



Week 9 — Early-Season Identity

Tags: `possession` `switching-play` `set-pieces` `tempo` `full-squad-practice`

Weekly Overview

FIELD	DETAIL
Week number	9 of 36
Season phase	2 — Early-Season Identity
Core principle	Switching the point of attack
Secondary principle	Support & passing angles
Previous match review focus	Apply the three routes below to the most recent fixture.
Weekly tactical problem	Over the last two weeks the team has learned to progress centrally (Week 7) and to press together off a shared signal (Week 8). What's still missing is patience with width: when one side of the pitch becomes congested, the team's instinct has been to keep working it rather than moving the ball away from the crowd. This week teaches the team to recognise a congested side early and switch the ball to the free side <i>before</i> the opposition can shift across and close it down — not as a last resort once the congested side has already broken down.
Formation-neutral explanation	Switching the point of attack is not tied to any one structure — it only requires that the team keeps a genuine option on the far side of the pitch at all times, whoever is occupying it.
Example structural applications	In a 4-3-3: the far winger and far full-back stay high and wide as the switch target, while the near-side players draw the opposition across first. In a 3-4-3 or back-three build-up: a wing-back provides the switch target on the far side, with a central midfielder dropping to offer the passing lane across the pitch that a back three's wider centre-back would otherwise have to find alone. The target and the passer change; the principle — always keep a live option on the side away from the ball — does not.

Match Review and Weekly Adjustment

Route A — Previous performance was strong. If the team played well, look specifically for moments where the ball stayed too long on one side even though the game was going well — a strong performance can still hide this habit, since it doesn't always cost a game at this level. Name it plainly so it isn't missed simply because the result was good.

Route B — Previous performance exposed a tactical weakness. If the team was repeatedly trapped or crowded on one side of the pitch, this week is a direct response — say so at the start of Tuesday's session and use the match footage or description as the opening reference point.

Route C — Attendance, facilities or player availability are disrupted. The core skill — recognising a congested side and finding the switch — works at any numbers. Reduce practice sizes as needed; keep both sides of the pitch represented so the switch always has a genuine target.

Tuesday — Session 17

FIELD	DETAIL
Session number	17 of 72
Week	9
Season phase	2 — Early-Season Identity
Training day	Tuesday
Session theme	Switching the point of attack
Short summary	Trains the team to recognise a congested side early and move the ball to the free side before the opposition can shift and close it, using progressively larger practices that all reward the <i>early</i> switch over the late one.
Tags	`possession` `switching-play` `tempo` `decision-making`
Primary learning objective	The team switches the point of attack while the far side is still genuinely free, not after it has already been pressed shut.
Secondary learning objective	Players off the ball recognise when to stay patient on the near side (to draw the press) versus when to demand the switch immediately.
Match connection	The week's named match-day connection: fewer sustained spells trapped on one side of the pitch.
Expected tactical outcome	Visibly faster ball circulation from one side of the pitch to the other, with the switch arriving before opposition pressure does.
Expected physical load	Moderate, tempo-based — repeated quick combinations and longer passing actions rather than maximal sprints.
Recommended intensity	6–7 / 10, with tempo (speed of decision and execution) prioritised over physical intensity.
Equipment list	20 footballs · 20 flat markers · 12 cones (orange) · 2 sets of bibs (2 colours, 10 each) · 2 full-size or portable goals
Player numbers	Designed for 16 outfield + 2 goalkeepers; scales 10–22, see contingencies.
Goalkeeper requirements	Both goalkeepers train throughout; in Practice 4 the goalkeepers are coached specifically as a switching outlet themselves, receiving and redistributing to the far side.
Pitch dimensions	Largest area this week is 50 x 36 m (Practice 4).
Area layout	A split grid with a central dead zone for Practice 2, widening through Practices 3 and 4.
Contingency — lower attendance (10–13)	Practice 2 reduces to 3v3 each side; Practice 3 becomes 5v5; Practice 4 becomes 6v6.
Contingency — higher attendance (20+)	Practice 4 can extend to 9v9.
Contingency — restricted space	Reduce the dead zone in Practice 2 first — the switching pass itself can still be coached over a smaller gap.

TIMELINE (60 MINUTES)

TIME	DURATION	PHASE	COLOUR CODE
0:00–0:10	10 min	Arrival & warm-up — <i>Find the</i>	Light green

TIME	DURATION	PHASE	COLOUR CODE
		<i>Far Side</i>	
0:10–0:25	15 min	Technical practice — <i>The Long Diagonal</i>	Club green
0:25–0:27	2 min	Water break / transition	—
0:27–0:42	15 min	Skill game — <i>Two Sides</i>	Dark green
0:42–0:44	2 min	Water break / transition	—
0:44–0:59	15 min	Conditioned match — <i>Break the Side</i>	Black
0:59–1:00	1 min	Reflection	—

PRACTICE 1 — FIND THE FAR SIDE (ARRIVAL)

Duration: 10 minutes · **Training load:** Low-moderate

Tactical purpose: Introduces the core visual scan — checking the far side of the pitch before receiving — inside a simple rondo, before any tactical structure is added.

Organisation: Two 5 x 5 m squares roughly 15 m apart, one rondo group in each (4v1), players rotating between them regularly. No goalkeeper requirement — both keepers join fully, rotating as outfield players.

Walkthrough: Standard rondo in each square, but every few minutes the coach calls "Switch," and one player from each rondo must sprint across to swap squares, forcing players to briefly play with a different group and immediately re-read the picture.

Rules: Standard rondo rules; the switching player must sprint, not jog.

Coaching points:

- *Technical:* clean first touch on arrival into the new rondo.
- *Physical:* genuine sprint efforts between squares.
- *Psychological:* quick adjustment to a new picture and new team-mates.

PRACTICE 2 — THE LONG DIAGONAL (TECHNICAL PRACTICE)

Duration: 15 minutes · **Training load:** Moderate

Tactical purpose: Isolates the technique and the decision-timing of the switching pass itself — a longer, often diagonal ball played across a central "dead zone" that no player occupies — so the team's execution is reliable before it is asked to happen under full match pressure.

Organisation:

- **Pitch dimensions:** 36 x 24 m
- **Players:** 4 vs 4 on each side of a central dead zone, plus one floating target player on the far side
- **Goalkeeper involvement:** both keepers rotate through as the floating target player
- **Team sizes:** effectively 5v4 on the receiving side once the switch arrives
- **Neutrals:** the floating target player, who always plays for whichever side has the ball
- **Equipment:** 8 flat markers to mark the dead zone, 2 footballs
- **Starting positions:** as shown in the diagram
- **Ball supply:** 2 spare balls with the coach
- **Restart:** coach restarts from the middle on any stoppage
- **Coach position:** central, able to see both sides
- **Rotation method:** groups swap sides every five minutes
- **Direction of play:** possession retention, both sides

Practice walkthrough: Two 4v4 groups play on either side of a marked dead zone roughly 8 m wide that no player may enter. The team in possession must recognise when their side is becoming congested and switch the ball over the dead zone to the far side using a genuine long diagonal pass, not a pass worked around through midfield. A successful switch that is received cleanly is worth a point.

Rules: No player may enter the dead zone; the switching pass must cross it in the air or along the ground directly, not via a third side.

Tactical roles:

- *Individual:* the passer must recognise the moment and strike a accurate, well-weighted diagonal.
- *Unit:* the receiving side must be ready and moving to receive before the ball arrives, echoing Week 1's support-and-angles work.
- *Team:* not applicable at this scale.
- *Transition:* not applicable — this practice is possession-focused throughout.

Decision-making triggers:

- The near side becomes crowded (three or more opposition players close to the ball) → look for the switch.
- The far side has space and a ready receiver → play the diagonal now, not after another near-side pass.
- The far side is not yet ready → hold the ball on the near side one more pass (echoing Week 1's "Hold" call) before switching.

Communication language used: *Switch, Hold, Time.*

Coaching points:

CORNER	POINT
Technical	Weight and accuracy of the long diagonal pass, struck cleanly enough to arrive under control.
Tactical	Recognising the moment to switch rather than switching on a fixed rhythm.
Physical	Repeated longer passing actions and quick repositioning to receive.
Psychological	Patience to hold the near side when the far side isn't yet ready.

CORNER	POINT
Communication & leadership	Calling "Switch" early enough that the receiving side has time to prepare.

Guided discovery questions:

1. What told you the near side was becoming too crowded?
2. How did the far side prepare to receive before the ball arrived?
3. What happened when the switch was played too early, before the far side was ready?
4. How does the "Hold" call from Week 1 connect to the decision not to switch immediately?
5. Why might a team deliberately keep the ball on a congested side for one extra pass?

Progressions:

1. Remove the floating target player, requiring the receiving side to create its own switch target.
2. Reduce the time allowed to switch once "congested" is called, sharpening urgency.
3. Widen the dead zone, requiring a longer and more accurate diagonal.

Regressions:

1. Allow one pass through the dead zone via the floating player, rather than a direct diagonal.
2. Narrow the dead zone.
3. Reduce to 3v3 each side for more time and space.

Common problems and corrections:

PROBLEM	WHY IT HAPPENS	COACH RECOGNISES BY	STOP OR FLOW?	INTERVENTION	RESTART
Team keeps working the congested side instead of switching	Habit of short, safe passing over a longer, riskier one	Possession stays on one side well past the point of being crowded	Stop	Freeze-and-correct: identify the exact moment the switch should have been played	Resume
Switch is attempted but under-hit or inaccurate	Technique breaks down under the pressure of decision-making	Passes fall short of the dead zone or are cut out	Let it flow, then a natural stoppage	Technical correction: plant foot, follow-through, contact point	Continue
Far side is not ready to receive when the switch arrives	Receiving players are watching the ball rather than preparing	Switches arrive to a static or poorly positioned receiver	Stop	Short group intervention: receiving side must move before the ball, not after	Resume

Coach interventions used in this practice: a mix of *freeze-and-correct* early, for recognition, and *technical correction* for execution as the practice progresses.

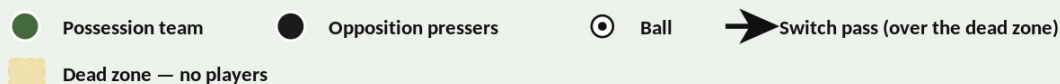
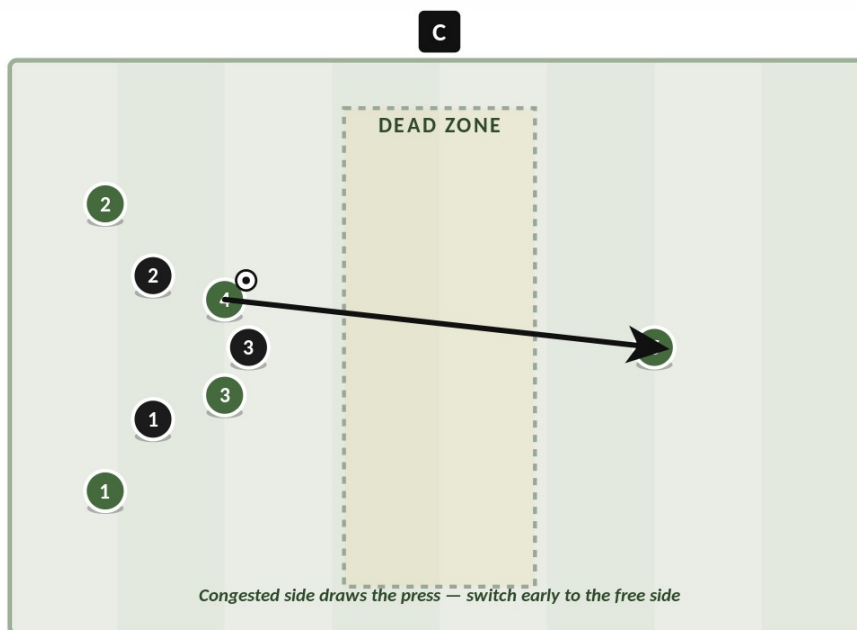
Success indicators:

- Switches are played while the far side still has genuine space.
- Diagonal passes are accurate and well-weighted.
- Receiving players are moving to prepare before the ball arrives.

Coach's eye: watch the near side, not the ball — a team that recognises congestion early enough will already be shaping to switch before the pass is played.

T9.2 THE LONG DIAGONAL — Switching the Point

36 x 24 m • 4v4 either side + dead zone • switch before pressure arrives, not after • 15 minutes



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AI image-generation prompt (tactical diagram): "Top-down 2D vector football coaching diagram, clean white background, UEFA coaching-manual style. A 36x20 metre grid with dimension labels, divided by a shaded central zone labelled 'DEAD ZONE'. Four players in dark green bibs numbered 1-4 clustered on the left side, three players in black bibs numbered 1-3 pressuring them. One green player numbered 5 on the far right side. A long black solid arrow with an arrowhead representing a diagonal pass crossing from the left group directly to player 5 on the right, passing over the shaded dead zone. Title: 'THE LONG DIAGONAL — Switching the Point'. Subtitle: '36 x 24 m • 4v4 either side + dead zone • switch before pressure arrives, not after • 15 minutes'. Legend row at bottom. High-resolution landscape vector illustration, clear typography, no decorative elements, no club badges or logos."

Realistic illustration — description: Elevated view of a training grid split by a marked central strip, four green-bibbed players closely marked on the left by black-bibbed opponents, a lone green-bibbed player standing ready and alert on the far right, a long diagonal ball travelling visibly through the air between them, coach centrally positioned watching the whole picture.

AI image-generation prompt (realistic illustration): "Elevated three-quarter sideline photograph-style illustration of adult amateur football training on a grass pitch divided by a marked central strip. Four players in dark green bibs closely marked by three players in black bibs on the left side. A single player in a dark green bib standing alert and ready on the far right side of the pitch. A football clearly visible in mid-flight on a long diagonal trajectory between the two groups. A coach standing centrally, watching the whole picture unfold. Overcast evening light, realistic grass texture, amateur adult players of varied build. Professional sports-photography style, high resolution, landscape orientation, no club badges, sponsor logos, or identifiable real players."

PRACTICE 3 — TWO SIDES (SKILL GAME)

Duration: 15 minutes · **Training load:** Moderate

Tactical purpose: Moves the switching principle into a genuine small-sided game with two goals at each end, rewarding a goal that follows quickly after a switch to keep the tempo and purpose of the pass connected to a real attacking outcome.

Organisation:

- **Pitch dimensions:** 34 x 22 m
- **Players:** 12 outfield, rotating
- **Goalkeeper involvement:** both keepers rotate through
- **Team sizes:** 6 v 6
- **Neutrals:** none
- **Equipment:** 4 mini goals (2 each end), 6 flat markers
- **Starting positions:** as shown in the diagram
- **Ball supply:** 3 spare balls with the coach
- **Restart location:** nearest sideline
- **Coach position:** sideline, central
- **Rotation method:** none required at this scale
- **Direction of play:** both directions, two goals per end

Practice walkthrough: A 6v6 game with two mini goals at each end. A goal scored within four seconds of a switch pass that travels across at least half the width of the pitch is worth double. The coach notes, without necessarily announcing, how early or late each switch is played relative to the opposition's shift.

Rules: As described; otherwise standard small-sided-game rules.

Tactical roles: the full switching skill set from Practice 2, now inside live, directional play with two goal targets to choose from after the switch.

Decision-making triggers: as established in Practice 2, plus the added decision of which of the two far-side goals to attack once the switch arrives.

Communication language used: *Switch, Hold, Travel, Time.*

Coaching points:

CORNER	POINT
Technical	Accurate, well-timed switching passes under real opposition pressure.
Tactical	Recognising the moment inside a live, less structured picture than Practice 2.
Physical	Repeated tempo-based actions rather than maximal sprints.
Psychological	Confidence to play the switch rather than the safer near-side option.
Communication & leadership	Calling for the switch early and clearly from the far side.

Guided discovery questions:

1. What was your team's clearest example of an early, well-timed switch tonight?
2. How did the far-side players make themselves an obvious target for the switch?
3. What happened when the switch was delayed too long?
4. How does this connect to Week 1's support-and-angles principle — what should the far side be doing before the ball arrives?

Progressions:

1. Reduce the four-second bonus window to sharpen tempo.
2. Add a condition that the switching pass must be played first-time.
3. Add a genuine offside line at each end.

Regressions:

1. Extend the bonus window to six seconds.
2. Reduce to 4v4 for more space and time.
3. Allow the switch to travel through one intermediate pass rather than requiring a single diagonal.

Common problems and corrections:

PROBLEM	WHY IT HAPPENS	COACH RECOGNISES BY	STOP OR FLOW?	INTERVENTION	RESTART
Team switches too often, without recognising genuine congestion first	The bonus condition is chased rather than the picture read	Switches happen even when the near side still has space	Stop	Short group intervention: "was that side actually congested?"	Resume
Far side is slow to attack the goal after receiving the switch	Players treat the switch as the end of the move rather than the start of a new attack	The switch arrives but the tempo drops immediately afterward	Let it flow, then a natural stoppage	Question: "the switch worked — now what?"	Resume

Coach interventions used in this practice: a mix of *short group intervention* and *questioning*.

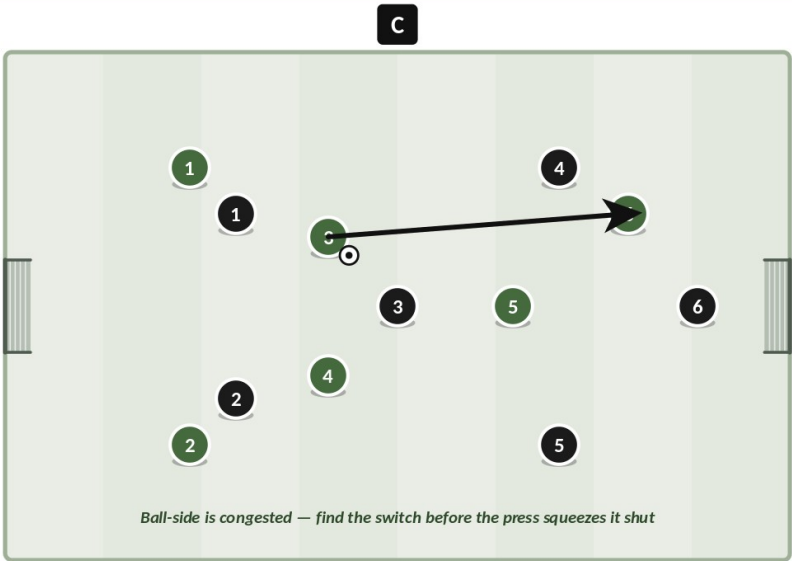
Success indicators:

- Bonus-condition goals increase across the practice.
- Switches are visibly earlier relative to opposition shift than in Practice 2.
- Tempo is maintained after the switch arrives, not just during the pass itself.

Coach's eye: watch the far side before the switch is played — a team that has already read the picture will show it in their positioning before the ball moves.

T9.3 TWO SIDES — Small-Sided Game

34 x 22 m • 6v6, 2 mini goals each end • a goal within 4 seconds of a switch is worth double • 15 minutes



Team in possession

Opposition

Ball

Switch (far side)

AI image-generation prompt (tactical diagram): "Top-down 2D vector football coaching diagram, clean white background, UEFA coaching-manual style. A 34x22 metre pitch with two small goals at each end. Six players in dark green bibs numbered 1–6 and six players in black bibs numbered 1–6 spread across the pitch, clustered toward the left side. White football near a central-left green player. A long black solid arrow with an arrowhead representing a switch pass travelling from the left side across to a green player on the right side. Title: 'TWO SIDES — Small-Sided Game'. Subtitle: '34 x 22 m · 6v6, 2 mini goals each end · a goal within 4 seconds of a switch is worth double · 15 minutes'. Legend row at bottom. High-resolution landscape vector illustration, clear typography, no decorative elements, no club badges or logos."

Realistic illustration — description: Elevated sideline view of a 6v6 game with two mini goals at each end, a green-bibbed player striking a long crossfield pass from a congested left side toward a team-mate arriving into space on the right, coach on the touchline tracking the whole width of the pitch.

AI image-generation prompt (realistic illustration): "Elevated three-quarter sideline photograph-style illustration of an adult amateur 6v6 small-sided football game on a grass pitch with two mini goals at each end. A player in a dark green bib striking a long crossfield pass from a congested left side of the pitch. A team-mate in a matching dark green bib arriving into open space on the right side to receive. Late-afternoon light, realistic grass pitch and shadows, amateur adult players of varied build. A coach on the touchline, tracking the whole width of the pitch. Professional sports-photography style, high resolution, landscape orientation, no club badges, sponsor logos, or identifiable real players."

PRACTICE 4 — BREAK THE SIDE (CONDITIONED MATCH)

Duration: 15 minutes · **Training load:** Moderate-high

Tactical purpose: Confirms the week's principle at full match scale, against an opposition that is instructed to congest and shift toward the ball, requiring the team in possession to genuinely earn and time its switches rather than simply having space handed to it.

Organisation:

- **Pitch dimensions:** 50 x 36 m (half pitch)
- **Players:** 16 outfield + 2 goalkeepers
- **Goalkeeper involvement:** both keepers play their own-goal role and are coached as switching outlets, receiving centrally and redistributing to whichever side is free
- **Team sizes:** 8 v 8
- **Neutrals:** none
- **Equipment:** 2 full-size or portable goals, 8 flat markers, corner cones
- **Starting positions:** standard match shape
- **Ball supply:** 3 spare balls with the coach
- **Restart location:** match-realistic restarts
- **Coach position:** touchline, halfway line, mobile
- **Rotation method:** none required; goalkeepers may split time at the midpoint
- **Direction of play:** standard, both teams attack opposite goals

Practice walkthrough: A conditioned 8v8 match in which the defending team is instructed to shift and congest toward the ball, deliberately leaving space on the far side to test whether the attacking team recognises and exploits it. The attacking team is coached to switch the point of attack the moment the far side becomes clearly free, rather than continuing to force play through the congested side.

Rules: Standard conditioned-match rules; the coach notes (without necessarily stopping play) how early or late switches are played relative to the opposition's defensive shift.

Tactical roles: the full switching skill set from Practices 2–3, combined for the first time with a genuinely reactive opposition at full match scale.

Decision-making triggers: the full set from Practice 2, applied under match conditions with a moving, shifting opponent rather than a static grid.

Communication language used: the full season's language so far.

Coaching points:

CORNER	POINT
Technical	Execution of the switching pass under full match pressure and fatigue.
Tactical	Genuine recognition of a congested side versus a covered far side.
Physical	Repeated longer passing actions and tempo changes across a full match picture.
Psychological	Composure to hold the ball on the near side when the switch isn't yet on, rather than forcing it.
Communication & leadership	The goalkeeper and back line organising the team's shape to keep the far side genuinely available.

Guided discovery questions:

1. What was the clearest example of a well-timed switch tonight, and what made it well-timed?
2. What did the opposition's shift look like just before each switch was played?

3. When did the team correctly choose to hold the ball rather than force a switch?
4. How does keeping a genuine option on the far side connect to Week 1's width-and-depth principle?

Progressions:

1. Add a genuine offside line, sharpening the timing of the switch and the run to receive it.
2. Reduce numbers to 7v7.
3. Instruct the defending team to shift even faster, raising the difficulty of finding the window.

Regressions:

1. Instruct the defending team to shift more slowly while the switching decision is being consolidated.
2. Reduce to 6v6 on a smaller area.
3. Reintroduce Practice 2's isolated diagonal-pass drilling briefly if execution has broken down under full match conditions.

Common problems and corrections:

PROBLEM	WHY IT HAPPENS	COACH RECOGNISES BY	STOP OR FLOW?	INTERVENTION	RESTART
Team continues working the congested side under match pressure	Habitual patterns reassert themselves against a real, moving opponent	Sustained spells of possession on one side with no attempt to switch	Stop	Short group intervention connecting this week's principle directly to what just happened	Resume
Switch is played but the far side isn't occupied or ready	Structure doesn't keep a genuine option on the far side at all times	Switches are attempted into space with no receiver nearby	Let it flow, then a natural stoppage	Question: "who was our option on the far side just then?"	Resume

Coach interventions used in this practice: a mix of *short group intervention* and *questioning*, reserving deeper correction for the reflection immediately after.

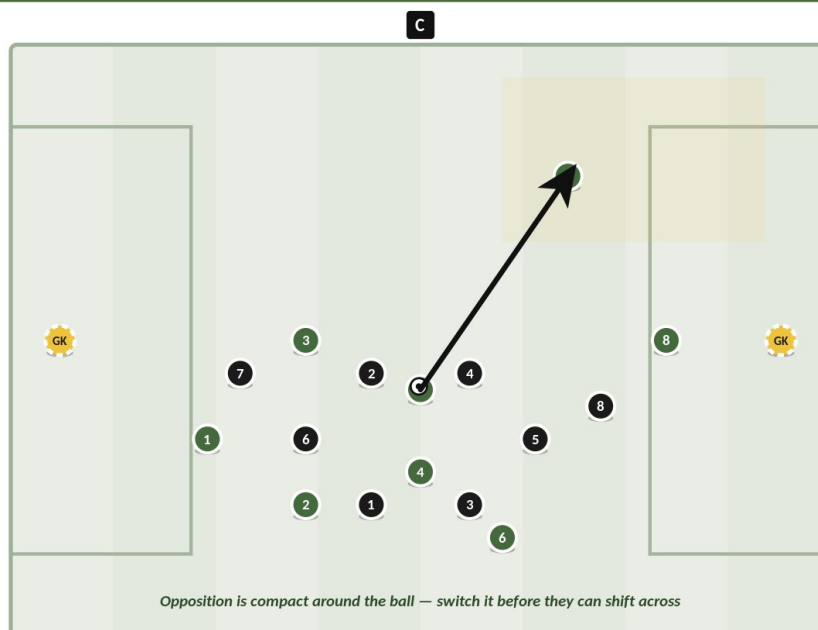
Success indicators:

- Switches are visibly earlier relative to opposition shift than in earlier practices.
- The far side consistently has a genuine, ready option before the switch is played.
- Sustained spells of possession trapped on one side decrease across the practice.

Coach's eye: this practice is the week's clearest test of whether Tuesday's teaching has transferred — judge it specifically against how long the ball stays on one side before the team finds the switch.

T9.4 BREAK THE SIDE — Conditioned Match

50 x 36 m (half pitch) • 8v8 + GKs • opposition congests the ball side, switch to exploit the far side • 15 minutes



● Team in possession ● Opposition (congesting) ● Goalkeeper ● Ball ➔ Switch pass
■ Space left open far side

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AI image-generation prompt (tactical diagram): "Top-down 2D vector football coaching diagram, clean white background, UEFA coaching-manual style, showing half of a football pitch, 50x36 metres, with penalty box markings at both ends and a full-size goal at each end with a goalkeeper in yellow at each. Eight players in dark green bibs numbered 1–8 and eight players in black bibs numbered 1–8, both groups clustered toward the left side of the pitch, with a shaded empty zone on the right side of the pitch labelled as open space. A long black solid arrow with an arrowhead representing a switch pass travelling from the congested left side across to a green player entering the open zone on the right. White football near a central-left green player. Title: 'BREAK THE SIDE — Conditioned Match'. Subtitle: '50 x 36 m (half pitch) • 8v8 + GKs • opposition congests the ball side, switch to exploit the far side • 15 minutes'. Legend row at bottom. High-resolution landscape vector illustration, clear typography, no decorative elements, no club badges or logos."

Realistic illustration — description: Wide elevated view of a full-scale 8v8 conditioned match, both teams clustered and compact on the left side of the pitch, a green-bibbed player striking a long crossfield ball toward a wide-open right side where a team-mate is arriving into space, coach on the touchline near halfway tracking the whole picture.

AI image-generation prompt (realistic illustration): "Wide elevated three-quarter sideline photograph-style illustration of an adult amateur 8v8 conditioned football match on a half-size grass pitch with full-size goals and goalkeepers in yellow at each end. Both teams visibly clustered and compact on the left side of the pitch. A player in a dark green bib striking a long crossfield pass toward the wide-open right side of the pitch, where a team-mate in a matching dark green bib is arriving into space. A coach stands near the halfway line on the touchline, tracking the whole picture. Early evening light with long shadows, realistic grass pitch markings, amateur adult players of varied build. Professional sports-photography style, high resolution, landscape orientation, no club badges, sponsor logos, or identifiable real players."

REFLECTION (1 MINUTE)

One question to the group: "Name one moment tonight where we switched the ball before they could close it down — and one where we should have but didn't."

Thursday — Session 18

FIELD	DETAIL
Session number	18 of 72
Week	9
Season phase	2 — Early-Season Identity
Training day	Thursday
Session theme	Free-kick routines (wide)
Short summary	Introduces the season's first attacking wide free-kick routine — a small, reliable set of delivery types and runs rehearsed to genuine match readiness, matching the depth of Week 5's attacking corner routine.
Tags	`set-pieces` `attacking` `delivery` `unit-work`
Primary learning objective	The team executes one reliable wide free-kick routine, with every player's role, starting position and run rehearsed and understood.
Secondary learning objective	The deliverer's technique is consistent enough that team-mates can trust the trajectory and time their runs to it.
Match connection	A genuinely fixture-ready wide free-kick routine, matching the season's set-piece development pathway.
Expected tactical outcome	Clean, well-timed movement into the two rehearsed target zones (near post and far post) from a wide free kick, with rest defence maintained throughout.
Expected physical load	Moderate — technical and organisational quality is prioritised over physical intensity.
Recommended intensity	5–6 / 10, rising briefly to match intensity in Practice 4.
Equipment list	16 footballs · 12 flat markers · 8 cones (orange) · 2 sets of bibs (2 colours, 10 each) · 2 full-size or portable goals
Player numbers	Designed for 16 outfield + 2 goalkeepers; scales 10–22, see contingencies.
Goalkeeper requirements	Both goalkeepers train throughout; the defending team's goalkeeper is coached specifically on starting position and communication for a wide free-kick delivery.
Pitch dimensions	Largest area this week is 40 x 28 m (Practice 3).
Area layout	An individual delivery area for Practice 2, widening into a full set-piece organisation area for Practice 3, then a small-sided game for Practice 4.
Contingency — lower attendance (10–13)	Practice 3 reduces to a 6v6 routine with fewer decoy runners; the core delivery and two target runs are protected regardless of numbers.
Contingency — higher attendance (20+)	Practice 3 can add a second wave of attackers arriving for the second phase.
Contingency — restricted space	Practice 2 can be run in any space with a target zone and a wall or rebound net; Practice 3 needs a genuine penalty-area-sized space and should not be compressed below realistic dimensions.

TIMELINE (60 MINUTES)

TIME	DURATION	PHASE	COLOUR CODE
0:00–0:10	10 min	Arrival & warm-up — <i>Dead Ball Touches</i>	Light green
0:10–0:25	15 min	Technical practice — <i>Whipped and Bent</i>	Club green
0:25–0:27	2 min	Water break / transition	—
0:27–0:42	15 min	Unit / tactical practice — <i>The Wide Routine</i>	Dark green
0:42–0:44	2 min	Water break / transition	—
0:44–0:59	15 min	Confidence game — <i>Delivery Day</i>	Black
0:59–1:00	1 min	Reflection	—

PRACTICE 1 — DEAD BALL TOUCHES (ARRIVAL)

Duration: 10 minutes · **Training load:** Low

Tactical purpose: Prepares the specific technical actions this week is built around — striking a dead ball cleanly and attacking a moving ball in the air — before any organisation is layered on.

Organisation: Pairs, one ball each, spread across a wide area near the target goal. No goalkeeper requirement — both keepers join fully.

Walkthrough: Each pair alternates striking dead balls to each other from progressively wider and longer distances, then progresses to one player serving crosses for the other to attack with a header or first-time volley.

Rules: None beyond safe spacing between pairs.

Coaching points:

- *Technical:* clean contact on the dead-ball strike; timing of the jump or run to attack a served ball.
- *Physical:* controlled, repeated technical actions rather than intensity.
- *Psychological:* focus and repetition rather than competition at this stage.

PRACTICE 2 — WHIPPED AND BENT (TECHNICAL PRACTICE)

Duration: 15 minutes · **Training load:** Moderate

Tactical purpose: Isolates the delivery technique itself — a whipped, in-swinging ball toward the near post and a bent, out-swinging or driven ball toward the far post — so that by the time the full routine is rehearsed in Practice 3, the delivery can be trusted rather than treated as a variable.

Organisation:

- **Pitch dimensions:** 30 x 22 m
- **Players:** individual and small-group rotation; up to 4 deliverers working at once with target runners
- **Goalkeeper involvement:** both keepers rotate through as the defending goalkeeper, reading the delivery
- **Team sizes:** not applicable — a technical, rotational practice
- **Neutrals:** none
- **Equipment:** 2 marked target zones (near post and far post), cones for a restart marker
- **Starting positions:** as shown in the diagram
- **Ball supply:** 8 balls with the coach and deliverers
- **Restart:** deliverer collects a fresh ball after each strike
- **Coach position:** behind the delivery point, able to assess technique and trajectory
- **Rotation method:** deliverers and target runners swap every four to five strikes
- **Direction of play:** toward the one goal, from a fixed wide position

Practice walkthrough: From a fixed wide free-kick position (roughly 25 m from goal, wide right or wide left), each deliverer practises two trajectories in turn: a whipped, in-swinging ball aimed at the near-post target zone, and a bent, driven ball aimed at the far-post target zone. Target runners attack each delivery, working on their own timing and contact.

Rules: Each deliverer alternates trajectory type strike by strike, so both are genuinely practised rather than favouring whichever feels more comfortable.

Tactical roles:

- *Individual:* the deliverer's job is consistency of trajectory and pace; the target runner's job is timing the run to arrive as the ball arrives, not before or after.
- *Unit:* not applicable at this scale.
- *Team:* not applicable at this scale.
- *Transition:* not applicable — this practice is technical and possession-focused throughout.

Decision-making triggers:

- Not applicable in the strict sense — this practice is technique-first; the decision-making layer is added in Practice 3.

Communication language used: *Time* — used by the target runner to communicate when they are ready for the next delivery.

Coaching points:

CORNER	POINT
Technical	Contact point and follow-through for both the whipped and the bent delivery.
Tactical	Consistency of trajectory, so team-mates can trust and time their runs to it.
Physical	Repeated, controlled technical actions.
Psychological	Patience to repeat the same technique until it is reliable, not just occasionally good.
Communication & leadership	The target runner calling when ready, rather than the deliverer guessing.

Guided discovery questions:

1. What is the difference in contact point between a whipped, in-swinging delivery and a bent, out-swinging one?
2. How did the target runner's timing change between the two trajectory types?
3. Why does a consistent trajectory matter more than an occasional excellent one?
4. What would change about this practice if the wind or pitch conditions were different on a Saturday?

Progressions:

1. Add a defending player shadowing the target runner, without full contact.
2. Increase the distance from goal to 30 m.
3. Add a time pressure — deliverer must strike within three seconds of the ball being placed.

Regressions:

1. Reduce the distance from goal to 20 m.
2. Remove the target-runner element temporarily, focusing purely on the deliverer's technique and a fixed target.
3. Allow a short run-up adjustment period before each strike.

Common problems and corrections:

PROBLEM	WHY IT HAPPENS	COACH RECOGNISES BY	STOP OR FLOW?	INTERVENTION	RESTART
Delivery is inconsistent in trajectory or pace	Technique breaks down under repetition fatigue or overthinking	Balls land in different areas strike to strike, with no consistent pattern	Stop	Technical correction: plant foot position, contact point, follow-through	Resume
Target runner arrives too early or too late	Timing is guessed rather than read from the deliverer's approach	Runner is stationary and waiting, or arrives after the ball has passed	Let it flow, then a natural stoppage	Question: "what told you when to start your run?"	Continue

Coach interventions used in this practice: primarily *technical correction*, since this practice exists specifically to build a reliable technical foundation.

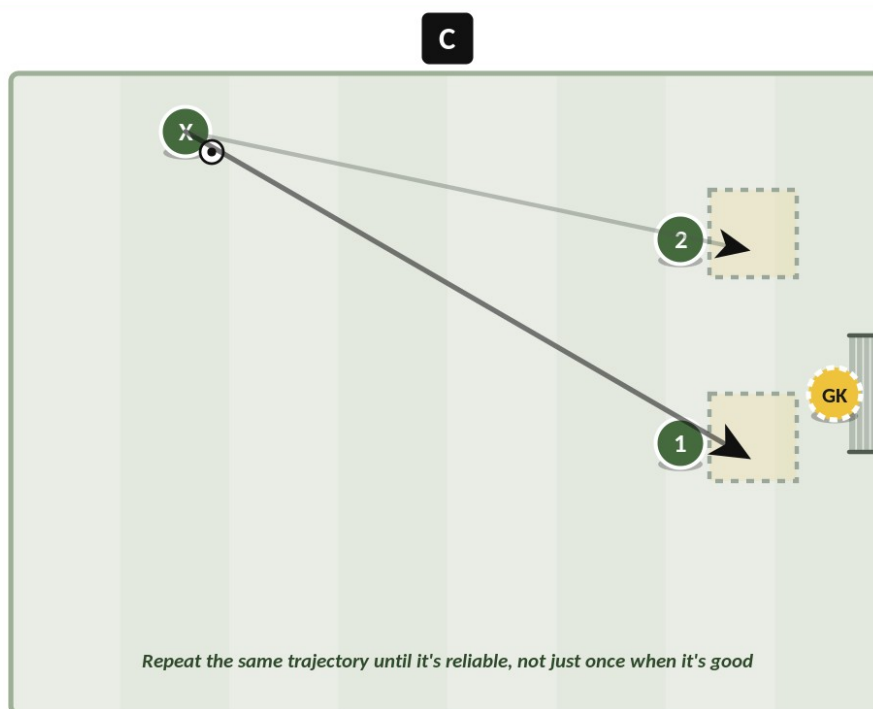
Success indicators:

- Deliveries land consistently inside the intended target zone.
- Target runners' timing improves visibly across the practice.
- Both trajectory types (whipped and bent) are genuinely usable, not just one.

Coach's eye: track consistency over single best efforts — a delivery that is reliably good is worth more to Thursday's routine than one that is occasionally brilliant.

H9.2 WHIPPED AND BENT — Wide Free-Kick Delivery

30 x 22 m • individual and small-group delivery practice into target zones • 15 minutes



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AI image-generation prompt (tactical diagram): "Top-down 2D vector football coaching diagram, clean white background, UEFA coaching-manual style. A 30x22 metre area showing one full-size goal with a goalkeeper in yellow. Two small shaded target zones marked near the near post and far post inside the goal area. A player in dark green bibs numbered X positioned wide with a football at their feet. Two players in dark green bibs numbered 1 and 2 positioned near the two target zones. Two black solid arrows with arrowheads showing two different delivery trajectories from the wide player toward each target zone, one solid and one lighter/dashed to distinguish the two delivery types. Title: 'WHIPPED AND BENT — Wide Free-Kick Delivery'. Subtitle: '30 x 22 m • individual and small-group delivery practice into target zones • 15 minutes'. Legend row at bottom. High-resolution landscape vector illustration, clear typography, no decorative elements, no club badges or logos."

Realistic illustration — description: Elevated view of a training area near a full-size goal, a player striking a dead ball from a wide position with clear follow-through, the ball visible mid-flight curving toward a near-post target area, a team-mate arriving to meet it, goalkeeper alert in position, coach observing closely from behind the delivery point.

AI image-generation prompt (realistic illustration): "Elevated three-quarter sideline photograph-style illustration of adult amateur football training near a full-size goal. A player striking a dead ball from a wide position with a clear, athletic follow-through. The football visible mid-flight, curving toward the near post area of the goal. A team-mate arriving to meet the ball with a header. The goalkeeper, in a yellow jersey, alert and positioned to react. A coach standing behind the delivery point, closely observing the technique. Overcast evening light, realistic grass texture, amateur adult players of varied build. Professional sports-photography style, high resolution, landscape orientation, no club badges, sponsor logos, or identifiable real players."

PRACTICE 3 — THE WIDE ROUTINE (UNIT / TACTICAL PRACTICE — SET-PIECE PROGRAMME)

Duration: 15 minutes · **Training load:** Moderate

Tactical purpose: Establishes the season's first full attacking wide free-kick routine, rehearsed with the same completeness as Week 5's attacking corner — every player's starting position, run, and job is fixed and repeatable, so the team walks into a Saturday fixture with a routine it can actually execute rather than a general idea of "get bodies in the box."

Set-Piece Programme fields:

FIELD	DETAIL
Purpose	To create a clean, high-quality attempt on goal from a wide free kick roughly 20–30 m out, using two rehearsed target zones so the delivery is unpredictable to the opposition but understood by the team.
Player roles and starting positions	Deliverer (X): stands over the ball, wide position. Near-post runner (1): starts on the edge of the six-yard box, attacks the near-post zone with a flick or glancing header. Far-post runner (2): starts on the far edge of the penalty area, arrives late into the far-post zone. Blocker/screen (3): stands legally in the goalkeeper's early line of sight without impeding, occupying space rather than making contact. Rebound player (4): positioned just outside the penalty area, ready for a clearance or second ball. Rest-defence players (5–8): positioned outside the penalty area, spread to cover a potential counter-attack, mirroring the rest-defence standard set in Week 5.
Delivery type	Whipped, in-swinging ball to the near post as the primary option; bent, driven ball to the far post as the secondary, called option — both rehearsed in Practice 2.
Runs	Near-post runner arrives just before the ball to flick or glance it on; far-post runner delays their run slightly, arriving as the ball reaches the far-post zone, so the two runs do not collide in time or space.
Legal blocks/screens note	The screen (Player 3) occupies space and holds a legal, stationary position without using arms or a moving body to impede the goalkeeper or a defender — compliant with the Laws of the Game, exactly as taught in Week 5's attacking corner.
Rebound positions	Player 4 positioned centrally, just outside the box, ready for a blocked shot, clearance, or loose ball, echoing Week 5's second-ball structure.
Rest defence	Players 5–8 spread across the width of the pitch just outside the penalty area, specifically positioned to stop a counter-attack if the routine breaks down — never left to chance.
Transition protection	If possession is lost, the nearest rest-defence player delays immediately while the rest of the team recovers goal-side, applying Week 4's transition-to-defence principle directly to a set-piece context.
Alternative option	If the near post is well covered before the delivery, the deliverer switches to the bent, far-post option instead — decided and called before the ball is struck, not improvised mid-delivery.
Opposition cues	A goalkeeper standing deep and central suggests the near post is more exposed; a defender guarding the near post tightly suggests the far-post option is the better choice.
Contingency for a missing key player	If the primary near-post runner is unavailable, the far-post runner and rebound player switch responsibilities, with a rest-defence player stepping forward to fill the vacated rebound role

FIELD	DETAIL
	— rehearsed explicitly so the routine survives a Saturday absence.

Organisation:

- **Pitch dimensions:** 40 x 28 m
- **Players:** 8 attacking vs 8 defending + goalkeeper (matching a realistic match picture around the box)
- **Goalkeeper involvement:** full — reading the delivery, communicating with the defensive line
- **Team sizes:** 8 v 8 + GK
- **Neutrals:** none
- **Equipment:** flat markers for starting positions, 1 full-size or portable goal
- **Starting positions:** as shown in the diagram
- **Ball supply:** 4 spare balls with the coach
- **Restart location:** the marked wide free-kick position
- **Coach position:** central, behind the attacking shape, able to see all starting positions
- **Rotation method:** attacking and defending groups swap every five repetitions
- **Direction of play:** toward the one goal, from the fixed wide restart

Practice walkthrough: The routine is walked through at low speed first — every player finding and holding their starting position — before being run at full speed repeatedly, with the coach freezing the picture after each repetition to check timing and spacing. The defending team is added progressively, first passive, then fully live.

Rules: As described in the Set-Piece Programme fields above; otherwise standard match rules apply once the defending team is live.

Tactical roles: individual (deliverer, near-post runner, far-post runner, screen, rebound player), unit (the six players inside the routine functioning as one rehearsed pattern), team (rest defence protecting the whole squad's shape), transition (the immediate reaction if possession is lost).

Decision-making triggers:

- Goalkeeper standing deep/central → primary near-post option.
- Near post tightly marked before delivery → alternative far-post option, called clearly.
- Possession lost following the routine → nearest rest-defence player delays immediately.

Communication language used: *Screen, Lock, Delay, Time* — plus the specific called option ("Near!" or "Far!") from the deliverer before the ball is struck.

Coaching points:

CORNER	POINT
Technical	Delivery consistency (from Practice 2) combined with clean contact on the near-post flick or far-post header.
Tactical	Correct reading of opposition cues to select the right option before the ball is struck.
Physical	Explosive, well-timed movement into the two target zones.
Psychological	Composure and discipline to hold a rehearsed starting position rather than drifting early.
Communication & leadership	The deliverer calling the chosen option clearly enough for every runner to hear.

Guided discovery questions:

1. What did the goalkeeper's position tell us about which option to choose?

2. How did the near-post and far-post runners avoid arriving at the same time?
3. What was rest defence doing while the routine was being delivered?
4. What would our reaction be if we lost the ball straight after this routine broke down?
5. Why does the screen player need to stay legal and stationary rather than moving into the goalkeeper?

Progressions:

1. Add a fully live, competitive defending team from the start.
2. Add a second wave of attackers arriving for a rehearsed second-phase routine, foreshadowing Phase 3's second-phase work.
3. Introduce a short shot clock, requiring the routine to be organised and delivered within 20 seconds of the whistle.

Regressions:

1. Walk the routine through with no defenders at all until shape and timing are correct.
2. Reduce to two target runners and one rest-defence player for a simpler first version.
3. Allow the coach to call the option aloud for the first several repetitions.

Common problems and corrections:

PROBLEM	WHY IT HAPPENS	COACH RECOGNISES BY	STOP OR FLOW?	INTERVENTION	RESTART
Runners arrive at the same time and collide or crowd the target zone	Timing hasn't been rehearsed enough to separate the two runs	Both runners converging on the same space at the same moment	Stop	Freeze-and-correct: reset starting positions, re-time the two runs explicitly	Resume
Rest defence drifts forward to watch the delivery	Attention is drawn to the ball rather than held on the defensive job	Rest-defence players are not visible in their designated positions when the ball is struck	Stop	Short group intervention connecting directly to Week 5's rest-defence standard	Resume
Deliverer strikes without calling the option	Habit of just hitting the ball rather than communicating first	Runners are visibly unsure which zone to attack	Stop	Freeze-and-correct: no delivery is struck until the option is called aloud	Resume

Coach interventions used in this practice: heavy on *freeze-and-correct*, since a set-piece routine is specifically the kind of practice where precise repetition, stopped and reset as needed, is more valuable than uninterrupted flow.

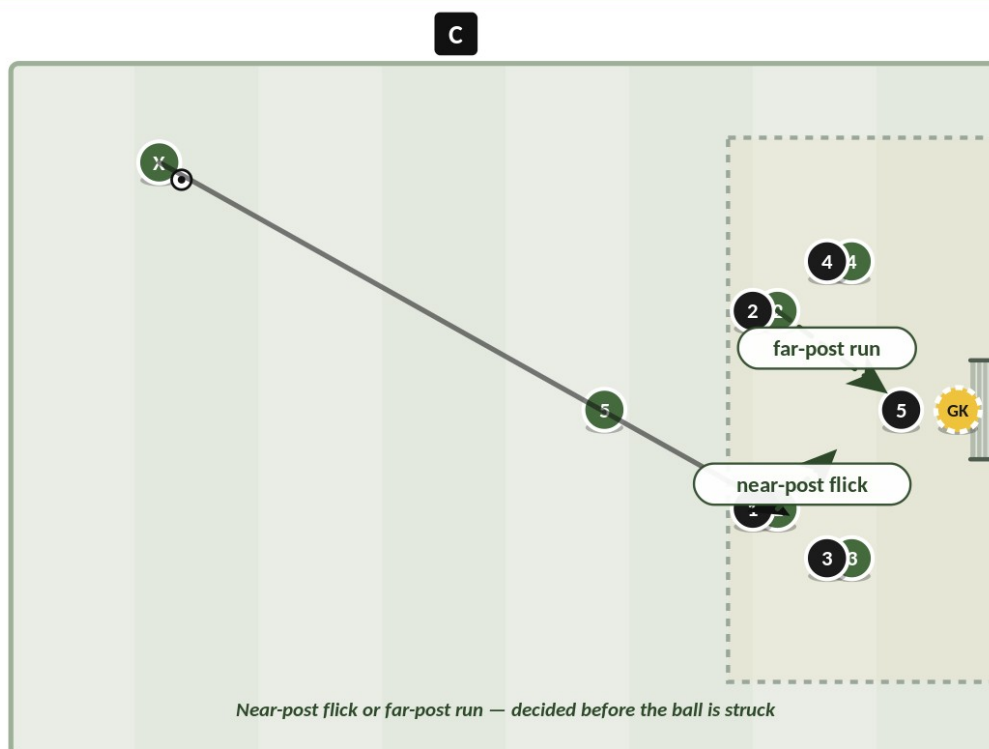
Success indicators:

- The routine can be executed at full speed with correct starting positions and timing.
- The called option (near or far) matches the opposition cue correctly.
- Rest defence holds its position through every repetition.

Coach's eye: watch rest defence as closely as the delivery itself — a well-struck ball into a well-timed run means little if the team is then exposed to an instant counter-attack.

H9.3 THE WIDE ROUTINE — Attacking Free Kick

Free kick, wide right, 25m out • near-post flick, far-post run, rest defence • 15 minutes



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AI image-generation prompt (tactical diagram): "Top-down 2D vector football coaching diagram, clean white background, UEFA coaching-manual style. A 40x28 metre area showing a penalty box outline at one end with a full-size goal and a goalkeeper in yellow. A player in dark green bibs labelled X positioned wide with a football, outside the box. Five players in dark green bibs numbered 1–5 positioned at varying points around and inside the penalty box, two of them connected to short dashed run arrows labelled 'near-post run' and 'far-post run' heading toward two shaded target zones near the goal. Five players in black bibs numbered 1–5 marking positions inside and around the box. A light shaded rectangle over the penalty area. Title: 'THE WIDE ROUTINE — Attacking Free Kick'. Subtitle: 'Free kick, wide right, 25m out • near-post flick, far-post run, rest defence • 15 minutes'. Legend row at bottom. High-resolution landscape vector illustration, clear typography, no decorative elements, no club badges or logos."

Realistic illustration — description: Elevated view of a penalty box during a rehearsed wide free-kick routine, a player striking the ball from a wide position, two attacking runners moving into near-post and far-post zones with clear separation in timing, defenders marking closely, goalkeeper set and alert, a small group of players positioned outside the box as rest defence, coach observing from a central vantage point.

AI image-generation prompt (realistic illustration): "Elevated three-quarter view of a penalty box during an adult amateur football training session, showing a rehearsed wide free-kick routine. A player striking the ball from a wide position outside the box. Two attacking players in dark green bibs moving into near-post and far-post areas with clearly separated timing, one arriving earlier than the other. Defensive players in black bibs marking closely inside the box. The goalkeeper, in yellow, set and alert in a central position. A small group of players positioned just outside the penalty box representing defensive cover. A coach observing from a central vantage point behind the box. Overcast evening light,

realistic grass and penalty-box markings, amateur adult players of varied build. Professional sports-photography style, high resolution, landscape orientation, no club badges, sponsor logos, or identifiable real players."

PRACTICE 4 — DELIVERY DAY (CONFIDENCE GAME)

Duration: 17 minutes · **Training load:** Moderate

Tactical purpose: Closes the session with a competitive, enjoyable game that requires every goal to follow a wide delivery — a cross or a wide free kick — so the week's technical and tactical work is reinforced inside a genuinely fun, confidence-building context, sending players into the weekend sharp rather than fatigued.

Organisation:

- **Pitch dimensions:** 34 x 22 m
- **Players:** 14 outfield, rotating
- **Goalkeeper involvement:** both keepers rotate through
- **Team sizes:** 7 v 7
- **Neutrals:** none
- **Equipment:** 2 full-size or portable goals, 6 flat markers
- **Starting positions:** as shown in the diagram
- **Ball supply:** 3 spare balls with the coach
- **Restart location:** nearest sideline or a wide free-kick restart when awarded
- **Coach position:** sideline, central
- **Rotation method:** none required at this scale
- **Direction of play:** both directions, one goal per end

Practice walkthrough: A 7v7 game in which every goal must be created from a wide delivery — either an open-play cross from a wide area or a wide free kick awarded during play. The coach awards periodic free kicks from realistic wide positions to ensure the routine gets extra live repetitions inside a game context.

Rules: Goals not created from a wide delivery do not count; otherwise standard small-sided-game rules.

Tactical roles: the full delivery and target-run skill set from Practices 2–3, applied inside free-flowing, competitive play.

Decision-making triggers: the full set from Practice 3, applied spontaneously as wide areas and free-kick opportunities arise during play.

Communication language used: the full season's language so far, plus the called delivery option from Practice 3.

Coaching points:

CORNER	POINT
Technical	Delivery quality and finishing under game-realistic, competitive conditions.
Tactical	Correctly identifying and exploiting wide delivery opportunities as they arise naturally.
Physical	Moderate, game-based intensity to close the week on a positive note.
Psychological	Confidence and enjoyment — this is the week's designed high point.
Communication & leadership	Organising quickly around a live wide free kick without needing a stoppage to reset.

Guided discovery questions:

1. What made tonight's best delivery-to-goal moment work?
2. How quickly could the team organise into the routine when a free kick was awarded live?
3. What's one thing from this week you feel ready to take into Saturday?

Progressions:

1. Increase the value of a goal scored via the rehearsed near-post or far-post option specifically.
2. Add a genuine offside line.

3. Reduce the pitch width slightly to increase the frequency of wide delivery opportunities.

Regressions:

1. Allow goals from any source if the delivery condition is proving too restrictive for the group's current confidence.
2. Increase the pitch size for more space and time.
3. Reduce to 5v5 for more individual involvement.

Common problems and corrections:

PROBLEM	WHY IT HAPPENS	COACH RECOGNISES BY	STOP OR FLOW?	INTERVENTION	RESTART
Team forces play toward the wide areas even when a central option is clearly better	The condition is chased rather than played naturally	Wide areas are congested with players even when space exists centrally	Let it flow, then a natural stoppage	Question: "was the wide ball really the best option there?"	Resume
Live free-kick organisation is slow and disorganised	The routine hasn't yet transferred from the structured practice to a spontaneous moment	Players hesitate or stand still when a free kick is awarded	Stop	Short group intervention: quick reset of starting positions from Practice 3	Resume

Coach interventions used in this practice: light touch — mostly *questioning*, preserving the game's flow and enjoyment as the session's intended closing note.

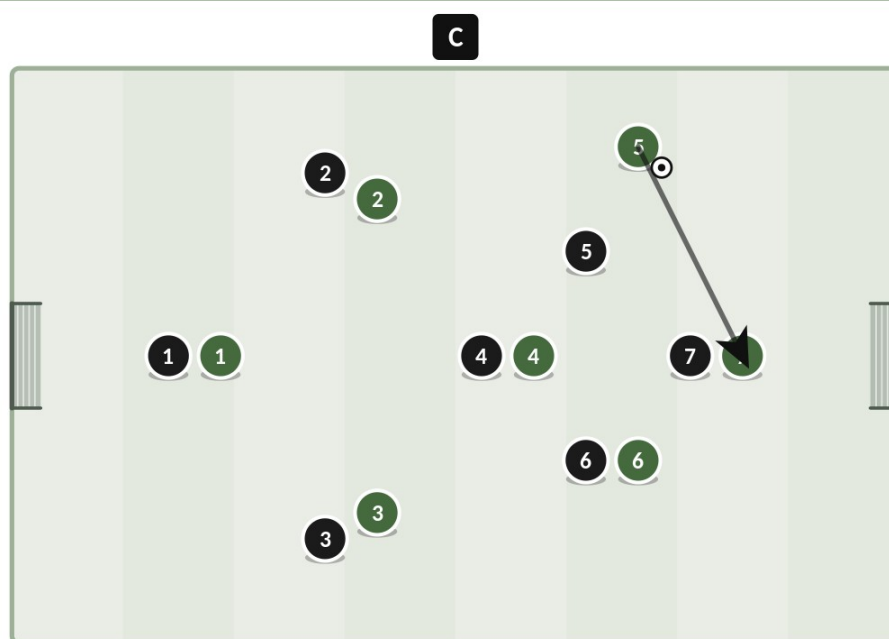
Success indicators:

- Goals from wide deliveries increase across the practice.
- Live free-kick organisation becomes visibly faster and more confident.
- Players finish the session animated and positive.

Coach's eye: this is a confidence-building close to the week — resist over-coaching it; let the week's earlier correction do its work and allow the group to enjoy what they've built.

H9.4 DELIVERY DAY — Confidence Game

34 x 22 m • 7v7 • every goal must follow a wide delivery (cross or wide free kick) • 17 minutes



● Team A ● Team B ● Ball ➔ Wide delivery

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AI image-generation prompt (tactical diagram): "Top-down 2D vector football coaching diagram, clean white background, UEFA coaching-manual style. A 34x22 metre pitch with a full-size goal at each end. Seven players in dark green bibs numbered 1–7 and six players in black bibs numbered 1–6 spread across the pitch. White football near a green player positioned wide. A black solid arrow with an arrowhead representing a cross from the wide position toward a green player near the goal. Title: 'DELIVERY DAY — Confidence Game'. Subtitle: '34 x 22 m • 7v7 • every goal must follow a wide delivery (cross or wide free kick) • 17 minutes'. Legend row at bottom. High-resolution landscape vector illustration, clear typography, no decorative elements, no club badges or logos."

Realistic illustration — description: Elevated sideline view of a lively 7v7 game, a green-bibbed player crossing from a wide position with visible enthusiasm, team-mates arriving into the box to meet the ball, both full-size goals visible, coach on the touchline smiling and encouraging, players clearly enjoying the closing game of the session.

AI image-generation prompt (realistic illustration): "Elevated three-quarter sideline photograph-style illustration of an adult amateur 7v7 small-sided football game on a grass pitch with two full-size goals. A player in a dark green bib crossing the ball from a wide position with an athletic, committed motion. Team-mates in matching dark green bibs arriving into the penalty area to meet the delivery. Warm early-evening light, realistic grass pitch and long shadows, amateur adult players of varied build showing visible energy and enjoyment. A coach on the touchline, smiling and encouraging. Professional sports-photography style, high resolution, landscape orientation, no club badges, sponsor logos, or identifiable real players."

REFLECTION (1 MINUTE)

One question to the group: "What's our call for the near-post option, and what's our call for the far-post option — say them out loud together."

Match-Day Objectives

Three team objectives:

1. Recognise a congested side early and switch the point of attack before the opposition can shift across.
2. Execute the wide free-kick routine cleanly when the opportunity arises, with the correct option (near or far) called before delivery.
3. Maintain rest defence throughout every wide delivery, protecting against the counter-attack.

Three unit objectives:

1. **Back line and goalkeeper:** provide a genuine, available switching outlet on the far side at all times.
2. **Midfield unit:** recognise the moment to hold the ball on the near side versus the moment to demand the switch.
3. **Front players and wide players:** occupy and hold the two rehearsed target zones (near post, far post) with correctly timed, separated runs.

Individual role reminders:

- The deliverer owns the call — near or far — and communicates it clearly before every dead-ball delivery.
- The near-post runner arrives just before the ball; the far-post runner delays and arrives late — timing, not effort, separates the two runs.
- Rest-defence players hold their positions outside the box through every delivery, regardless of how promising the attack looks.

Measurable performance indicators:

- Number of successful switches of play that travel at least half the pitch width and are received under control.
- Time spent in sustained possession on one side of the pitch before a switch or turnover (aim: a visible reduction from previous weeks).
- Number of clean, correctly executed wide free-kick deliveries into the rehearsed target zones.
- Number of shots or clear chances created directly from the wide free-kick routine.

Formation Translation — Applying This Across Different Shapes

Switching the point of attack:

STRUCTURE	WHO PROVIDES THE FAR-SIDE OPTION	WHAT STAYS THE SAME	WHAT CHANGES	KEY RISK
4-3-3	Far winger and far full-back	The far side always has a ready, available target	The overlap or underlap pattern used to create the target differs by wide-player pairing	Both wide players drifting infield simultaneously, leaving no genuine far-side option
3-4-3 / back-three build-up	Far wing-back, supported by a dropping central midfielder	The switching pass itself and the timing principle	The passing lane across the pitch is provided by a midfielder rather than a wider centre-back	The far wing-back pushing too high too early, before the switch has actually been played

Wide free-kick routine:

STRUCTURE	WHO FILLS THE ROUTINE'S ROLES	WHAT STAYS THE SAME	WHAT CHANGES	KEY RISK
4-3-3	Winger delivers; striker and far-side winger provide the two target runs; full-backs form rest defence	The routine's structure, calls and rest-defence standard	Which position occupies the screen role, depending on who is on the pitch	Full-backs failing to hold rest-defence positions because they are drawn to watch the delivery
3-4-3	Wing-back delivers; both forwards provide the target runs; the back three plus holding midfielder form rest defence	The routine's structure, calls and rest-defence standard	A back three provides broader natural rest-defence coverage than a back four, allowing one central defender to push slightly higher as the rebound player	Over-committing the back three forward, leaving only the goalkeeper covering a long counter

Coach Review

To be completed by the coaching staff after delivery.

What worked well this week:

What needs more work:

Attendance and availability notes:

Adjustments for next week:

Individual player notes:

Written by Alan Cunningham with Claude AI · Castlewellan Town FC — Senior Coaching Curriculum · session design follows the four-corner model used in UEFA coach education (technical, tactical, physical, psychological) and the principle-led, formation-neutral approach set out in modern coach education. An independent club resource, not an official UEFA or Irish FA publication and not endorsed by either.