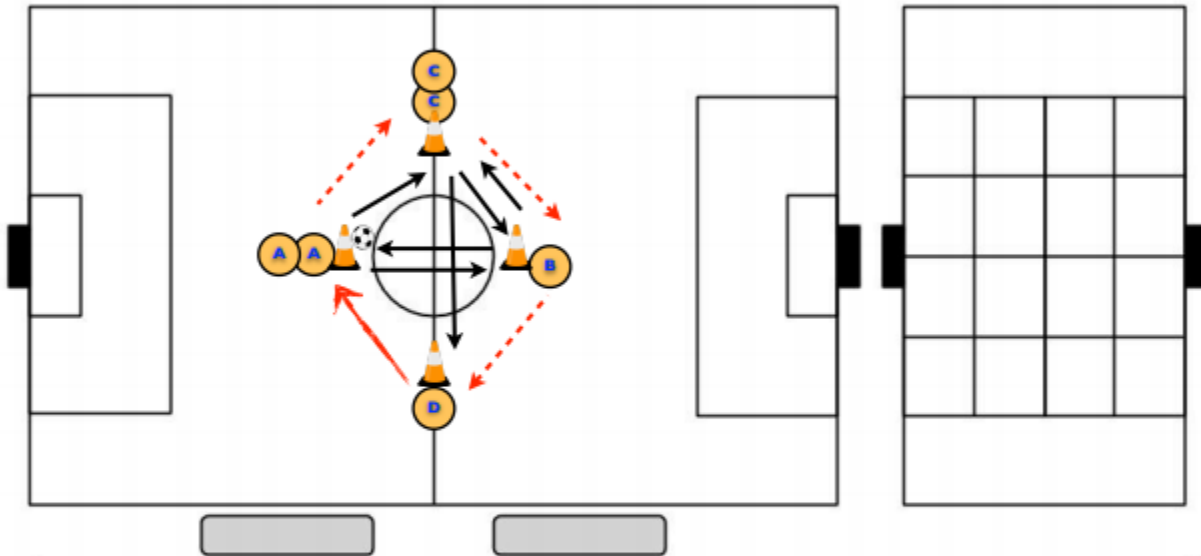


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DEFENSE / DEF. > OFF. TRANSITION / OFFENSE / OFF > DEF. TRANSITION
MAIN PRINCIPLE: Principle - Move ball as quickly as possible to create an imbalance in their
SUB-PRINCIPLE: defense or a 1v1 opportunity
1ST PHASE / 2ND PHASE / 3RD PHASE

STRENGTH
ENDURANCE
SPEED



6 player diamonds
A > B, B > A, A > C, C > B, B > C, C LONG > D, D dribble to A
All rotate to left
Quality - 1 touch if possible



DÍA 2 (MARTES)



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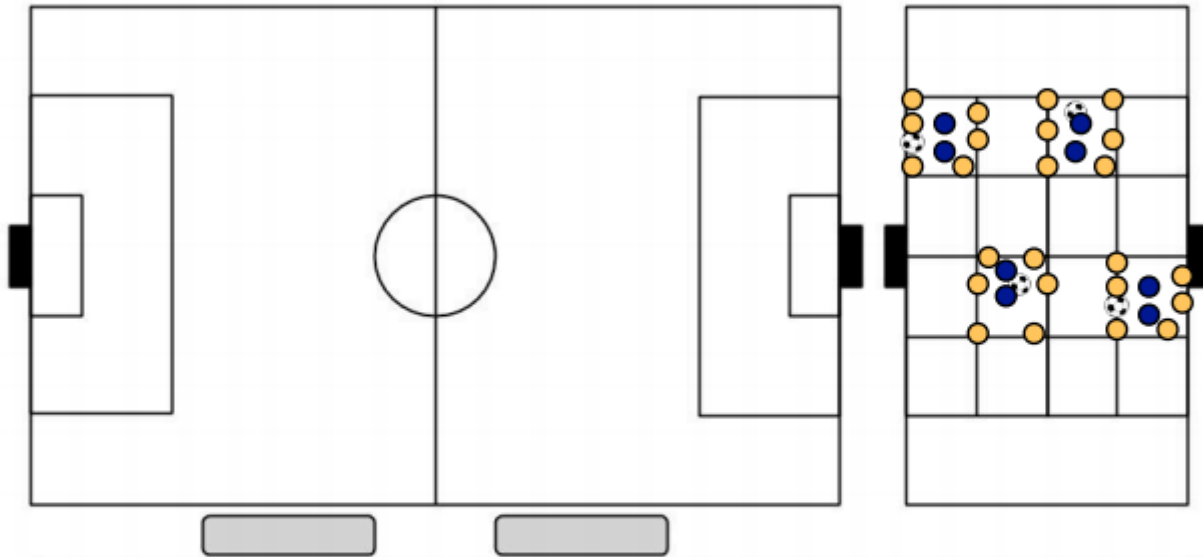
SUB-PRINCIPLE: defense or a 1v1 opportunity

1ST PHASE / 2ND PHASE / 3RD PHASE

STRENGTH

ENDURANCE

SPEED



6v2 Rondos

4' then 2' stretch then 4'

15 passes = 10 abs

PRECISION! QUALITY!



DÍA 3 (MIÉRCOLES)



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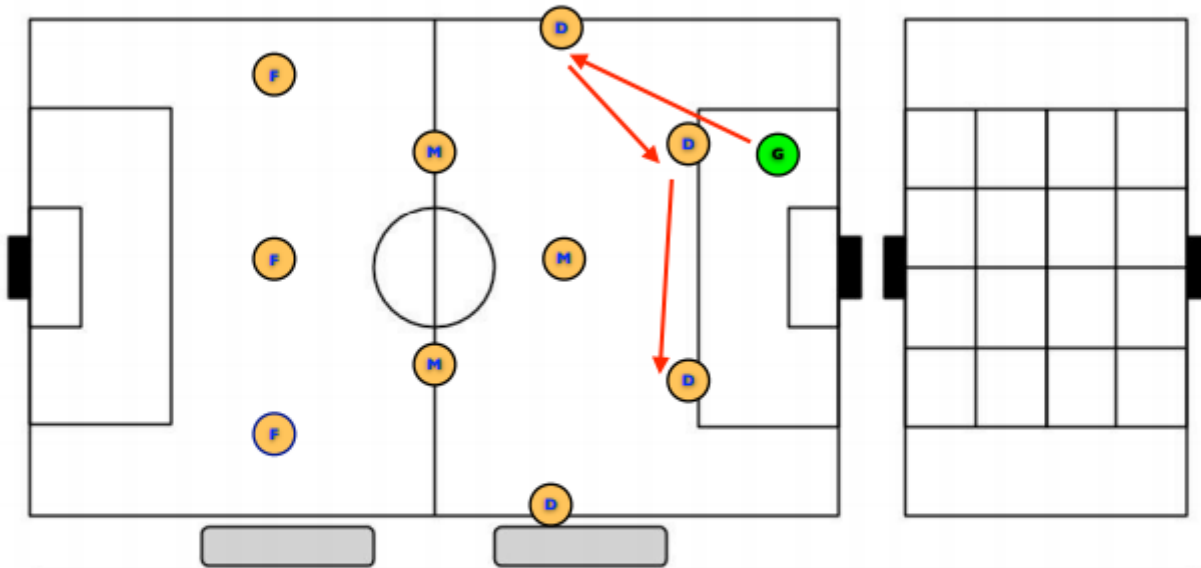


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DEFENSE / DEF. > OFF. TRANSITION / OFFENSE / OFF. > DEF. TRANSITION
MAIN PRINCIPLE: Principle - Move ball as quickly as possible to create an imbalance in their
SUB-PRINCIPLE: defense or a 1v1 opportunity
1ST PHASE / 2ND PHASE / 3RD PHASE

STRENGTH
ENDURANCE
SPEED



11 v 0
All players must touch ball at least once - end with a finish.
Speed of ball circulation - create a 1v1 or imbalance (overlap, 1-2)



DÍA 4 (JUEVES)



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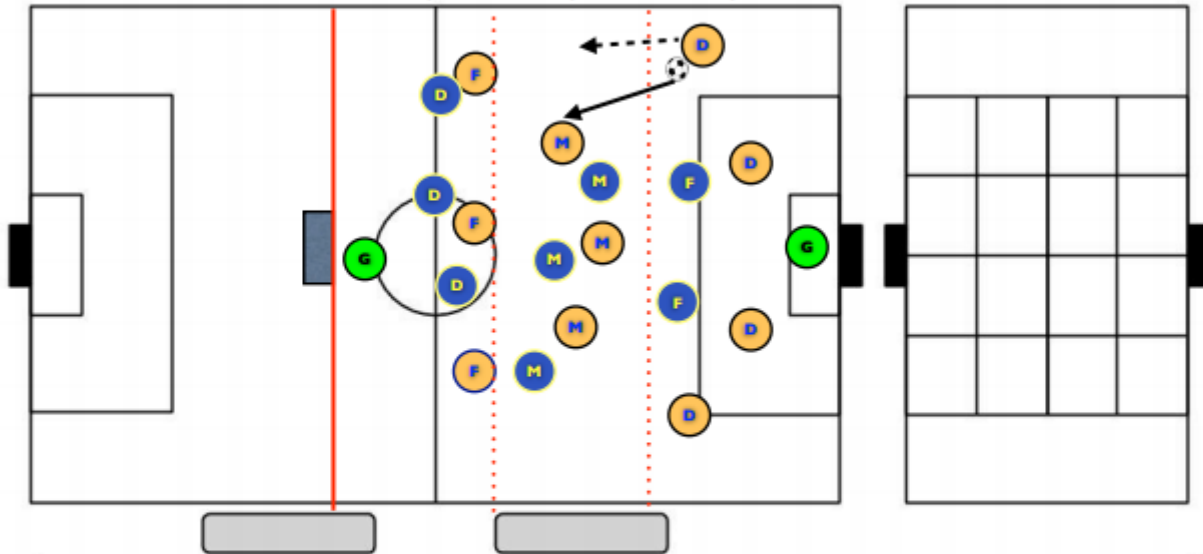
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DEFENSE / DEF. > OFF. TRANSITION / OFFENSE / OFF > DEF. TRANSITION
 MAIN PRINCIPLE: Principle - Move ball as quickly as possible to create an imbalance in their
 SUB-PRINCIPLE: defense or a 1v1 opportunity

STRENGTH
 ENDURANCE
 SPEED

1ST PHASE / 2ND PHASE / 3RD PHASE

25 25 25



11 v 9
 Speed of play, mobility, width in MF
 Players must play in their zones
 I can play support in next zone



DÍA 5 (VIERNES)



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DEFENSE / DEF. > OFF. TRANSITION / OFFENSE / OFF > DEF. TRANSITION

MAIN PRINCIPLE: Principle - Move ball as quickly as possible to create an imbalance in their

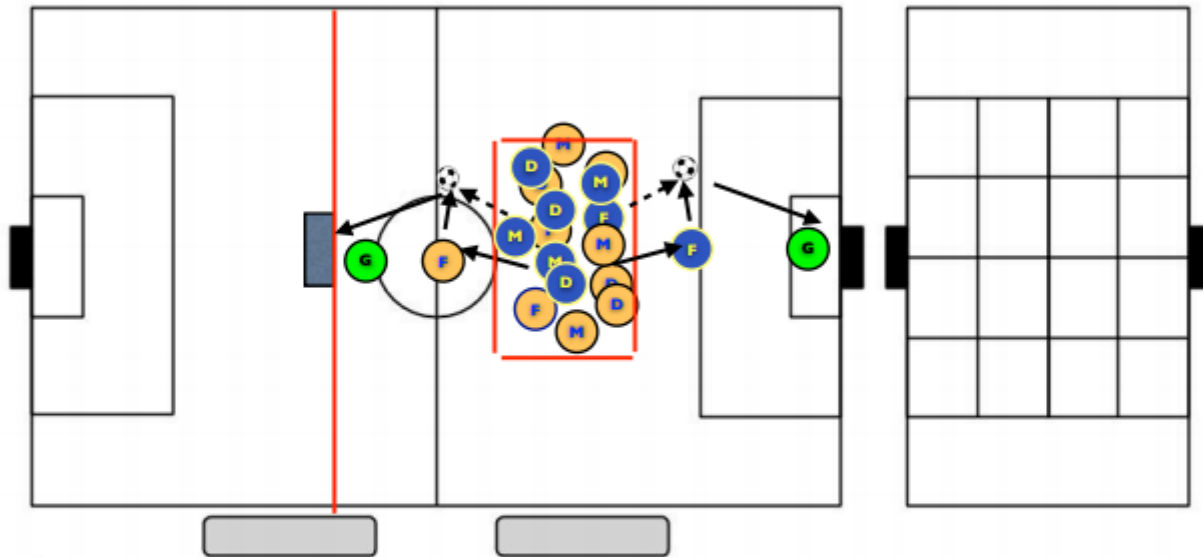
SUB-PRINCIPLE: defense or a 1v1 opportunity

1ST PHASE / 2ND PHASE / 3RD PHASE

STRENGTH

ENDURANCE

SPEED



Speed of reaction finishing
Players have a partner and a number
Coach calls # and both players play 1-2 with #1
New players replace #1





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