

My Weekly Training Structure

How I Balance Football, Speed, Strength, and Recovery

By Levi Asher Goncalves · NEFC, MLS Next U-19 South · Brockton, MA → Marseille, FR

THE STANDARD

This is the actual structure I run every week — team training, solo work, conditioning, finishing, and recovery. It's not theory. It's what I do to be ready for the move to France in summer 2026. Use it as a template. Adapt it to your level, your schedule, and your position. The work is the work.

Team Training (Anchor)

Monday · Tuesday · Wednesday — 8:15 PM – 9:45 PM

Three sessions a week with the team. Treat every one like a match: arrive early, warm up properly, leave nothing in the tank. Team training is the anchor — every other piece of the week is built around showing up to these sessions sharp.

Daily Non-Negotiables (Every Single Day)

Element	Why
Push-ups	Build pushing strength and shoulder durability
Plank	Core stability — the base of every defensive action
Recovery work	Mobility + stretching to stay available
VR training	Decision speed + scanning reps
Juggling	Touch, balance, and rhythm with the ball

Solo Focus

On top of team training and the daily non-negotiables, each day has one specific solo focus. Short, sharp, repeatable.

Monday — Wall passing + scanning

Pass against a wall with rhythm. Every receive, check your shoulder before the ball arrives. Both feet. 20+ minutes.

Tuesday — Wall juggling progressions

Air juggles → 1-touch wall → 2-touch wall. Build the chain. Stay relaxed, stay on the toes.

Wednesday — Ball mastery

Roulettes, drag-backs, sole rolls, V-pulls. Slow, clean, then add speed. This is your touch insurance for match day.

Thursday — Fitness + agility

Sprint intervals, cone work, change of direction. Build the engine that lets you defend in the 88th minute.

Friday — Finishing + sprinting

Repeated sprints into shots — first-time, weak foot, near post, far post. Tired-leg finishing.

Saturday — Match day

Compete. Carry the standard. Apply everything from the week.

Sunday — Match day or active recovery

If no match: light movement, mobility, film review. If match: recover hard after.

Match Day Lock-In

Before kickoff: visualize playing my best — passes I'll make, duels I'll win, the body shape I'll hold. Breathing exercises to drop the heart rate. Be vocal early — talk before the whistle so it carries through the game. Tell teammates to talk. Scan. Do the simple things in the warmup so they become automatic when the game starts.

Recovery (The Part People Skip)

I rushed an injury once. It cost me a season. Now I treat recovery like training. Sleep is the multiplier. Stretch and mobilize every day, especially ankles and hips. Ice and elevate when you feel something. Eat to refuel — protein after sessions, hydrate before you're thirsty. Coming back from my ankle sprain this year I returned sooner than ever because I did it right, not fast.

The Standard

Train with intent. Carry the standard. No wasted sessions. The work compounds — the player you'll be in six months is built by what you do this week.

— Levi Asher Goncalves · Built for Europe
builtforeurope · @levi.ballr · @next.leveljourney · @levi-inspires