



## Week 27 — Match Management

Tags: `game-management` `restarts` `composure` `full-squad-practice`

### Weekly Overview

| FIELD                           | DETAIL                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|---------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Week number                     | 27 of 36                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Season phase                    | 5 — Match Management                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Core principle                  | Recognise the picture before playing                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Secondary principle             | Nearest players react first                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Previous match review focus     | Apply the three routes below to the most recent fixture.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Weekly tactical problem         | The minute immediately after any goal — for or against — is one of the most statistically dangerous periods in football, because concentration naturally dips exactly when it shouldn't. Tuesday teaches the team to recognise that specific picture and respond with heightened alertness rather than routine habit, whichever way the goal went. Thursday narrows the focus to the mechanical moment that follows almost every goal: the restart itself, teaching structured, calm kick-off and goal-kick routines rather than hopeful, rushed ones. |
| Formation-neutral explanation   | Managing momentum and controlling restarts are game-management skills layered on top of whatever formation the team plays, exactly as Weeks 24–26's themes have been — the specific shape on the pitch matters less than the team's shared discipline in the seconds immediately after a goal or a stoppage.                                                                                                                                                                                                                                           |
| Example structural applications | <b>A 4-3-3 team</b> might use a short, secure kick-off routine through its double pivot regardless of formation, simply returning to its settled shape before playing forward. <b>A 3-4-3 team</b> might use its back three to circulate calmly from a goal kick before committing a wing-back forward. In both cases, the underlying formation is irrelevant to the actual skill being taught — composure and structure in the moments right after a goal.                                                                                            |

## Match Review and Weekly Adjustment

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**Route A — Previous performance was strong.** If the team played well, check specifically whether any goals were conceded within the first minute of the team's own goal, or of the opponent's — if the underlying performance has been good but this specific pattern has cost points, this week directly addresses the gap. Name it if worth naming.

**Route B — Previous performance exposed a tactical weakness.** If the team lost concentration or shape immediately after scoring or conceding, or gave the ball away cheaply from a restart, this week answers it directly — open the relevant session with the specific moment from the match.

**Route C — Attendance, facilities or player availability are disrupted.** Both themes scale to reduced numbers — the underlying recognition-and-composure skill matters more than rehearsing every scenario at full numbers every week.

## Tuesday — Session 53

| FIELD                                  | DETAIL                                                                                                                                                                                                                                                                                                                                                                      |
|----------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session number                         | 53 of 72                                                                                                                                                                                                                                                                                                                                                                    |
| Week                                   | 27                                                                                                                                                                                                                                                                                                                                                                          |
| Season phase                           | 5 — Match Management                                                                                                                                                                                                                                                                                                                                                        |
| Training day                           | Tuesday                                                                                                                                                                                                                                                                                                                                                                     |
| Session theme                          | Managing momentum after scoring / conceding                                                                                                                                                                                                                                                                                                                                 |
| Short summary                          | Teaches the team to recognise the minute immediately after any goal as a distinct, heightened-focus picture, responding with simple, secure play and organised structure rather than a natural dip in concentration, then applies the decision inside a full conditioned match that specifically rewards and penalises how the team handles the moments right after a goal. |
| Tags                                   | `game-management` `composure` `decision-making`                                                                                                                                                                                                                                                                                                                             |
| Primary learning objective             | The team recognises the period immediately after any goal as requiring heightened alertness, and responds with simple, secure structure rather than habit.                                                                                                                                                                                                                  |
| Secondary learning objective           | The nearest players to the ball or to a gap react first to reorganise, rather than waiting for a specific individual to do it.                                                                                                                                                                                                                                              |
| Match connection                       | This week's named match-day connection: fewer immediate goals conceded after our own goal.                                                                                                                                                                                                                                                                                  |
| Expected tactical outcome              | No clean chances conceded in the first minute after either team's goal.                                                                                                                                                                                                                                                                                                     |
| Expected physical load                 | Moderate — this is a decision-making and composure theme rather than a peak conditioning week.                                                                                                                                                                                                                                                                              |
| Recommended intensity                  | 6–7 / 10.                                                                                                                                                                                                                                                                                                                                                                   |
| 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; the goalkeeper's organisational voice in the moments right after a goal is specifically coached this week.                                                                                                                                                                                                                               |
| Pitch dimensions                       | Largest area this week is 50 x 36 m (Practice 4).                                                                                                                                                                                                                                                                                                                           |
| Area layout                            | A tight, deep zone for Practice 2, widening through Practices 3 and 4.                                                                                                                                                                                                                                                                                                      |
| Contingency — lower attendance (10–13) | Practice 2 reduces to 5v2; Practice 3 becomes 6v6; Practice 4 becomes 6v6.                                                                                                                                                                                                                                                                                                  |
| Contingency — higher attendance (20+)  | Practice 4 can extend to 9v9.                                                                                                                                                                                                                                                                                                                                               |
| Contingency — restricted space         | All three practices scale proportionally; the recognition-and-composure principle survives at any scale.                                                                                                                                                                                                                                                                    |

## TIMELINE (60 MINUTES)

| TIME      | DURATION | PHASE                                           | COLOUR CODE |
|-----------|----------|-------------------------------------------------|-------------|
| 0:00–0:10 | 10 min   | Arrival & warm-up — <i>Reset Fast</i>           | Light green |
| 0:10–0:25 | 15 min   | Technical practice — <i>The Next 60 Seconds</i> | Club green  |
| 0:25–0:27 | 2 min    | Water break / transition                        | —           |
| 0:27–0:42 | 15 min   | Skill game — <i>Goal Reaction</i>               | Dark green  |
| 0:42–0:44 | 2 min    | Water break / transition                        | —           |
| 0:44–0:59 | 15 min   | Conditioned match — <i>Momentum Swing</i>       | Black       |
| 0:59–1:00 | 1 min    | Reflection                                      | —           |

## PRACTICE 1 — RESET FAST (ARRIVAL)

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

**Tactical purpose:** Introduces the habit of immediate, disciplined refocus after a stoppage, before any tactical structure is added.

**Organisation:** 20 x 16 m grid, small groups. No goalkeeper requirement — both keepers join fully.

**Walkthrough:** Rondo-style possession that the coach interrupts periodically with a loud "GOAL!" call; the group must freeze, reset into a calm, organised shape, and resume within five seconds, rehearsing the composure this week's teaching depends on.

**Rules:** No player may touch the ball again until the group has visibly reset its shape.

### Coaching points:

- *Technical:* clean, calm technique immediately after the reset.
- *Psychological:* instant refocus rather than lingering celebration or frustration.

## PRACTICE 2 — THE NEXT 60 SECONDS (TECHNICAL PRACTICE)

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

**Tactical purpose:** Isolates the specific habit of simple, secure play and heightened alertness in the minute immediately following a goal, the foundation of avoiding the common concentration dip that this week's teaching targets directly.

### Organisation:

- **Pitch dimensions:** 34 x 24 m, with a marked heightened-focus zone
- **Players:** 5 possession players (including goalkeeper) vs 3 pressers
- **Goalkeeper involvement:** the goalkeeper plays fully inside the group, a genuine passing option throughout

- **Team sizes:** 5 v 3
- **Neutrals:** none
- **Equipment:** flat markers marking the zone
- **Starting positions:** as shown in the diagram
- **Ball supply:** 2 spare balls with the coach
- **Restart:** coach restarts on any stoppage, always preceded by a simulated "goal"

call

- **Coach position:** central, able to see the whole picture
- **Rotation method:** groups rotate every five minutes
- **Direction of play:** possession retention within the zone

**Practice walkthrough:** Every repetition begins with the coach simulating a goal — sometimes "for" the group, sometimes "against" — and the group must immediately retain the ball securely and simply for a set period afterward, regardless of which way the simulated goal went, before returning to normal play.

**Rules:** A turnover inside the heightened-focus period immediately following the simulated goal counts double against the possession team.

### Tactical roles:

- *Individual:* each player's job is to offer a simple, available option in the moments right after the simulated goal, regardless of the emotional pull to celebrate or react.
- *Unit:* the whole group's spacing supports secure retention immediately after the reset.
- *Team:* not applicable at this scale.
- *Transition:* not applicable — this practice is possession-focused throughout.

### Decision-making triggers:

- A goal has just been simulated, for or against → immediately prioritise simple, secure retention over ambition.
- The heightened-focus period has passed → return to normal decision-making.

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

### Coaching points:

| CORNER                     | POINT                                                                                         |
|----------------------------|-----------------------------------------------------------------------------------------------|
| Technical                  | Clean, unhurried passing and receiving technique immediately after a simulated goal.          |
| Tactical                   | Recognising the heightened-focus period as a distinct picture requiring a different response. |
| Physical                   | Controlled, economical movement in the immediate aftermath.                                   |
| Psychological              | Emotional discipline — neither over-celebrating nor dwelling on a goal against.               |
| Communication & leadership | Clear calls confirming the team has reset and refocused.                                      |

### Guided discovery questions:

1. What made the group's response different immediately after a "for" goal versus an "against" goal, if anything?
2. Why is this specific period more dangerous than a normal moment of play?
3. What emotional habit is hardest to set aside in those first sixty seconds?
4. How does this connect to Week 24's "safe or risky" recognition work — is this the same judgement applied to a specific, high-risk moment in time?

### Progressions:

1. Reduce the time before the heightened-focus period is considered "over."
2. Add a live opponent reaction, testing whether the group's discipline holds under genuine pressure.
3. Vary which type of goal (for or against) is simulated unpredictably.

### Regressions:

1. Extend the heightened-focus period while the habit is being built.
2. Remove the double-turnover penalty while the recognition skill is being learned.
3. Announce clearly which type of goal is being simulated while the response is being installed.

### Common problems and corrections:

| PROBLEM                                                                              | WHY IT HAPPENS                          | COACH RECOGNISES BY                                                                     | STOP OR FLOW? | INTERVENTION                                                                                       | RESTART |
|--------------------------------------------------------------------------------------|-----------------------------------------|-----------------------------------------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------|---------|
| The group visibly relaxes or celebrates after a "for" goal, losing shape momentarily | Natural emotional reaction to scoring   | Players drift out of position or lose focus immediately after the simulated goal        | Stop          | Freeze-and-correct: reset and clarify that celebration doesn't mean switching off                  | Resume  |
| The group looks visibly deflated or disorganised after an "against" goal             | Natural emotional reaction to conceding | Reduced energy, poor positioning, or hesitant play immediately after the simulated goal | Stop          | Short group intervention: "the goal already happened — what matters now is the next sixty seconds" | Resume  |

**Coach interventions used in this practice:** heavy on *freeze-and-correct*, since installing a specific emotional and tactical response is the entire teaching point.

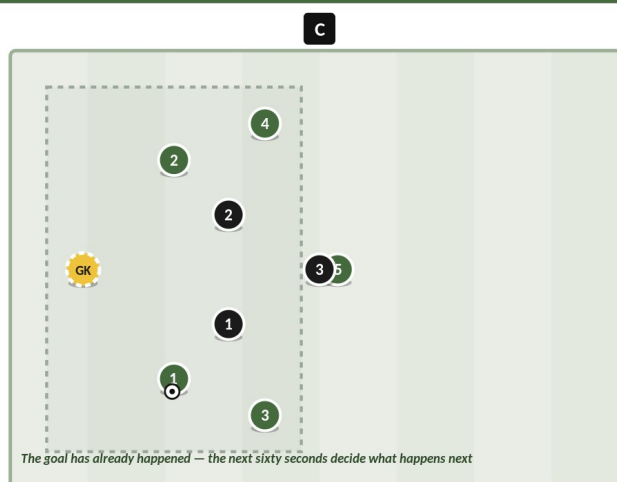
### Success indicators:

- The group's response is consistent regardless of which way the simulated goal went.
- Turnovers in the heightened-focus period decrease as the practice progresses.
- Players can articulate why this specific period needs a different response.

**Coach's eye:** watch the players' body language in the first few seconds after the simulated goal — composure there, before a single pass is even played, is the real marker of whether the lesson has landed.

## T27.2 THE NEXT 60 SECONDS — Heightened Focus After a Goal

34 x 24 m • 5v3 (GK included in the 5) • simple, alert retention in the minute immediately after a goal, either way • 15 minutes



● Team resuming play    ● Opposition    ● Goalkeeper    ● Ball    ■ Heightened-focus zone

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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 34x24 metre area with dimension labels and a dashed heightened-focus zone. A goalkeeper in yellow inside the zone. Five players in dark green bibs numbered 1–5 and three players in black bibs numbered 1–3 inside the zone. White football near a green player. Title: 'THE NEXT 60 SECONDS — Heightened Focus After a Goal'. Subtitle: '34 x 24 m • 5v3 (GK included in the 5) • simple, alert retention in the minute immediately after a goal, either way • 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 goal, a goalkeeper and green-bibbed players circulating the ball calmly and with visible focus immediately after a simulated goal, light pressure from black-bibbed pressers, coach centrally positioned observing body language closely.

**AI image-generation prompt (realistic illustration):** "Elevated three-quarter sideline photograph-style illustration of adult amateur football training near a goal. A goalkeeper and players in dark green bibs circulating the ball calmly with visibly focused body language immediately after a simulated goal. Light pressure from players in black bibs. A coach standing centrally, closely observing the players' composure. 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 — GOAL REACTION (SKILL GAME)

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

**Tactical purpose:** Moves the heightened-focus recognition into a genuine game with real goals, teaching both teams to show disciplined composure immediately after every single goal scored, regardless of which side scored it.

**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:** centre restart after every goal
- **Coach position:** sideline, central
- **Rotation method:** none required at this scale
- **Direction of play:** both directions, one goal per end

**Practice walkthrough:** A standard small-sided game in which, after every goal, both teams must complete a short, structured "reset" sequence — a set number of composed passes from the restart — before the game is allowed to open up again, rehearsing the discipline required in the genuine minute after a goal.

**Rules:** After every goal, both teams must complete at least four composed passes before the game is considered fully live again; a rushed or careless attempt before that resets the count.

**Tactical roles:** the full comparative skill set from Practice 2, now applied as a live decision rather than a rehearsed constraint.

**Decision-making triggers:**

- A goal has just been scored, for or against → immediately apply the composed-restart discipline.
- The composed sequence has been completed → return to normal, open play.

**Communication language used:** *Hold, Time, Safe, Squeeze.*

**Coaching points:**

| CORNER                     | POINT                                                                                 |
|----------------------------|---------------------------------------------------------------------------------------|
| Technical                  | Clean, composed technique immediately after every goal.                               |
| Tactical                   | Genuine, live discipline in the moments right after a goal.                           |
| Physical                   | Controlled movement in the immediate aftermath, before returning to normal intensity. |
| Psychological              | Emotional discipline under the real stakes of a competitive small-sided game.         |
| Communication & leadership | The team organising and confirming the reset sequence out loud.                       |

**Guided discovery questions:**

1. What was hardest about maintaining composure after scoring a genuine goal in this game?
2. What was hardest about maintaining composure after conceding one?
3. How quickly did each team settle back into its normal rhythm after the composed sequence ended?

4. How does this connect to Week 21's scenario-based work — is this the same recognition skill, now applied to the moment right after a goal specifically?

#### Progressions:

1. Increase the number of composed passes required before the game reopens.
2. Reduce the practice area, sharpening the pressure on the composed sequence.
3. Add a bonus for the team that completes its composed sequence fastest without a lapse.

#### Regressions:

1. Reduce the number of composed passes required while the habit is being built.
2. Widen the practice area for more time and space.
3. Allow the coach to count the composed passes aloud while the discipline is being learned.

#### Common problems and corrections:

| PROBLEM                                                                | WHY IT HAPPENS                                           | COACH RECOGNISES BY                                                                                       | STOP OR FLOW?                        | INTERVENTION                                                                          | RESTART |
|------------------------------------------------------------------------|----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|--------------------------------------|---------------------------------------------------------------------------------------|---------|
| A team rushes or ignores the composed-restart requirement after a goal | Excitement or frustration overriding the discipline      | The team attempts to play at normal tempo immediately after the goal, resetting the pass count repeatedly | Stop                                 | Short group intervention: "the goal already happened — what matters now is the reset" | Resume  |
| The composed sequence becomes so cautious the game loses all momentum  | Overcorrection — confusing "composed" with "overly slow" | The team stalls unnecessarily even after the requirement is met                                           | Let it flow, then a natural stoppage | Question: "was that composed, or just slow?"                                          | Resume  |

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

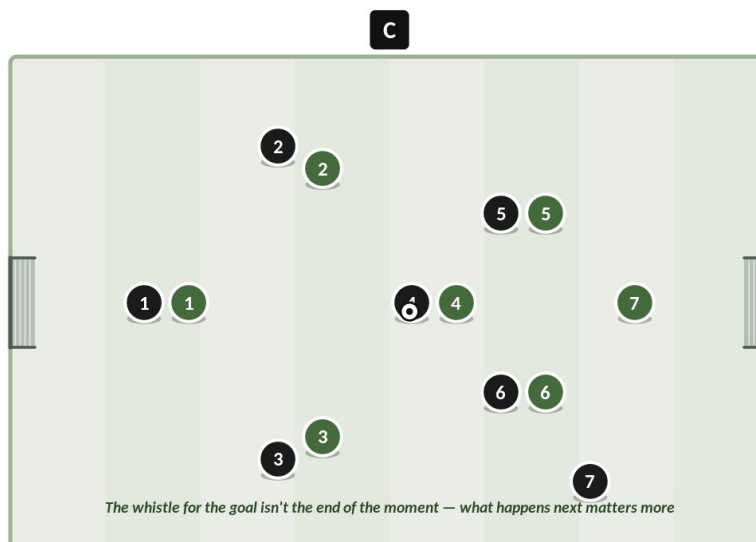
#### Success indicators:

- Both teams complete the composed-restart sequence consistently after every goal.
- The team's composure is visibly similar whether they've just scored or just conceded.
- The game returns to normal rhythm smoothly once the composed sequence ends.

**Coach's eye:** watch for genuine composure, not just mechanical pass-counting — a team that plays its composed passes with real control and awareness has understood the lesson; a team that rushes through the count to "get it over with" has not.

### T27.3 GOAL REACTION — Small-Sided Game

34 x 22 m • 7v7 • after every goal, both teams must show disciplined composure before playing on • 15 minutes



● Team A ● Team B ● Ball

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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 seven players in black bibs numbered 1–7 spread across the pitch, gathered loosely near the centre circle as if just after a goal. White football near the centre spot. Title: 'GOAL REACTION — Small-Sided Game'. Subtitle: '34 x 22 m • 7v7 • after every goal, both teams must show disciplined composure before playing on • 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 small-sided game immediately after a goal, players from both teams composed and organised around the centre circle preparing to restart, both full-size goals visible, coach on the touchline watching the reset closely.

**AI image-generation prompt (realistic illustration):** "Elevated three-quarter sideline photograph-style illustration of an adult amateur small-sided football game immediately after a goal. Players from both teams, in dark green and black bibs, composed and organised near the centre circle, preparing to restart play. Both full-size goals visible in the background. A coach on the touchline, closely watching the reset. 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 — MOMENTUM SWING (CONDITIONED MATCH)

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

**Tactical purpose:** Confirms the week's principle at full match scale, specifically rewarding a well-organised restart after any goal and penalising a sloppy one, so the practical stakes of composure after a goal are felt directly.

**Organisation:**

- **Pitch dimensions:** 50 x 36 m (half pitch)
- **Players:** 16 outfield + 2 goalkeepers
- **Goalkeeper involvement:** both keepers play their own-goal role, including organising the immediate response after any goal
- **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 a well-organised, composed sequence immediately following any goal earns a bonus point for the team that produced it, while a goal conceded within one minute of a team's own goal costs that team a bonus point, directly rewarding this week's central skill.

**Rules:** Standard conditioned-match rules, plus the bonus and penalty conditions described above.

**Tactical roles:** the full comparative and decision-making skill set, combined for the first time with a genuinely live, moving 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, immediately after a goal.                            |
| Tactical                   | Genuine, sustained composure in the moments right after any goal.                                     |
| Physical                   | Situational intensity — controlled immediately after a goal, returning to normal intensity afterward. |
| Psychological              | Composure under the genuine emotional pull of scoring or conceding.                                   |
| Communication & leadership | The team organising and confirming its response out loud, immediately after every goal.               |

**Guided discovery questions:**

1. What was the clearest example of the team managing momentum well after a goal tonight?
2. Was there a moment the team's composure slipped in the minute right after a goal — what happened?
3. How does this connect to Week 24's game-management work — is managing momentum after a goal the same recognition skill, just applied to a shorter, more intense window?
4. What did the opposition try to exploit in the moments right after a goal?

## Progressions:

1. Extend the bonus/penalty window slightly, testing whether the discipline holds for longer.
2. Add a genuine scoreline scenario, combining this week's theme with Weeks 24–25's principles.
3. Reduce numbers to 7v7.

## Regressions:

1. Reduce the bonus/penalty window while the discipline is being consolidated.
2. Reduce to 6v6 on a smaller area.
3. Reintroduce Practice 2's heightened-focus zone briefly if composure has broken down.

## Common problems and corrections:

| PROBLEM                                                                                           | WHY IT HAPPENS                                                                             | COACH RECOGNISES BY                                                               | STOP OR FLOW?                        | INTERVENTION                                                          | RESTART |
|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------|-----------------------------------------------------------------------|---------|
| A team concedes a second goal quickly after their own, losing the bonus and conceding the penalty | Genuine lapse in concentration immediately after scoring                                   | A quick, disorganised concession follows shortly after the team's own goal        | Stop                                 | Short group intervention connecting directly to this week's principle | Resume  |
| A team becomes so focused on the bonus condition that natural play suffers                        | Overcorrection — chasing the bonus mechanically rather than playing with genuine composure | Stilted, overly cautious play immediately after every goal, even when unnecessary | Let it flow, then a natural stoppage | Question: "was that composed, or just cautious?"                      | Resume  |

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

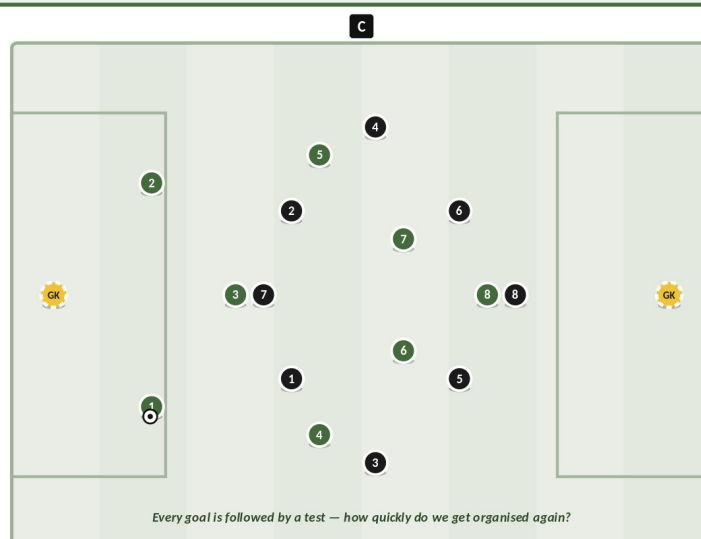
## Success indicators:

- Fewer goals conceded within one minute of the team's own goal, tracked across the practice.
- The team's bonus-condition completion rate improves as the practice progresses.
- Players can articulate, after the practice, specific moments where composure was applied well.

**Coach's eye:** this practice is the week's clearest test of whether Tuesday's teaching has transferred — judge it specifically against the quality of composure in the moments right after a goal, not just the final score.

### T27.4 MOMENTUM SWING — Conditioned Match

50 x 36 m (half pitch) • 8v8 + GKs • a well-organised restart after any goal is worth a bonus point, a sloppy one costs one • 15 minutes



● Team A ● Team B ● Goalkeeper ● Ball

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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 pitch. White football near a green player. Title: 'MOMENTUM SWING — Conditioned Match'. Subtitle: '50 x 36 m (half pitch) · 8v8 + GKs · a well-organised restart after any goal is worth a bonus point, a sloppy one costs one · 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, green-bibbed players organised and composed immediately after a goal, black-bibbed opponents also regrouping, coach on the touchline near halfway tracking the whole picture with a stopwatch.

**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. Players in dark green bibs organised and composed immediately after a goal. Players in black bibs also regrouping calmly. A coach stands near the halfway line on the touchline, tracking the whole picture with a stopwatch. 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: "What's the first thing we do — every single time — in the minute right after a goal, ours or theirs?"

## Thursday — Session 54

| FIELD                                  | DETAIL                                                                                                                                                                                                                                                                                        |
|----------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session number                         | 54 of 72                                                                                                                                                                                                                                                                                      |
| Week                                   | 27                                                                                                                                                                                                                                                                                            |
| Season phase                           | 5 — Match Management                                                                                                                                                                                                                                                                          |
| Training day                           | Thursday                                                                                                                                                                                                                                                                                      |
| Session theme                          | Controlling restarts (kick-offs, goal kicks)                                                                                                                                                                                                                                                  |
| Short summary                          | Teaches structured, rehearsed kick-off and goal-kick routines that prioritise security and calm organisation over hopeful, rushed restarts, directly addressing the specific mechanical moment that follows almost every goal, with the nearest players reacting first to re-establish shape. |
| Tags                                   | `restarts` `build-up` `game-management`                                                                                                                                                                                                                                                       |
| Primary learning objective             | The team executes a calm, structured kick-off and goal-kick routine rather than a rushed or hopeful one.                                                                                                                                                                                      |
| Secondary learning objective           | The nearest players to the restart organise the picture first, rather than waiting for specific individuals.                                                                                                                                                                                  |
| Match connection                       | This week's named match-day connection: fewer immediate goals conceded after our own goal.                                                                                                                                                                                                    |
| Expected tactical outcome              | Fewer turnovers directly from a kick-off or goal-kick restart, particularly in the moments right after a goal.                                                                                                                                                                                |
| Expected physical load                 | Moderate — this is a technical and organisational theme rather than a peak conditioning week.                                                                                                                                                                                                 |
| Recommended intensity                  | 6–7 / 10.                                                                                                                                                                                                                                                                                     |
| 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; the goal-kick routine is specifically built around the goalkeeper's distribution, echoing Week 19's build-up shape work.                                                                                                                                   |
| Pitch dimensions                       | Largest area this week is 50 x 34 m (Practice 3).                                                                                                                                                                                                                                             |
| Area layout                            | A tight walkthrough area for Practice 2, widening through Practices 3 and 4.                                                                                                                                                                                                                  |
| Contingency — lower attendance (10–13) | Practice 3 reduces proportionally, e.g. 6v5.                                                                                                                                                                                                                                                  |
| Contingency — higher attendance (20+)  | Practice 3 can extend to a fuller 9v9.                                                                                                                                                                                                                                                        |
| Contingency — restricted space         | Practice 2 works in any small area; Practice 3 needs realistic width and should not be excessively compressed.                                                                                                                                                                                |

### TIMELINE (60 MINUTES)

| TIME      | DURATION | PHASE                                            | COLOUR CODE |
|-----------|----------|--------------------------------------------------|-------------|
| 0:00–0:10 | 10 min   | Arrival & warm-up — <i>Nearest Player Reacts</i> | Light green |

| TIME      | DURATION | PHASE                                                | COLOUR CODE |
|-----------|----------|------------------------------------------------------|-------------|
| 0:10-0:25 | 15 min   | Technical practice — <i>Kick-Off Control</i>         | Club green  |
| 0:25-0:27 | 2 min    | Water break / transition                             | —           |
| 0:27-0:42 | 15 min   | Unit / tactical practice — <i>Goal Kick Patterns</i> | Dark green  |
| 0:42-0:44 | 2 min    | Water break / transition                             | —           |
| 0:44-0:59 | 15 min   | Confidence game — <i>Set the Tone</i>                | Black       |
| 0:59-1:00 | 1 min    | Reflection                                           | —           |

## PRACTICE 1 — NEAREST PLAYER REACTS (ARRIVAL)

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

**Tactical purpose:** Introduces the habit of the nearest player organising a restart's picture immediately, rather than waiting for a specific individual, before any tactical structure is added.

**Organisation:** 20 x 16 m grid, small groups. No goalkeeper requirement — both keepers join fully.

**Walkthrough:** The coach rolls a ball into the grid unpredictably from different directions; whichever player is nearest must immediately organise the group's response, rehearsing the "nearest players react first" principle this week's teaching depends on.

**Rules:** The nearest player must call out and organise within two seconds of the ball entering the grid.

### Coaching points:

- *Technical:* clean first touch and organisation under a sudden trigger.
- *Psychological:* taking ownership immediately, rather than waiting to be told.

## PRACTICE 2 — KICK-OFF CONTROL (TECHNICAL PRACTICE)

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

**Tactical purpose:** Installs the club's specific, rehearsed kick-off routine — short, controlled, and secure, returning the ball to a settled shape before progressing, rather than an aimless first-touch punt forward.

### Organisation:

- **Pitch dimensions:** 30 x 20 m
- **Players:** 4 players in a shadow-play walkthrough, no opposition
- **Goalkeeper involvement:** not directly involved in this specific practice, though the routine connects to the goalkeeper's involvement in Practice 3

- **Team sizes:** 4 (shape only)
- **Neutrals:** none
- **Equipment:** flat markers for reference positions
- **Starting positions:** standard kick-off shape
- **Ball supply:** 1 ball, used to walk through the routine repeatedly
- **Restart:** coach resets the walkthrough as needed
- **Coach position:** central, able to see the whole picture
- **Rotation method:** the specific players taking the kick-off rotate through the

practice

- **Direction of play:** standard, walked through at low to moderate intensity

**Practice walkthrough:** The team rehearses a simple, secure kick-off routine: a short pass to a nearby player, then a controlled pass backward or sideways to a settled shape, rather than an immediate, hopeful ball forward. This routine is deliberately unglamorous, prioritising security in the moments right after any restart over ambition.

**Rules:** Walkthrough intensity for the first repetitions, building to light opposition as the routine becomes automatic.

### Tactical roles:

- *Individual:* the two central players taking the kick-off have specific, rehearsed jobs.
- *Unit:* the supporting players' positioning creates the settled shape the routine returns to.
- *Team:* not applicable at this scale.
- *Transition:* not applicable — this practice is organisational.

### Decision-making triggers:

- The kick-off is taken → the rehearsed short routine applies by default, not an improvised long ball.
- The opposition presses the kick-off aggressively → the routine's backward option becomes the priority release.

**Communication language used:** *Hold, Time* — plus a specific kick-off confirmation call.

### Coaching points:

| CORNER                     | POINT                                                                                               |
|----------------------------|-----------------------------------------------------------------------------------------------------|
| Technical                  | Clean, simple passing technique under the routine's low-risk demand.                                |
| Tactical                   | Understanding why security is prioritised over ambition in this specific moment.                    |
| Physical                   | Not applicable at walkthrough intensity — building to light physical demand as opposition is added. |
| Psychological              | Discipline to follow the rehearsed routine rather than improvising.                                 |
| Communication & leadership | The kick-off taker confirming the routine out loud before it begins.                                |

### Guided discovery questions:

1. Why might a short, controlled kick-off be a better default than an immediate long ball?
2. What happens to the routine if the opposition presses it aggressively?
3. How does this connect to Week 24's secure-retention work — is this the same principle, applied to a specific restart?
4. Why does the team need a rehearsed default rather than deciding fresh every time?

### Progressions:

1. Add light, then full, opposition pressure to the kick-off routine.
2. Introduce a genuine scoreline scenario, testing whether the routine adapts (e.g. a more direct option when chasing a game).
3. Rehearse the routine from both directions of play.

### Regressions:

1. Walk the routine through slowly, position by position, before adding any pace.
2. Reduce the routine to its simplest two-pass version while the habit is being built.
3. Allow the coach to call out each step while the routine is being learned.

### Common problems and corrections:

| PROBLEM                                                                               | WHY IT HAPPENS                                                     | COACH RECOGNISES BY                                                               | STOP OR FLOW? | INTERVENTION                                                         | RESTART |
|---------------------------------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------------------------------------|---------------|----------------------------------------------------------------------|---------|
| The kick-off taker reverts to an immediate long ball out of habit                     | Old habits overriding the newly rehearsed routine                  | The ball is played long and hopeful rather than short and controlled              | Stop          | Freeze-and-correct: reset and clarify the routine's first two passes | Resume  |
| The supporting players aren't in their rehearsed positions when the kick-off is taken | The routine's positional structure hasn't been fully installed yet | The kick-off taker has no clean option because support isn't positioned correctly | Stop          | Short group intervention: reset positions before the next repetition | Resume  |

**Coach interventions used in this practice:** heavy on *freeze-and-correct*, since installing a specific, repeatable routine is the entire teaching point.

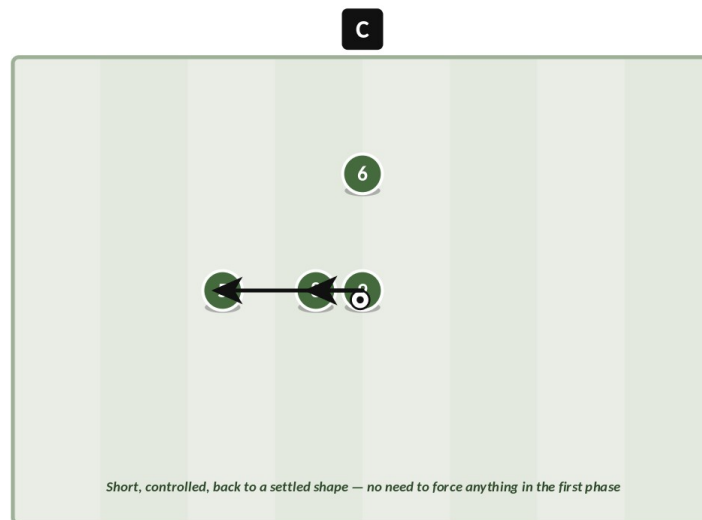
### Success indicators:

- The rehearsed routine is executed correctly and by default, without needing a reminder.
- The routine holds up under light and then full opposition pressure.
- Players can articulate why the routine prioritises security.

**Coach's eye:** watch for automaticity, not just correctness — a team that executes the routine without needing to think about it has actually installed the habit; a team that gets it right only with visible deliberation has not yet.

## H27.2 KICK-OFF CONTROL — A Structured Restart

30 x 20 m · shadow-play walkthrough · a simple, rehearsed kick-off routine, secure rather than hopeful · 15 minutes



● Team taking the kick-off    ● Ball    ➔ Kick-off sequence

Castlewellan Town FC · Senior Coaching Curriculum · Week 27 · 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 30x20 metre area with dimension labels, centred on a centre-circle marking. Four players in dark green bibs numbered 5, 6, 8, 9 arranged in a kick-off shape. White football at the centre spot. Black solid arrows showing a short pass sequence returning the ball to a settled shape. Title: 'KICK-OFF CONTROL — A Structured Restart'. Subtitle: '30 x 20 m · shadow-play walkthrough · a simple, rehearsed kick-off routine, secure rather than hopeful · 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 pitch centred on the centre circle, green-bibbed players walking calmly through a short, controlled kick-off sequence, coach centrally positioned observing the routine closely.

**AI image-generation prompt (realistic illustration):** "Elevated three-quarter sideline photograph-style illustration of adult amateur football training centred on a centre circle. Players in dark green bibs walking calmly through a short, controlled kick-off passing sequence. A coach standing centrally, closely observing the routine. 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 — GOAL KICK PATTERNS (UNIT / TACTICAL PRACTICE)

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

**Tactical purpose:** Expands the restart-control principle to goal kicks, applying the team's existing build-up shapes (Week 19's 2-3, 3-2, and 3-1 patterns) calmly and deliberately in the specific, high-pressure moment right after conceding, when the temptation to rush is strongest.

### Organisation:

- **Pitch dimensions:** 50 x 34 m
- **Players:** 8 building outfield + goalkeeper vs 5 pressing
- **Goalkeeper involvement:** central to this practice — the goalkeeper's calm

distribution sets the tone for the whole routine

- **Team sizes:** 8 + GK v 5
- **Neutrals:** none
- **Equipment:** flat markers for starting positions
- **Starting positions:** as shown in the diagram, echoing Week 19's build-up shapes
- **Ball supply:** 3 spare balls with the coach
- **Restart:** every repetition begins from a genuine goal kick, always preceded by a

simulated "just conceded" call

- **Coach position:** mobile, able to see the whole picture
- **Rotation method:** roles swap at the midpoint
- **Direction of play:** the building team works to progress calmly from the goal

kick; the pressing team applies moderate pressure

**Practice walkthrough:** Every repetition begins with a simulated concession, immediately followed by a goal kick. The team applies one of its existing build-up shapes from Week 19, delivered with the specific calm and organisation this week's teaching demands, resisting any temptation to rush the goal kick simply because a goal has just been conceded.

**Rules:** Standard positional practice rules; a clean, calm progression from the goal kick scores a point for the building team, a regain scores a point for the pressing team.

**Tactical roles:** the full build-up shape skill set from Week 19, combined with this week's specific composure demand.

### Decision-making triggers:

- The pressing team commits high → use the rehearsed build-up shape to play around or through them calmly.
- The pressing team holds off → circulate patiently, in no rush simply because a goal has just been conceded.

**Communication language used:** *Time, Turn, Travel* — plus the goalkeeper's full organisational voice.

### Coaching points:

| CORNER                     | POINT                                                                                                 |
|----------------------------|-------------------------------------------------------------------------------------------------------|
| Technical                  | Clean distribution and receiving technique under the specific pressure of a "just conceded" scenario. |
| Tactical                   | Applying the correct, already-known build-up shape calmly rather than rushing.                        |
| Physical                   | Controlled, unhurried movement in the immediate aftermath of the simulated concession.                |
| Psychological              | Discipline to resist rushing simply because a goal has just gone in.                                  |
| Communication & leadership | The goalkeeper's calm, clear organisation of the whole picture.                                       |

### Guided discovery questions:

1. What made the build-up feel different immediately after the simulated concession, compared to a normal goal kick?
2. Why is rushing the goal kick after conceding actually a worse habit than it might feel like in the moment?
3. How does this connect to Week 19's build-up shape work — is this the same shape-choice skill, just under a specific emotional pressure?
4. What did the goalkeeper's calm distribution do for the rest of the team's composure?

#### Progressions:

1. Increase the pressing team's intensity, testing whether the calm routine holds.
2. Reduce the time between the simulated concession and the goal kick being taken.
3. Combine with Week 21's block-choice work, varying the pressing team's height.

#### Regressions:

1. Reduce the pressing team's intensity while the composure habit is being built.
2. Extend the time between the simulated concession and the goal kick while the routine is being learned.
3. Allow the coach to call out the recommended build-up shape while the composure is being installed.

#### Common problems and corrections:

| PROBLEM                                                                                       | WHY IT HAPPENS                                                          | COACH RECOGNISES BY                                                   | STOP OR FLOW?                    | INTERVENTION                                                                       | RESTART  |
|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|-----------------------------------------------------------------------|----------------------------------|------------------------------------------------------------------------------------|----------|
| The goal kick is rushed or played long and hopeful immediately after the simulated concession | Emotional urgency after conceding overrides the rehearsed, calm routine | The ball is played long rather than into the rehearsed build-up shape | Stop                             | Freeze-and-correct: reset and clarify that the goal kick doesn't need to be rushed | Resume   |
| The goalkeeper's organisational voice goes quiet immediately after the simulated concession   | Emotional reaction to conceding reducing confidence to organise         | Reduced vocal input from the goalkeeper specifically in this scenario | Let it flow with a drive-by call | Direct individual encouragement to keep organising even after a goal against       | Continue |

**Coach interventions used in this practice:** a mix of *freeze-and-correct* and drive-by encouragement.

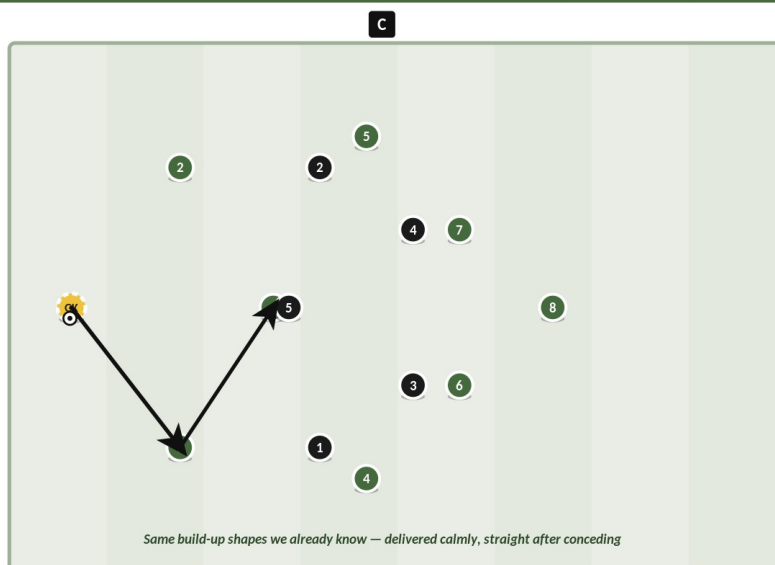
#### Success indicators:

- The goal kick routine is applied calmly and correctly regardless of the simulated concession.
- The goalkeeper's organisational voice remains consistent whether or not a goal has just been conceded.
- Clean progressions from the goal kick increase across the practice.

**Coach's eye:** watch specifically for any difference in the team's composure between a normal goal kick and one immediately following a simulated concession — the goal of this practice is for there to be no visible difference at all.

## H27.3 GOAL KICK PATTERNS — Building Out After Conceding

50 x 34 m • 8v5 + GK • a rehearsed build-up shape from the goal kick, delivered calmly straight after conceding • 15 minutes



● Team building out   ● Opposition press   ● Goalkeeper   ● Ball   ➔ Build-up pass

Castlewellan Town FC • Senior Coaching Curriculum • Week 27 • 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 50x34 metre area with dimension labels. A goalkeeper in yellow on the left. Eight players in dark green bibs numbered 1–8 organised in a build-up shape, and five players in black bibs numbered 1–5 pressing moderately. White football near the goalkeeper. Black solid arrows showing a calm build-up passing sequence. Title: 'GOAL KICK PATTERNS — Building Out After Conceding'. Subtitle: '50 x 34 m • 8v5 + GK • a rehearsed build-up shape from the goal kick, delivered calmly straight after conceding • 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 wide view of a positional practice, a calm, organised green-bibbed team building out from a goal kick, the goalkeeper distributing with visible composure, black-bibbed pressers applying moderate pressure, coach observing from a central, elevated vantage point.

**AI image-generation prompt (realistic illustration):** "Elevated wide three-quarter sideline photograph-style illustration of an adult amateur football positional practice on a grass pitch. A calm, organised group of players in dark green bibs building out from a goal kick. The goalkeeper distributing the ball with visible composure. Players in black bibs applying moderate pressure. A coach observing from a central vantage point. 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 — SET THE TONE (CONFIDENCE GAME)

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

**Tactical purpose:** Closes the session with a competitive, enjoyable game featuring frequent restarts, rewarding a calm, controlled sequence immediately following each one, 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:** frequent, simulated kick-off-style restarts from the centre

spot

- **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 with frequent, coach-triggered restarts styled as kick-offs; a calm, controlled sequence of at least three composed passes immediately following each restart earns a bonus point, directly rewarding this week's central skill.

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

**Tactical roles:** the full restart-control skill set from Practices 2–3, applied inside free-flowing, competitive play.

**Decision-making triggers:** the full set from Practice 3, applied spontaneously as restarts occur during play.

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

### Coaching points:

| CORNER                     | POINT                                                                             |
|----------------------------|-----------------------------------------------------------------------------------|
| Technical                  | Clean, composed technique immediately after every restart.                        |
| Tactical                   | Correctly applying the rehearsed restart routine under game-realistic conditions. |
| 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 | Team-mates recognising and rewarding a well-controlled restart sequence.          |

### Guided discovery questions:

1. What made tonight's best restart sequence work?
2. What's one thing from this week — managing momentum or controlling restarts — you feel most confident about heading into Saturday?
3. Why does a calm restart matter just as much as quality in open play?

### Progressions:

1. Increase the number of composed passes required for the bonus.

2. Reduce the time between restarts, increasing the frequency of the test.
3. Add a genuine offside line.

#### Regressions:

1. Reduce the number of composed passes required 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 |
|-----------------------------------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------------|--------------------------------------|--------------------------------------------------------|---------|
| Players rush the composed sequence mechanically just to reach the bonus threshold | The condition is chased rather than played naturally   | Passes are hurried or low-quality simply to reach the count  | Let it flow, then a natural stoppage | Question: "was that actually composed, or just quick?" | Resume  |
| The restart routine becomes so cautious the game loses its natural rhythm         | Overcorrection under the pressure of frequent restarts | Players appear disengaged or overly slow after every restart | Stop                                 | Reduce the frequency of triggered restarts             | 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.

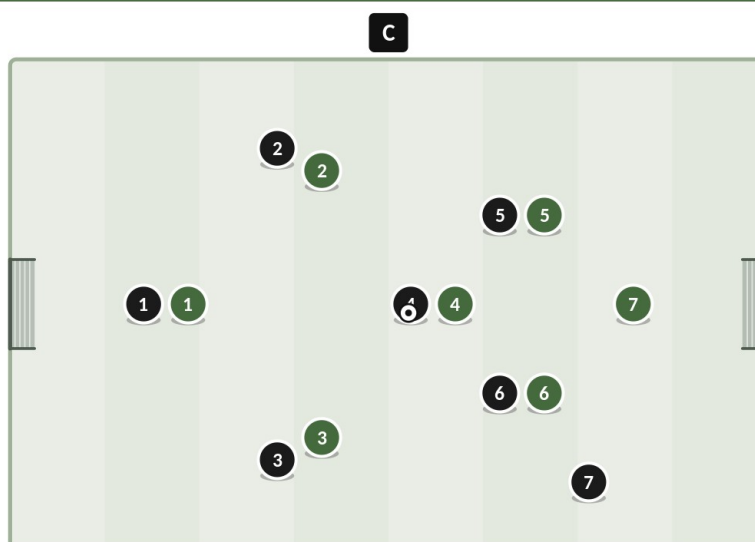
#### Success indicators:

- Composed restart sequences are completed consistently and with genuine quality.
- The team's rhythm returns smoothly to normal play after each composed sequence.
- 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.

#### H27.4 SET THE TONE — Confidence Game

34 x 22 m • 7v7 • frequent restarts — bonus for a calm, controlled sequence straight after every one • 17 minutes



● Team A ● Team B ● Ball

Castlewellan Town FC • Senior Coaching Curriculum • Week 27 • 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 seven players in black bibs numbered 1–7 spread across the pitch, gathered loosely near the centre circle as if resuming from a restart. White football near the centre spot. Title: 'SET THE TONE — Confidence Game'. Subtitle: '34 x 22 m · 7v7 · frequent restarts — bonus for a calm, controlled sequence straight after every one · 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 resuming from a restart, players from both teams composed and organised near the centre circle, both full-size goals visible, coach on the touchline smiling and encouraging.

**AI image-generation prompt (realistic illustration):** "Elevated three-quarter sideline photograph-style illustration of an adult amateur 7v7 small-sided football game resuming from a restart near the centre circle. Players in dark green bibs and black bibs composed and organised, preparing to play. Warm early-evening light, realistic grass pitch and long shadows, amateur adult players of varied build showing visible energy and composure. 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 does our kick-off routine look like on Saturday if we've just gone 1-0 down — does it change, and should it?"

# Match-Day Objectives

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## Three team objectives:

1. Recognise the minute immediately after any goal as requiring heightened alertness, responding with simple, secure structure.
2. Execute the rehearsed kick-off routine by default, prioritising security over an immediate hopeful ball forward.
3. Apply the team's existing build-up shape calmly on every goal kick, even immediately after conceding.

## Three unit objectives:

1. **Back line and goalkeeper:** organise the composed response immediately after any goal, and deliver the goal-kick routine calmly regardless of the scoreline.
2. **Midfield unit:** provide the simple, secure options the heightened-focus period demands.
3. **Front players:** resist the pull to force something spectacular immediately after either team's goal.

## Individual role reminders:

- The nearest player organises first — don't wait for someone else to take charge of the picture.
- After any goal, the next sixty seconds matter more than the celebration or the frustration.
- The kick-off and goal-kick routines are rehearsed for a reason — trust them, especially when emotions are running highest.

## Measurable performance indicators:

- Number of goals conceded within one minute of the team's own goal.
- Number of turnovers directly from a kick-off or goal-kick restart.
- Whether the rehearsed restart routines were applied consistently, regardless of the scoreline.
- Composure of the goalkeeper's organisational voice immediately after conceding.

## Formation Translation — Applying This Across Different Structures

### Managing momentum and controlling restarts

| STRUCTURE | HOW MANAGING MOMENTUM IS TYPICALLY ORGANISED                                                       | HOW CONTROLLING RESTARTS IS TYPICALLY ORGANISED                                                                                                      | WHAT STAYS THE SAME                                                           | KEY RISK                                                                                                 |
|-----------|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| 4-3-3     | The double pivot provides the simple, secure options in the heightened-focus period after any goal | The kick-off routine typically runs through the double pivot; the goal kick uses the back four's established build-up shape                          | The recognition-and-composure principle, and the rehearsed-routine discipline | A winger or striker forcing an ambitious pass immediately after a goal, against the routine's discipline |
| 3-4-3     | The back three and a holding midfielder provide the simple, secure options after any goal          | The kick-off routine typically runs through the double pivot ahead of the back three; the goal kick uses the back three's established build-up shape | The recognition-and-composure principle, and the rehearsed-routine discipline | A wing-back pushing forward immediately after a goal against, before the team has genuinely reorganised  |

## Coach Review

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*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.*