



Week 10 — Early-Season Identity

Tags: `possession` `rest-defence` `set-pieces` `decision-making` `full-squad-practice`

Weekly Overview

FIELD	DETAIL
Week number	10 of 36
Season phase	2 — Early-Season Identity
Core principle	Overloads & rest defence
Secondary principle	Recognise the picture before playing
Previous match review focus	Apply the three routes below to the most recent fixture.
Weekly tactical problem	The team now knows how to create a numbers advantage during build-up (Week 6's wide overload, this week's central and build-zone work) and has a rest-defence standard from Week 5's corners. What hasn't yet been joined up is the <i>decision</i> of how many players to actually commit to an overload during open-play build-up, and how many must stay back regardless of how tempting the extra body forward looks. This week makes that decision explicit and rehearsed, rather than left to instinct.
Formation-neutral explanation	Overloads and rest defence are a single connected decision, not two separate ideas — however many players a structure sends forward to create a numbers advantage, an equal and deliberate number must be held back to defend the space and shape left behind, and that balance does not depend on which formation is on the team sheet.
Example structural applications	In a 4-3-3 building from the back: two centre-backs and a dropping holding midfielder can create a 3v2 or 3v1 against the first press, while the two full-backs and the second midfielder hold rest-defence positions. In a back-three build-up: the back three itself often provides the overload against a two-man press without needing an extra body at all, freeing both wing-backs and the double pivot to sit deeper as rest defence. The overload's source changes; the requirement that rest defence is never left short does not.

Match Review and Weekly Adjustment

Route A — Previous performance was strong. If the team played well, check specifically whether any good attacking spells were followed by a scare on the counter — a strong result can mask a rest-defence gap that simply wasn't punished on the day. Name it if you find it, even inside a good performance.

Route B — Previous performance exposed a tactical weakness. If the team was caught by a counter-attack after committing numbers forward, this week answers it directly — open Tuesday's session with the specific moment and use it as the practical reference point for "The Extra Man."

Route C — Attendance, facilities or player availability are disrupted. The rest-defence minimum can scale with numbers — fewer players simply means a smaller minimum, not an abandoned principle. Keep both the build zone and the rest-defence zone represented even at reduced numbers.

Tuesday — Session 19

FIELD	DETAIL
Session number	19 of 72
Week	10
Season phase	2 — Early-Season Identity
Training day	Tuesday
Session theme	Rest defence during build-up
Short summary	Joins together the team's overload skills and its rest-defence standard into a single decision: how many players to commit forward to create a numbers advantage, and how many must always stay back, decided by reading the picture rather than habit.
Tags	`possession` `rest-defence` `decision-making` `conditioning`
Primary learning objective	The team creates a genuine overload during build-up while never dropping below its rest-defence minimum.
Secondary learning objective	Players can explain, in the moment, why they did or didn't commit an extra body forward.
Match connection	The week's named match-day connection: fewer clean counters conceded from our own attacks.
Expected tactical outcome	Overloads look deliberate and controlled, not opportunistic and exposed.
Expected physical load	Moderate — repeated positional discipline and quick transitions rather than maximal sprints throughout.
Recommended intensity	6–7 / 10, rising in Practice 4.
Equipment list	20 footballs · 22 flat markers · 14 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 goalkeeper is coached specifically as part of the rest-defence count, not separate from it.
Pitch dimensions	Largest area this week is 50 x 36 m (Practice 4).
Area layout	A split build-zone/rest-defence grid for Practice 2, widening through Practices 3 and 4.
Contingency — lower attendance (10–13)	Practice 2 reduces the rest-defence minimum to 1; Practice 3 becomes 5v4; Practice 4 becomes 6v6.
Contingency — higher attendance (20+)	Practice 4 can extend to 9v9, raising the rest-defence minimum to 3.
Contingency — restricted space	Compress the build zone before the rest-defence zone — the decision-making principle survives a smaller build area more easily than a smaller defensive one.

TIMELINE (60 MINUTES)

TIME	DURATION	PHASE	COLOUR CODE
0:00–0:10	10 min	Arrival & warm-up — <i>Counted In</i>	Light green
0:10–0:25	15 min	Technical practice — <i>The Extra Man</i>	Club green
0:25–0:27	2 min	Water break / transition	—
0:27–0:42	15 min	Skill game — <i>Overload and Recover</i>	Dark green
0:42–0:44	2 min	Water break / transition	—
0:44–0:59	15 min	Conditioned match — <i>Read the Picture</i>	Black
0:59–1:00	1 min	Reflection	—

PRACTICE 1 — COUNTED IN (ARRIVAL)

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

Tactical purpose: Introduces the idea of a fixed minimum number in a simple, physical form before any tactical structure is added.

Organisation: 24 x 18 m grid, small rondo groups. No goalkeeper requirement — both keepers join fully.

Walkthrough: A rolling rondo in which the coach periodically calls a number (e.g. "Two"), and exactly that many players must peel away to a marked zone at the edge of the grid while the rest continue playing short of numbers — an early, physical rehearsal of "some players must always be somewhere else."

Rules: The called number must be met exactly; too few or too many is a stoppage.

Coaching points:

- *Technical:* composure in possession while short-handed.
- *Physical:* quick, purposeful movement to the marked zone.
- *Psychological:* accepting a numbers disadvantage in one area as the price of coverage elsewhere.

PRACTICE 2 — THE EXTRA MAN (TECHNICAL PRACTICE)

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

Tactical purpose: Isolates the core structure of the week — a build zone where the team creates a numbers overload, and a separate rest-defence zone that must always hold a minimum number of players — so players feel the trade-off directly before it is tested inside a live game.

Organisation:

- **Pitch dimensions:** 36 x 24 m
- **Players:** 7 possession players total, split across a build zone and a rest-defence zone, vs 3 opposition pressers in the build zone
- **Goalkeeper involvement:** both keepers rotate through as part of the possession team's rest-defence count
- **Team sizes:** 7 (possession) v 3 (pressers)
- **Neutrals:** none
- **Equipment:** flat markers to mark the two zones
- **Starting positions:** as shown in the diagram
- **Ball supply:** 2 spare balls with the coach
- **Restart:** coach restarts centrally on any stoppage
- **Coach position:** central, able to see both zones
- **Rotation method:** pressers rotate with tired possession players every few minutes
- **Direction of play:** possession retention, both zones

Practice walkthrough: The grid is split into a build zone (where the numbers overload happens against three opposition pressers) and a rest-defence zone (which must always hold at least two possession players). Players may move between the two zones, but the rest-defence zone can never fall below its minimum — if it does, the coach stops play immediately and resets. The team's task is to still create and use a genuine overload in the build zone despite the players held back.

Rules: Minimum two players in the rest-defence zone at all times; a breach of the minimum is an immediate stoppage regardless of what is happening with the ball.

Tactical roles:

- *Individual:* each player must know, at every moment, whether they are currently a build-zone or rest-defence player.
- *Unit:* the build-zone group must create genuine numbers superiority despite the players unavailable to them.
- *Team:* balancing the two zones is a whole-team responsibility, not just the deepest players' job.
- *Transition:* not applicable — this practice is possession-focused throughout.

Decision-making triggers:

- Rest-defence zone is at its minimum → the next available player must reinforce the build zone instead of adding to rest defence.
- Rest-defence zone is above its minimum → a spare player may safely join the overload.
- The overload in the build zone is already sufficient to retain possession comfortably → no further players should commit forward.

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

Coaching points:

CORNER	POINT
Technical	Composure and clean touches under a numbers disadvantage in the build zone.
Tactical	Constant awareness of the current split between the two zones.
Physical	Quick, purposeful transitions between zones as the picture changes.

CORNER	POINT
Psychological	Discipline to stay in rest defence even when the ball and the action are elsewhere.
Communication & leadership	Calling out the current zone count so team-mates don't have to guess.

Guided discovery questions:

1. How did you know whether the rest-defence zone had its minimum number at any given moment?
2. What happened to the build-zone overload when a player was pulled back to cover the minimum?
3. Why might a team accept a smaller overload in order to protect its rest-defence numbers?
4. How does this connect to Week 5's rest-defence standard at corners — is the underlying idea the same?

Progressions:

1. Raise the rest-defence minimum to three, further constraining the build-zone overload.
2. Reduce the time players are allowed to remain undecided between zones.
3. Add a fourth presser to the build zone, raising the difficulty of the overload itself.

Regressions:

1. Reduce the rest-defence minimum to one.
2. Widen the build zone for more time and space.
3. Reduce to two pressers.

Common problems and corrections:

PROBLEM	WHY IT HAPPENS	COACH RECOGNISES BY	STOP OR FLOW?	INTERVENTION	RESTART
Rest-defence zone falls below its minimum	Players are drawn toward the ball and the overload rather than tracking the count	Fewer than the required number in the rest-defence zone	Stop	Freeze-and-correct: identify who should have stayed back and didn't	Resume
Team over-commits to rest defence, leaving the build zone unable to create a genuine overload	Overcorrection toward caution	The build zone is regularly outnumbered and struggles to retain the ball	Let it flow, then a natural stoppage	Question: "did we need that many players back there just then?"	Resume

Coach interventions used in this practice: heavy on *freeze-and-correct*, since the exact zone count is the entire teaching point and is worth stopping for repeatedly.

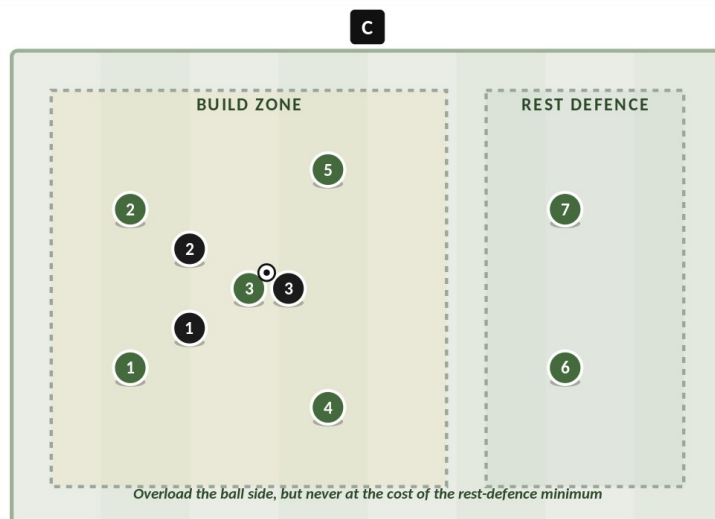
Success indicators:

- The rest-defence minimum is maintained consistently.
- The build zone still produces a genuine, usable numbers advantage despite the constraint.
- Players can state the current zone count without being asked.

Coach's eye: watch the rest-defence zone as closely as the ball — a team that protects its minimum without being told is showing exactly the awareness this practice is built to produce.

T10.2 THE EXTRA MAN — Overload With Rest Defence

36 x 24 m • build zone + rest-defence zone • at least 2 players must always stay in the rest-defence zone • 15 minutes



● Possession team ● Opposition ⊙ Ball ■ Build zone ■ Rest-defence zone (min. 2 players)

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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 36x24 metre grid divided into two zones: a larger zone on the left labelled 'BUILD ZONE' shaded pale yellow, and a smaller zone on the right labelled 'REST DEFENCE' shaded pale grey. Five players in dark green bibs numbered 1-5 in the build zone and two players in dark green bibs numbered 6-7 in the rest-defence zone. Three players in black bibs numbered 1-3 in the build zone. White football near a central green player. Title: 'THE EXTRA MAN — Overload With Rest Defence'. Subtitle: '36 x 24 m • build zone + rest-defence zone • at least 2 players must always stay in the rest-defence zone • 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 visibly divided into two areas by ground markers, a cluster of green-bibbed players working an overload against black-bibbed opponents in the larger zone, two green-bibbed players standing alert and disciplined in the smaller rest-defence zone despite being away from the ball, coach centrally positioned observing both zones at once.

AI image-generation prompt (realistic illustration): "Elevated three-quarter sideline photograph-style illustration of adult amateur football training on a grid visibly divided into two areas by ground markers. A cluster of players in dark green bibs working a possession overload against players in black bibs in the larger zone. Two players in dark green bibs standing alert and disciplined in a smaller, separate zone away from the main action. A coach standing centrally, observing both zones at once. 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 — OVERLOAD AND RECOVER (SKILL GAME)

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

Tactical purpose: Moves the rest-defence decision into a genuine game with a real attacking goal for the opposition to counter into, so the cost of an unprotected overload becomes immediate and visible rather than theoretical.

Organisation:

- **Pitch dimensions:** 34 x 22 m
- **Players:** 7 possession players vs 5 opposition players
- **Goalkeeper involvement:** both keepers rotate through
- **Team sizes:** 7 v 5
- **Neutrals:** none
- **Equipment:** 1 mini goal (opposition's counter-attack target), 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:** groups swap every five minutes
- **Direction of play:** possession team retains; opposition counters toward the single goal on a turnover

Practice walkthrough: Seven players try to retain possession and progress against five opposition players, who are not otherwise trying to score except on a turnover, at which point they immediately attack the single goal. The possession team's task is to create genuine numbers advantages while ensuring at least one player is always positioned to recover immediately if the ball is lost.

Rules: On a turnover, the opposition has ten seconds to score before possession is reset; a goal conceded inside that window is recorded and reviewed.

Tactical roles: the full overload-and-cover skill set from Practice 2, now inside live, directional play with a genuine attacking consequence for the opposition.

Decision-making triggers: as established in Practice 2, plus the added urgency of an opposition that will immediately punish a gap.

Communication language used: *Hold, Cover, Delay, Time.*

Coaching points:

CORNER	POINT
Technical	Composure in possession under a live counter-attack threat.
Tactical	Recognising and covering the space that would open on a turnover, before it happens.
Physical	Repeated high-intensity recovery actions when possession is lost.
Psychological	Confidence to still attempt an overload despite the visible counter-attack risk.
Communication & leadership	Calling "Cover" or "Delay" the instant possession is lost.

Guided discovery questions:

1. What was your team's clearest example of a well-protected overload tonight?
2. What happened in the ten seconds immediately after a turnover?
3. Who was closest to being able to delay the counter, and were they in position before or after the ball was lost?
4. How does this connect to Week 4's transition-to-defence principle — the nearest players react first?

Progressions:

1. Reduce the counter-attack window to seven seconds, sharpening urgency.
2. Add a second mini goal for the opposition to counter into.
3. Reduce the possession team to 6 players, tightening the numbers available for both overload and cover.

Regressions:

1. Extend the counter-attack window to fifteen seconds.
2. Remove the mini goal temporarily, rewarding a clean regain instead of a scored goal.
3. Reduce the opposition to 4 players.

Common problems and corrections:

PROBLEM	WHY IT HAPPENS	COACH RECOGNISES BY	STOP OR FLOW?	INTERVENTION	RESTART
Team commits every available player to the overload, leaving nobody to cover	Excitement of the numbers advantage crowds out defensive awareness	Concedes quickly and repeatedly on turnovers	Stop	Short group intervention connecting directly to this week's principle	Resume
Team is overly cautious and never actually creates a genuine overload	Overcorrection toward caution	Possession stalls with no clear numbers advantage anywhere	Let it flow, then a natural stoppage	Question: "were we actually using our extra numbers there?"	Resume

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

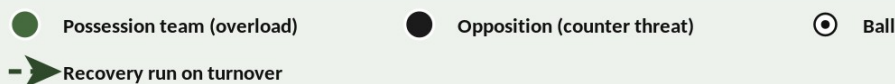
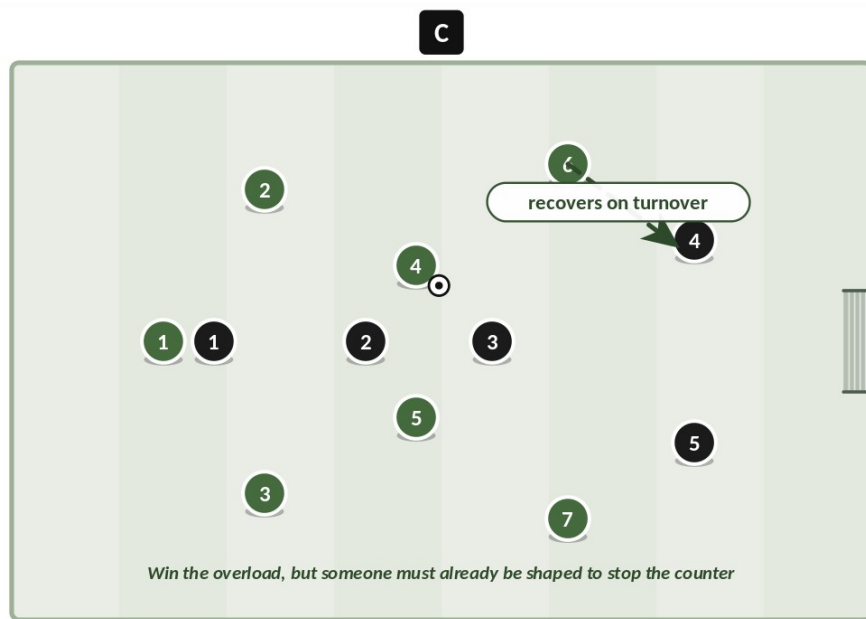
Success indicators:

- Goals conceded on the counter decrease across the practice.
- The overload remains genuine and effective despite the coverage requirement.
- Players react within the window without being prompted.

Coach's eye: watch the moment possession is lost, not just the moment before — the team's rest-defence discipline is judged entirely by what happens in the first two seconds after a turnover.

T10.3 OVERLOAD AND RECOVER — Small-Sided Game

34 x 22 m • 7v5 in the build zone, opposition break for a counter goal on turnover • 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 34x22 metre pitch with a small goal at one end. Seven players in dark green bibs numbered 1-7 spread across the pitch in a possession shape and five players in black bibs numbered 1-5 positioned to press and threaten a counter toward the goal. White football near a central green player. A green dashed arrow labelled 'recovers on turnover' showing a green player moving to cover the space behind. Title: 'OVERLOAD AND RECOVER — Small-Sided Game'. Subtitle: '34 x 22 m • 7v5 in the build zone, opposition break for a counter goal on turnover • 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 possession game with a mini goal at one end, green-bibbed players comfortably outnumbering black-bibbed opponents in the main area, one green-bibbed player positioned noticeably deeper and alert, ready to react if the ball is lost, coach on the touchline tracking the balance of numbers.

AI image-generation prompt (realistic illustration): "Elevated three-quarter sideline photograph-style illustration of an adult amateur football possession game with a single mini goal at one end. Players in dark green bibs comfortably outnumbering opponents in black bibs in the main playing area. One player in a dark green bib positioned noticeably deeper than the rest, alert and ready to react. Late-afternoon light, realistic grass pitch and shadows, amateur adult players of varied build. A coach on the touchline, tracking the balance of numbers. Professional sports- photography style, high resolution, landscape orientation, no club badges, sponsor logos, or identifiable real players."

PRACTICE 4 — READ THE PICTURE (CONDITIONED MATCH)

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

Tactical purpose: Confirms the week's principle at full match scale, requiring the team to make the genuine, live decision of how many players to commit to a build-up overload while never dropping below a rest-defence minimum, against a realistic, reactive opponent.

Organisation:

- **Pitch dimensions:** 50 x 36 m (half pitch)
- **Players:** 16 outfield + 2 goalkeepers
- **Goalkeeper involvement:** both keepers play their own-goal role; the possession team's goalkeeper is explicitly counted as part of the rest-defence minimum

- **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 team building the attack must maintain a rest-defence minimum of two outfield players (plus the goalkeeper) behind the ball at all times, while still being coached to create and use genuine overloads where the picture allows it. The coach notes, without necessarily stopping play, how often the rest-defence minimum is protected and how effectively overloads are still created within that constraint.

Rules: Standard conditioned-match rules, plus the rest-defence minimum described above.

Tactical roles: the full overload-and-rest-defence decision-making set, combined for the first time with a fully reactive opponent at match scale.

Decision-making triggers: the full set from Practices 2–3, applied under match conditions with a moving, live opponent.

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

Coaching points:

CORNER	POINT
Technical	Execution under full match pressure and fatigue.
Tactical	Genuine, live decision-making about when to commit and when to hold.
Physical	Repeated positional discipline combined with the week's peak physical demand.
Psychological	Composure to hold the rest-defence minimum even when the overload looks tempting.
Communication & leadership	The team organising its zone balance out loud, without needing a coach's prompt.

Guided discovery questions:

1. What was the clearest example of a well-balanced overload tonight?
2. When did the team correctly choose not to commit an extra player forward?
3. What happened on the one occasion (if any) the rest-defence minimum was breached?
4. How does this decision-making connect to Week 4's "recognise the picture before playing" principle?

Progressions:

1. Raise the rest-defence minimum to three outfield players.
2. Add a genuine offside line.
3. Reduce numbers to 7v7.

Regressions:

1. Reduce the rest-defence minimum to one outfield player while the decision-making is being consolidated.
2. Reduce to 6v6 on a smaller area.
3. Reintroduce Practice 2's isolated zone-count drilling briefly if discipline has broken down under full match conditions.

Common problems and corrections:

PROBLEM	WHY IT HAPPENS	COACH RECOGNISES BY	STOP OR FLOW?	INTERVENTION	RESTART
Rest-defence minimum is breached under match pressure	Habitual over-commitment reasserts itself against a real, moving opponent	Fewer than the required number behind the ball when possession is lost	Stop	Short group intervention connecting directly to this week's principle	Resume
Team becomes overly cautious and stops creating overloads at all	Overcorrection toward caution after an earlier correction	Build-up becomes slow and predictable, easily defended	Let it flow, then a natural stoppage	Question: "was that the moment to commit an extra player?"	Resume

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

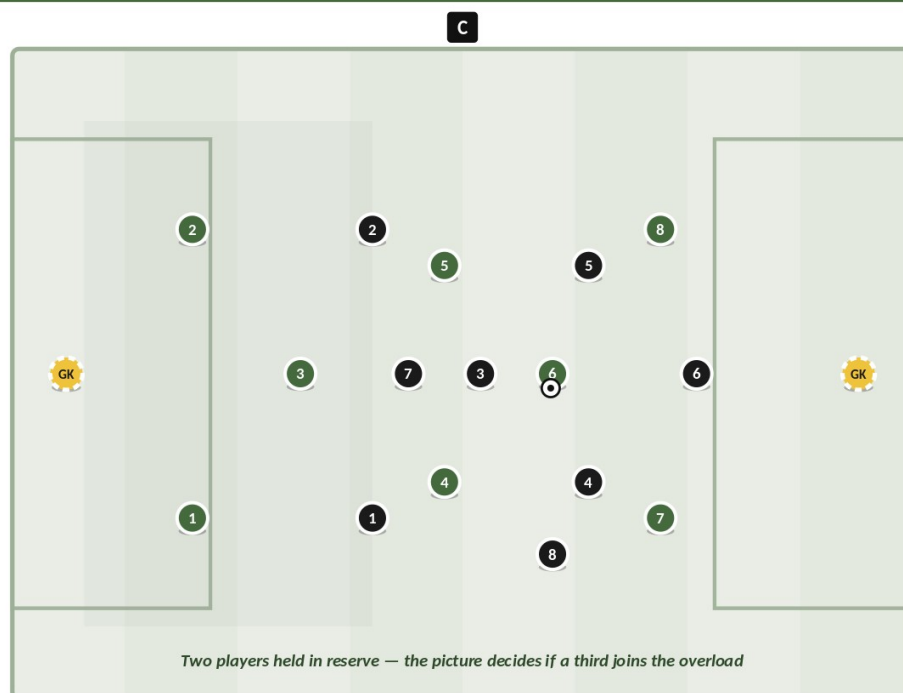
Success indicators:

- The rest-defence minimum is maintained consistently across the practice.
- Genuine overloads are still created and used effectively within that constraint.
- The team can articulate, after the practice, when and why it chose to commit or hold.

Coach's eye: this practice is the week's clearest test of whether Tuesday's teaching has transferred — judge it specifically against how calmly and deliberately the team makes the commit-or-hold decision, rather than how often it gets the numbers right by chance.

T10.4 READ THE PICTURE — Conditioned Match

50 x 36 m (half pitch) • 8v8 + GKs • commit numbers forward only when the picture allows it • 15 minutes



● Team in possession ● Opposition ● Goalkeeper ● Ball ■ Rest-defence coverage

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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 spread across the area. A shaded rectangle over part of the pitch behind the ball labelled as rest-defence coverage. White football near a central green player. Title: 'READ THE PICTURE — Conditioned Match'. Subtitle: '50 x 36 m (half pitch) • 8v8 + GKs • commit numbers forward only when the picture allows it • 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, a cluster of green-bibbed players building an attacking overload in midfield, two green-bibbed players and the goalkeeper visibly holding a disciplined defensive line well behind the ball, 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. A cluster of players in dark green bibs building an attacking overload in the midfield area. Two players in dark green bibs and their goalkeeper visibly holding a disciplined defensive position well behind the main action. 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 a moment tonight where we correctly held a player back instead of joining the overload."

Thursday — Session 20

FIELD	DETAIL
Session number	20 of 72
Week	10
Season phase	2 — Early-Season Identity
Training day	Thursday
Session theme	Throw-in patterns
Short summary	Introduces two rehearsed throw-in patterns — a safe out-ball option for the defensive third and an overload combination for the midfield third — closing a genuine gap in the team's restart repertoire alongside the season's corner and free-kick routines.
Tags	`set-pieces` `possession` `unit-work`
Primary learning objective	The team executes the correct throw-in pattern for the third of the pitch it finds itself in, without needing to think it through from scratch each time.
Secondary learning objective	The thrower's technique is quick and accurate enough that team-mates can trust the timing of their runs.
Match connection	Genuinely fixture-ready throw-in patterns for the two thirds of the pitch where throw-ins are most frequent and most consequential.
Expected tactical outcome	Fewer scrappy, predictable throw-ins; more retained possession and occasional progression directly from a restart.
Expected physical load	Moderate — technical and organisational quality prioritised over physical intensity.
Recommended intensity	5–6 / 10, rising briefly in Practice 4.
Equipment list	16 footballs · 14 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 defensive-third pattern specifically includes the goalkeeper as a safe out-ball option.
Pitch dimensions	Largest area this week is 34 x 22 m (Practice 4).
Area layout	An individual technique area for Practice 2, a combined defensive-third/midfield-third area for Practice 3, then a small-sided game for Practice 4.
Contingency — lower attendance (10–13)	Practice 3 reduces to one pattern rehearsed at a time rather than both simultaneously; the two patterns are not lost, just sequenced.
Contingency — higher attendance (20+)	Practice 3 can add a second wave of support options for both patterns.
Contingency — restricted space	Practice 2 can be run in any space with a sideline marked; Practice 3 needs realistic thirds-of-pitch spacing and should not be excessively compressed.

TIMELINE (60 MINUTES)

TIME	DURATION	PHASE	COLOUR CODE
0:00–0:10	10 min	Arrival & warm-up — <i>Fast Hands</i>	Light green
0:10–0:25	15 min	Technical practice — <i>Quick Ball</i>	Club green
0:25–0:27	2 min	Water break / transition	—
0:27–0:42	15 min	Unit / tactical practice — <i>Throw-In Patterns</i>	Dark green
0:42–0:44	2 min	Water break / transition	—
0:44–0:59	15 min	Confidence game — <i>Restart and Retain</i>	Black
0:59–1:00	1 min	Reflection	—

PRACTICE 1 — FAST HANDS (ARRIVAL)

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

Tactical purpose: Prepares the specific technical action this week is built around — a quick, accurate throw — before any organisation is layered on.

Organisation: Pairs, one ball each, spread along a marked sideline. No goalkeeper requirement — both keepers join fully.

Walkthrough: Each pair alternates throwing to each other from progressively wider distances, focusing on a quick release rather than a long run-up, then progresses to throwing to a moving target as the receiver makes short runs.

Rules: Standard throw-in technique (both feet on or behind the line, ball delivered from behind and over the head).

Coaching points:

- *Technical:* clean release and accuracy over a quick, low run-up.
- *Physical:* controlled, repeated technical actions.
- *Psychological:* speed of execution without sacrificing accuracy.

PRACTICE 2 — QUICK BALL (TECHNICAL PRACTICE)

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

Tactical purpose: Isolates the technique of a fast throw-in combined with a simple decoy movement, so that by the time the full patterns are rehearsed in Practice 3, both the thrower's technique and the receivers' movement can be trusted.

Organisation:

- **Pitch dimensions:** 28 x 20 m
- **Players:** small-group rotation, 1 thrower + 2 receivers + 2 opposition markers at a time
- **Goalkeeper involvement:** not required for this practice
- **Team sizes:** not applicable — a technical, rotational practice
- **Neutrals:** none
- **Equipment:** flat markers for restart position and receiver zones
- **Starting positions:** as shown in the diagram
- **Ball supply:** 6 balls with the coach and throwers
- **Restart:** thrower collects a fresh ball after each throw
- **Coach position:** behind the throw-in line, able to assess technique and timing
- **Rotation method:** throwers and receivers swap every four to five throws
- **Direction of play:** from the sideline inward

Practice walkthrough: From a fixed sideline position, the thrower delivers a quick, accurate throw to a receiver who has made a short decoy run to create space for a second receiver — the same "one player creates space, another uses it" idea introduced in Week 9's free-kick work, now applied to a throw-in.

Rules: The thrower must release within three seconds of receiving the ball back from the coach, encouraging a genuinely quick restart rather than a slow, deliberate one.

Tactical roles:

- *Individual:* the thrower's job is speed and accuracy; the decoy runner's job is timing their run to genuinely open space rather than just moving.
- *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 receiver to signal readiness.

Coaching points:

CORNER	POINT
Technical	Legal, quick throw-in technique with accurate delivery.
Tactical	Timing of the decoy run relative to the throw.
Physical	Repeated, controlled technical actions.
Psychological	Urgency without rushing into an inaccurate or illegal throw.
Communication & leadership	The receiver calling for the ball early enough for the thrower to react.

Guided discovery questions:

1. What made a throw-in feel genuinely quick rather than just fast in appearance?

2. How did the decoy run create space for the second receiver?
3. Why does speed of restart matter even when the opposition isn't obviously disorganised?
4. How does this connect to Week 9's near-post/far-post decoy idea from the wide free-kick routine?

Progressions:

1. Add a passive defender to each receiver, requiring sharper movement to get free.
2. Reduce the release-time window to two seconds.
3. Add a second thrower option, requiring a quick decision on which side to throw to.

Regressions:

1. Remove the time pressure temporarily, focusing purely on clean technique.
2. Increase distance between thrower and receivers for more time.
3. Remove the decoy element, focusing on a single receiver only.

Common problems and corrections:

PROBLEM	WHY IT HAPPENS	COACH RECOGNISES BY	STOP OR FLOW?	INTERVENTION	RESTART
Throw is technically illegal (foot fault, one-handed release)	Rushing under the time pressure	Referee-standard technique breaks down under speed	Stop	Technical correction: reset feet and grip before continuing	Resume
Decoy run and real target run happen at the same time, crowding the target space	Timing hasn't yet been separated	Both receivers arrive in the same area simultaneously	Let it flow, then a natural stoppage	Question: "who was the decoy and who was the real target there?"	Continue

Coach interventions used in this practice: primarily *technical correction*, since legal, reliable technique under time pressure is this practice's specific purpose.

Success indicators:

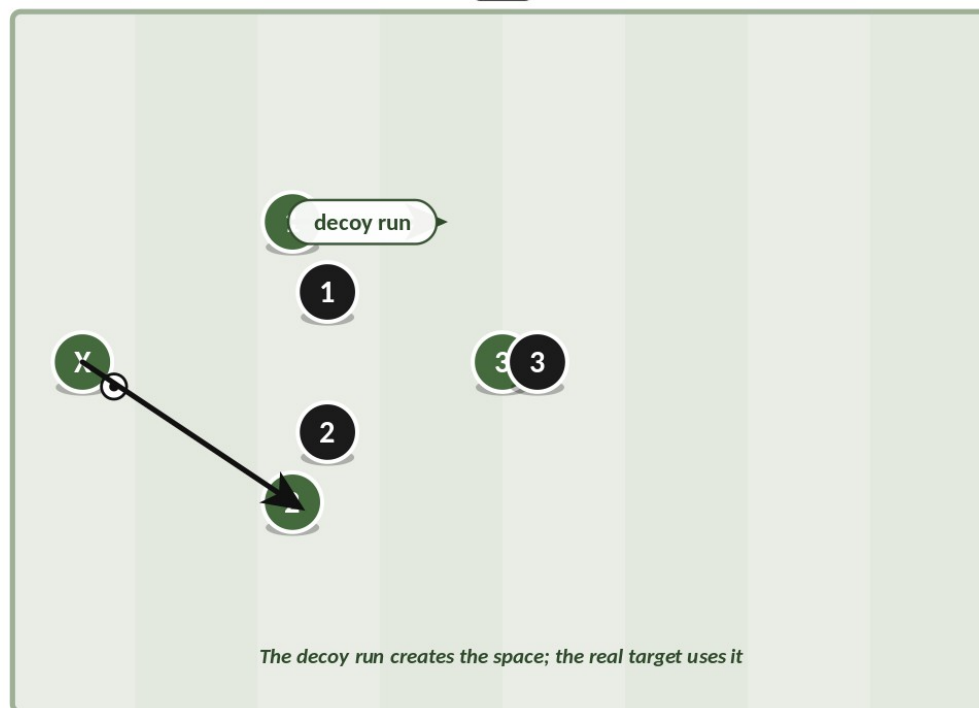
- Throws are consistently quick, legal and accurate.
- Decoy and target runs are visibly separated in time and space.
- Receivers are calling for the ball early enough to be useful.

Coach's eye: track legality as closely as speed — a fast throw that draws a foul-throw decision undoes the entire point of the practice.

H10.2 QUICK BALL — Throw-In Technique

28 x 20 m • technique and decoy movement for a fast, accurate throw • 15 minutes

C



● Throwing team ● Opposition ⊙ Ball ➞ Decoy run ➞ Throw

Castlewellan Town FC • Senior Coaching Curriculum • Week 10 • Diagrams not to scale

AI image-generation prompt (tactical diagram): "Top-down 2D vector football coaching diagram, clean white background, UEFA coaching-manual style. A 28x20 metre area with a sideline marked. A player in dark green bibs labelled X positioned on the sideline holding a football above their head in a throw-in position. Three players in dark green bibs numbered 1-3 spread nearby. Two players in black bibs numbered 1-2 marking them. A black solid arrow with an arrowhead showing the throw from X to player 3. A short dashed run arrow labelled 'decoy run' from player 1 moving away to create space. Title: 'QUICK BALL — Throw-In Technique'. Subtitle: '28 x 20 m • technique and decoy movement for a fast, accurate throw • 15 minutes'. Legend row at bottom. High-resolution landscape vector illustration, clear typography, no decorative elements, no club badges or logos."

1. A short dashed run arrow labelled 'decoy run' from player 1 moving away to create space. Title: 'QUICK BALL — Throw-In Technique'. Subtitle: '28 x 20 m • technique and decoy movement for a fast, accurate throw • 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 beside a marked sideline, a player mid-throw-in with correct technique — both feet grounded, ball released from behind the head — a team-mate making a decoy run away from the ball while another arrives into the space it creates, coach observing closely from behind the throw-in line.

AI image-generation prompt (realistic illustration): "Elevated three-quarter sideline photograph-style illustration of adult amateur football training beside a marked touchline. A player captured mid-throw-in with correct technique, both feet grounded and the ball released from behind the head. A team-mate making a decoy run away from the ball while a second team-mate arrives into the space it creates. A coach standing behind the throw-in line, 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 — THROW-IN PATTERNS (UNIT / TACTICAL PRACTICE — SET-PIECE PROGRAMME)

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

Tactical purpose: Establishes two rehearsed throw-in patterns matched to the two areas of the pitch where throw-ins carry the most risk and the most opportunity — a safe, low-risk out-ball option in the defensive third, and a possession-progressing overload combination in the midfield third — so the team has a genuine plan rather than a habit of throwing to the nearest available player.

Set-Piece Programme fields:

FIELD	DETAIL
Purpose	To turn a throw-in from a neutral restart into a genuine tool: protecting possession safely in the defensive third, and progressing possession through a short combination in the midfield third.
Player roles and starting positions — Defensive third	Thrower (X1): on the touchline in the defensive third. Short option (1): close support, angled to receive safely and pass back or sideways. Safety option (2): the goalkeeper or a deep centre-back, available as the ultimate safe out-ball if the short option is unavailable. Screen (3): positioned to block the nearest opposition presser's angle to the short option, legally.
Player roles and starting positions — Midfield third	Thrower (X2): on the touchline in the midfield third. First receiver (4): short, angled option who lays the ball off first-time. Third-man runner (5): breaks forward into the space created by the first receiver's lay-off, echoing Week 7's third-man principle. Support (6): provides a second angle in case the third-man run isn't on.
Delivery type	A flat, fast, low throw in both patterns — height is avoided in favour of speed and control.
Runs	Defensive third: the short option checks away then back to the ball; the safety option stays available throughout. Midfield third: the first receiver checks to the ball, the third-man runner delays their run until the lay-off is played, then breaks.
Legal blocks/screens note	The screen in the defensive-third pattern occupies space legally, without impeding the opponent physically, in the same manner as Week 5's and Week 9's screen roles.
Rebound positions	Not applicable in the same sense as a shot-based set piece; the equivalent is the safety option in the defensive third, always available if the primary option breaks down.
Rest defence	In the midfield-third pattern specifically, at least two players not involved in the throw-in combination hold central positions behind the ball, applying this week's Tuesday principle directly to a set-piece context.
Transition protection	If the throw-in is lost in the defensive third, the nearest player delays immediately while the rest of the team recovers, exactly as taught in Week 4.
Alternative option	If the short option is tightly marked in either pattern, the thrower reverts to a long, high throw down the line as a release valve — a lower-quality but always-available fallback.
Opposition cues	An opponent standing very close to the short option suggests the safety option or long fallback is the better choice; a passive, deeper-standing opponent suggests the short combination will work as planned.
Contingency for a missing key player	If the intended third-man runner is unavailable, the support player takes on that role instead, with the original support job

FIELD	DETAIL
	absorbed by whichever rest-defence player is least needed at that moment.

Organisation:

- **Pitch dimensions:** 40 x 26 m (both patterns rehearsed side by side)
- **Players:** 8 total per pattern (4 attacking + defending mirrors), rehearsed in two groups
- **Goalkeeper involvement:** included specifically in the defensive-third pattern as the safety option
- **Team sizes:** 4 v 2 (passive, then live) per pattern
- **Neutrals:** none
- **Equipment:** flat markers for starting positions
- **Starting positions:** as shown in the diagram
- **Ball supply:** 4 spare balls with the coach
- **Restart location:** the marked throw-in positions in each third
- **Coach position:** central, able to see both patterns
- **Rotation method:** groups swap patterns and roles every five repetitions
- **Direction of play:** from each touchline inward

Practice walkthrough: Each pattern 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. Passive opposition is added first, then live.

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

Tactical roles: individual (thrower, short option, safety option, screen, third-man runner), unit (the pattern functioning as one rehearsed combination), team (rest defence protecting the midfield-third pattern), transition (the immediate reaction if possession is lost).

Decision-making triggers:

- Short option tightly marked → alternative long-throw fallback.
- Opponent passive and deeper → proceed with the rehearsed short combination.
- Possession lost in the defensive third → nearest player delays immediately.

Communication language used: *Screen, Hold, Time, Travel* — plus the specific pattern called by the thrower before releasing the ball.

Coaching points:

CORNER	POINT
Technical	Quick, accurate, legal throwing technique combined with clean first-time control and lay-offs.
Tactical	Correctly reading which pattern and which option the picture calls for.
Physical	Quick, precise movement rather than maximal intensity.
Psychological	Composure to choose the safe option rather than forcing the ambitious one when the picture says so.
Communication & leadership	The thrower calling the intended pattern clearly enough for every player to hear.

Guided discovery questions:

1. What told the thrower to choose the short combination over the long fallback?

2. How did the third-man runner's timing avoid arriving before the lay-off was played?
3. What was rest defence doing during the midfield-third pattern?
4. Why is a safe, low-risk option specifically valuable in the defensive third, more so than elsewhere on the pitch?
5. How does the screen role here compare to the screen role in Week 9's wide free-kick routine?

Progressions:

1. Add fully live, competitive opposition to both patterns from the start.
2. Combine both patterns into a single rehearsed sequence — defensive-third clearance followed by a quick transition into midfield-third progression.
3. Introduce a shot-clock-style condition requiring the throw-in to be taken within five seconds of the ball going out.

Regressions:

1. Walk both patterns through with no opposition at all until shape and timing are correct.
2. Reduce each pattern to its two core roles for a simpler first version.
3. Allow the coach to call the pattern aloud for the first several repetitions.

Common problems and corrections:

PROBLEM	WHY IT HAPPENS	COACH RECOGNISES BY	STOP OR FLOW?	INTERVENTION	RESTART
Third-man runner breaks too early, arriving before the lay-off	Timing hasn't been rehearsed enough to separate the two actions	The runner and the ball arrive at the same space at the wrong moment	Stop	Freeze-and-correct: reset positions, re-time the sequence explicitly	Resume
Thrower forces the short option even when tightly marked	Habit of following the rehearsed pattern regardless of the picture	Throws are intercepted or immediately pressured into a turnover	Stop	Short group intervention: "what did the opposition's position tell you?"	Resume
Rest defence is absent during the midfield-third pattern	Attention is drawn to the throw-in combination itself	No players visible in central rest-defence positions	Stop	Short group intervention connecting directly to this week's Tuesday principle	Resume

Coach interventions used in this practice: heavy on *freeze-and-correct*, since precise timing and positioning are the entire teaching point of a rehearsed set-piece pattern.

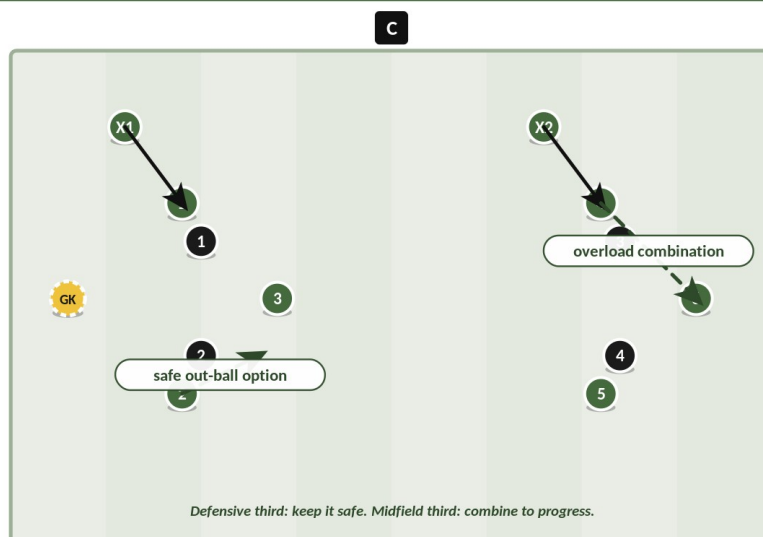
Success indicators:

- Both patterns can be executed at full speed with correct starting positions and timing.
- The thrower selects the correct option (short combination or long fallback) based on the genuine picture.
- Rest defence holds its position throughout the midfield-third pattern.

Coach's eye: watch the thrower's decision as closely as the technique itself — a quick, legal throw into the wrong option is still a wasted restart.

H10.3 THROW-IN PATTERNS — Defensive and Midfield Thirds

Two rehearsed patterns: safe out-ball under pressure (defensive third), overload combination (midfield third) · 15 minutes



● Throwing team ● Opposition ● Goalkeeper ● Ball → Support run → Throw / pass

Castlewellan Town FC · Senior Coaching Curriculum · Week 10 · Diagrams not to scale

AI image-generation prompt (tactical diagram): "Top-down 2D vector football coaching diagram, clean white background, UEFA coaching-manual style. A 40x26 metre area showing a goalkeeper in yellow near the left edge. On the left side, a player in dark green bibs labelled X1 in a throw-in position on the touchline, with three players in dark green bibs numbered 1-3 nearby and two players in black bibs numbered 1-2 marking them, with a black solid arrow showing a short throw. On the right side, a player in dark green bibs labelled X2 in a throw-in position, with three players in dark green bibs numbered 4-6 nearby and two players in black bibs numbered 3-4, with a black solid arrow showing the throw and a short dashed run arrow labelled 'overload combination' breaking forward. Title: 'THROW-IN PATTERNS — Defensive and Midfield Thirds'. Subtitle: 'Two rehearsed patterns: safe out-ball under pressure (defensive third), overload combination (midfield third) · 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 split view of a training pitch showing two throw-in patterns being rehearsed simultaneously at different points along the touchline, one group working a calm, safe short combination near their own goal, another group working a quicker, more progressive combination further up the pitch, coach positioned centrally able to observe both.

AI image-generation prompt (realistic illustration): "Elevated three-quarter view of an adult amateur football training session showing two throw-in patterns being rehearsed at different points along the touchline of the same pitch. One group, closer to their own goal, working a calm, controlled short throw-in combination. A second group, further up the pitch, working a quicker, more progressive throw-in combination with a player breaking forward into space. A coach positioned centrally on the pitch, able to observe both groups. 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 4 — RESTART AND RETAIN (CONFIDENCE GAME)

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

Tactical purpose: Closes the session with a competitive, enjoyable game that requires every throw-in to be followed by a period of clean possession, reinforcing the week's technical and tactical work inside a genuinely fun context that sends players into the weekend confident.

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
- **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 throw-in must be followed by four clean, uninterrupted passes before the team is allowed to attack the goal. The coach awards frequent throw-ins from realistic positions by rolling the ball out of play periodically, ensuring the patterns get extra live repetitions inside a game context.

Rules: Attacking before the four-pass condition is met results in a turnover; otherwise standard small-sided-game rules.

Tactical roles: the full pattern and technique set from Practices 2–3, applied inside free-flowing, competitive play.

Decision-making triggers: the full set from Practice 3, applied spontaneously as throw-ins arise during play.

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

Coaching points:

CORNER	POINT
Technical	Quick, legal throw-in technique and clean retention under game-realistic conditions.
Tactical	Correctly identifying and using the right pattern as throw-ins 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 throw-in without needing a stoppage to reset.

Guided discovery questions:

1. What made tonight's best throw-in sequence work?
2. How quickly could the team organise into a pattern when a throw-in was awarded live?
3. What's one thing from this week you feel ready to take into Saturday?

Progressions:

1. Increase the pass requirement to six before attacking is allowed.
2. Add a genuine offside line.
3. Reduce the pitch width slightly to increase the frequency of throw-in opportunities.

Regressions:

1. Reduce the pass requirement to two if the 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 rushes the four-pass sequence, playing risky passes to reach the count quickly	The count is chased rather than the possession genuinely valued	Passes are forced and possession is regularly lost during the sequence	Let it flow, then a natural stoppage	Question: "was that pass actually on, or were we just counting?"	Resume
Live throw-in organisation is slow and disorganised	The pattern hasn't yet transferred from the structured practice to a spontaneous moment	Players hesitate or stand still when a throw-in 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.

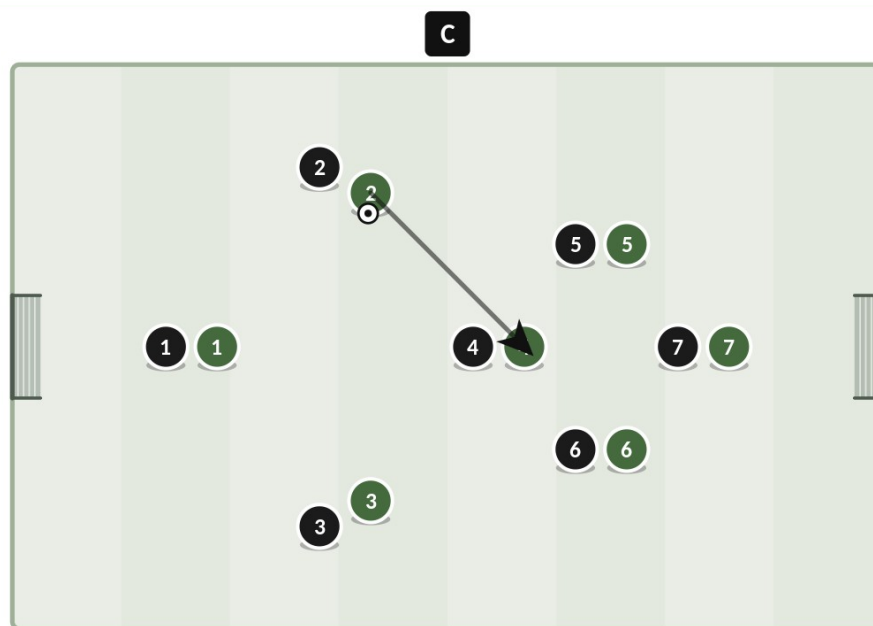
Success indicators:

- The four-pass sequence is completed cleanly with increasing regularity.
- Live throw-in 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.

H10.4 RESTART AND RETAIN — Confidence Game

34 x 22 m • 7v7 • every throw-in must be followed by 4 clean passes before attacking • 17 minutes



● Team A ● Team B ● Ball ➔ Retention pass

Castlewellan Town FC • Senior Coaching Curriculum • Week 10 • Diagrams not to scale

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. A black solid arrow with an arrowhead showing a retention pass between two green players. Title: 'RESTART AND RETAIN — Confidence Game'. Subtitle: '34 x 22 m • 7v7 • every throw-in must be followed by 4 clean passes before attacking • 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 taking a throw-in with visible energy, team-mates moving to support and retain possession afterward, 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 taking a throw-in with visible energy and correct technique. Team-mates in matching dark green bibs moving to support and retain possession immediately afterward. 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 plan for a throw-in in our own third, and what's our plan for one in midfield — say them out loud together."

Match-Day Objectives

Three team objectives:

1. Create genuine numbers overloads during build-up without ever dropping below the rest-defence minimum.
2. Execute the correct throw-in pattern for whichever third of the pitch the restart occurs in.
3. React within seconds to any turnover following an overload, with the nearest player delaying immediately.

Three unit objectives:

1. **Back line and goalkeeper:** hold the rest-defence minimum throughout every build-up phase, including as part of the throw-in pattern in the defensive third.
2. **Midfield unit:** make the live decision of when to join an overload and when to hold position, and organise the midfield-third throw-in combination.
3. **Front players:** provide a genuine target for both the overload and the third-man throw-in run, timed correctly.

Individual role reminders:

- Every player should be able to state, at any moment, whether they are currently part of an overload or part of rest defence.
- The thrower owns the call on which throw-in pattern to use, based on the opposition's positioning.
- The nearest player to any turnover has an immediate job — delay, not chase.

Measurable performance indicators:

- Number of overloads created during build-up that are not followed by a clean opposition counter-attack.
- Number of throw-ins retained through the rehearsed pattern versus lost immediately.
- Time taken to organise into a throw-in pattern once a restart is awarded (aim: a visible reduction from previous weeks).
- Number of clean regains achieved within five seconds of a turnover during a build-up overload.

Formation Translation — Applying This Across Different Shapes

Overloads & rest defence during build-up:

STRUCTURE	WHO PROVIDES THE OVERLOAD	WHO HOLDS REST DEFENCE	WHAT STAYS THE SAME	KEY RISK
4-3-3	Two centre-backs plus a dropping holding midfielder	Both full-backs and the second midfielder	The rest-defence minimum and the decision-making process	The dropping midfielder over-committing, leaving the base of midfield empty
3-4-3 / back-three build-up	The back three itself, often without needing an extra body	Both wing-backs plus the double pivot	The rest-defence minimum and the decision-making process	Both wing-backs pushing high simultaneously, removing width from the rest-defence line

Throw-in patterns:

STRUCTURE	WHO FILLS THE PATTERN'S ROLES	WHAT STAYS THE SAME	WHAT CHANGES	KEY RISK
4-3-3	Full-back or winger throws; nearest midfielder and centre-back provide the defensive-third pattern; wide midfielder and striker provide the midfield-third pattern	The pattern's structure, calls and rest-defence standard	Which position takes the third-man run, depending on who is nearest the touchline	The screen player drifting out of a legal position under pressure
3-4-3	Wing-back throws; the ball-side centre-back and pivot provide the defensive-third pattern; the double pivot and a forward provide the midfield-third pattern	The pattern's structure, calls and rest-defence standard	A back three provides a natural extra safety option in the defensive-third pattern	Over-committing the double pivot to the throw-in combination, leaving rest defence short

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.