

WEEKLY DEVELOPMENT PROTOCOL

TRAINING PLAN

INDIVIDUAL TECHNICAL & TACTICAL DEVELOPMENT

*Your weekly roadmap — built around your position, your level,
and your next step.*

PREPARED FOR

MARCUS DELGADO

POSITION
CMGRAD YEAR
2027PHASE
IN-SEASONWEEK
03 OF 12

01 THIS WEEK'S BLUEPRINT

THE FOCUS, THE STRUCTURE, AND THE GOALS FOR THE NEXT 7 DAYS

WEEK PRIORITY

Two themes drive this week: press resistance under opposition pressure, and increasing weak-foot usage in build-up play. Every individual session should force reps on your left foot. In team training and match, actively look for left-foot options before defaulting to your right.

SEASON CONTEXT

Mid-season block. Physical load managed around 2-game weeks. Focus shifts to match-specific execution.

02 WEEKLY SCHEDULE

YOUR FULL 7-DAY TRAINING STRUCTURE — INDIVIDUAL SESSIONS MARKED IN GOLD

MON	TUE	WED	THU	FRI	SAT	SUN
45 MIN	90 MIN	30+20	90 MIN	20 MIN	MATCH	40 MIN
INDIVIDUAL TECHNICAL	TEAM TRAINING	FILM STUDY + OPTIONAL	TEAM TRAINING	ACTIVATION + PREP	MATCH DAY	RECOVERY + REVIEW
●	●	●	●	●	●	●

03 GOALS FOR THE WEEK

SPECIFIC, MEASURABLE — REVIEW THESE EVERY MORNING

- 01 | Reach 25% weak-foot usage in passing situations during training
- 02 | Execute half-turn receive in at least 5 match moments on Saturday
- 03 | Complete every individual session — no missed days this week
- 04 | Submit Wednesday film notes before Thursday team training

04

MONDAY — INDIVIDUAL TECHNICAL

45 MINUTES • BALL + WEAK FOOT + POSITION-SPECIFIC WORK

DURATION

45 MIN

INTENSITY

MODERATE

EQUIPMENT

BALL · CONES · WALL

FOCUS

PRESS RESISTANCE & WEAK-FOOT DISTRIBUTION

ACTIVATION & BALL FEEL

8 MIN

Juggling sequence

Both feet — build to 1-touch alternating. Count longest streak.

2 min

Sole rolls + inside/outside cuts

Tight space. Change direction every 5 touches.

3 min

Weak foot only — square rondos

Force discomfort. Build comfort under low pressure.

3 min

TECHNICAL BLOCK 1 — PASSING

12 MIN

Wall pass 1-touch combinations

Both feet. Body shape BEFORE receiving, not after.

5 min

Long pass — driven + lofted

Accuracy over distance. Weight of pass matters.

4 min

Switch of play — weak foot driven

Start at 15m, progressively extend to 25m.

3 min

TECHNICAL BLOCK 2 — POSITION SPECIFIC

15 MIN

Receiving under pressure — 6 min

Use the half-turn. Scan before the ball arrives. Play out of pressure, not into it.

Third-man runs — 5 min

Time your run off the second pass. Arrive late, not early.

Press-resistance dribble — 4 min

1v1 gates. Beat the press with a direction change, not power.

FINISHING & CONFIDENCE

7 MIN

Combination play into finish

1-2 with cone partner. Finish first or second touch.

4 min

Pressure finishes — fast reset

Quick combination. No more than 2 touches before shot.

3 min

COOL-DOWN & REVIEW

3 MIN

Static stretch sequence

Hips, quads, hamstrings, adductors.

2 min

Verbal/written self-check

What improved today? What needs more reps next session?

1 min

05 FILM, MATCH & RECOVERY

WEDNESDAY • FRIDAY • SATURDAY • SUNDAY — THE PROTOCOL

WEDNESDAY • 30 MIN

FILM STUDY

- 01 **FULL WATCH — 8 MIN**
Watch your footage once without stopping. No judgment. You are your own scout.
- 02 **OFF-BALL POSITIONING — 8 MIN**
Rewatch focused only on movement without the ball. Count right positions vs missed ones.
- 03 **DECISION REVIEW — 8 MIN**
Identify 3 key decisions. For each: what you chose vs what the situation demanded.
- 04 **WRITTEN NOTES — 6 MIN**
2 strengths, 2 fixes. Send to your mentor before Thursday training.

SUNDAY • 40 MIN

MATCH REVIEW

- 01 **ACTIVE RECOVERY — 15 MIN**
Light walk or cycle. Static stretching — full body. Nothing intense.
- 02 **MATCH FOOTAGE REVIEW — 15 MIN**
Same process as Wednesday, focused on your match. Be brutally honest.
- 03 **WRITTEN SELF-ASSESSMENT — 10 MIN**
Complete the 5-question self-assessment. Send to mentor by Sunday night.

SATURDAY • MATCH DAY PROTOCOL

MATCH DAY — THE EXECUTION WINDOW

-3H NUTRITION Pasta or rice + protein. No heavy fats. 750ml water.	-90M MENTAL PREP Visualize 5 successful actions. Set your match intention.	-60M ARRIVE Arrive early. Treatment if needed. Begin match mode.	-45M TEAM WARM-UP Read the pitch, the opposition, adjust your game plan.	-20M ACTIVATION Extra weak-foot touches. 3-4 sprints at match pace.	KICK-OFF ONE FOCUS One tactical/technical intention. Execute it. Results follow.	HT RESET Rehydrate. One adjustment. 2 minutes silence first.	FT REVIEW 3 positives, 2 improvements. Write before emotion fades.
--	--	--	--	---	--	--	--

06

WEEKLY SELF-ASSESSMENT

DUE SUNDAY EVENING — SENT DIRECTLY TO YOUR MENTOR

Honesty is the whole point. These questions only work if you answer them truthfully. Your mentor reviews every response before the next session and uses it to shape your plan.

01

What was the single most improved thing in your game this week?*Confidence on the left foot in 1-2 combinations improved noticeably.*

02

What did you work on most that still needs more reps?*Still too slow to scan before receiving under pressure.*

03

How would you rate your effort and discipline this week? (1–10) — and why?*Effort 9/10 — only missed Wednesday film study due to team late night.*

04

What is ONE specific thing you want to fix before your next match?*Execute the half-turn receive at least 5 times in Saturday's match.*

05

Is there anything your mentor should know — physically, mentally, or about your club situation?*Tight hamstring on Tuesday — backed off volume but recovered fine.***HOW TO SUBMIT**

Message your answers directly to your mentor in the app — or email them to your dedicated FP inbox. Submissions before Sunday 8pm get reviewed for the next training block. After that, your plan stays as-is until the following week.

THE ROAD AHEAD

KEEP GOING.

"Midweek is where careers are made. Everyone trains with their team. The players who break through are the ones putting in extra work on Monday and Wednesday when no one is watching. That's where your weak foot gets built. That's where your press resistance stops being theory."

— ALBERT ARAMAYO

Professional footballer • National team • Founder, FP by Aramayo

YOUR NEXT STEPS

- 01** Print this plan or keep it open on your phone — log every session against it.
- 02** Submit your Sunday self-assessment before 8pm for fastest turnaround.
- 03** Message your mentor if anything needs to flex — plans adapt when life does.

PLATFORM

FOOTBALLPATHHQ.COM

INSTAGRAM

@FOOTBALLPATHHQ