



## Week 29 — Phase 5 Consolidation

Tags: `consolidation` `set-pieces` `full-squad-practice` `phase-review`

### Weekly Overview

| FIELD                           | DETAIL                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|---------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Week number                     | 29 of 36                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Season phase                    | 5 (review) — Match Management                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Core principle                  | All Phase 5 principles, consolidated                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Secondary principle             | Recognise the picture before playing                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Previous match review focus     | Apply the three routes below to the most recent fixture.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Weekly tactical problem         | Weeks 24–28 taught the team to protect a lead, chase a game, play with or against ten, manage momentum, control restarts, and combine all of it under the pressure of a genuine final five minutes. Week 29 asks whether the team can move fluidly between several different match states inside one continuous game, rather than handling only one state at a time in isolation. Thursday expands the set-piece programme's final Phase 5 milestone: every routine rehearsed inside genuine match-state scenarios, and the club's penalty protocol confirmed for the first time. |
| Formation-neutral explanation   | Consolidation weeks are not new content — they are a test of whether previously taught, formation-neutral principles have become genuinely available to the team under realistic pressure, without the scaffolding (conditions, bonuses, coach cues) that helped install them.                                                                                                                                                                                                                                                                                                    |
| Example structural applications | Whatever formation the team lines up in this week, the same test applies: can the team recognise which match state it's actually in — leading, level, chasing, a player up or down — and control that state using the correct principle from Weeks 24–28, adjusting fluidly as the state itself changes within a single match.                                                                                                                                                                                                                                                    |

## Match Review and Weekly Adjustment

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**Route A — Previous performance was strong.** If the team played well, use this week's minimal-instruction practices as confirmation rather than teaching — watch specifically for evidence that Phase 5's principles are now self-generated, not coach-prompted, and that the team can move between match states without external help.

**Route B — Previous performance exposed a tactical weakness.** If a specific Phase 5 principle (protecting a lead, chasing a game, playing with or against ten, restart control) broke down in the last fixture, this week's minimal-instruction format will show clearly whether it has genuinely been learned or only rehearsed — watch that specific moment closely.

**Route C — Attendance, facilities or player availability are disrupted.** Protect the consolidation game and the set-piece review above everything else this week — both are foundational to the rest of the season, and both scale to reduced numbers using the contingencies below.

## Tuesday — Session 57

| FIELD                                  | DETAIL                                                                                                                                                                                                                                                                                                                                                                                                  |
|----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session number                         | 57 of 72                                                                                                                                                                                                                                                                                                                                                                                                |
| Week                                   | 29                                                                                                                                                                                                                                                                                                                                                                                                      |
| Season phase                           | 5 (review) — Match Management                                                                                                                                                                                                                                                                                                                                                                           |
| Training day                           | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                 |
| Session theme                          | Phase 5 consolidation game — scripted match states                                                                                                                                                                                                                                                                                                                                                      |
| Short summary                          | Brings together everything trained in Weeks 24–28 — protecting a lead, chasing a game, playing with or against ten, managing momentum, controlling restarts, and combining all of it under real time pressure — inside progressively less structured practices, finishing with a full conditioned match that moves the team through several genuinely scripted match states inside one continuous game. |
| Tags                                   | `game-management` `full-squad-practice` `conditioning`                                                                                                                                                                                                                                                                                                                                                  |
| Primary learning objective             | The team recognises which match state it's currently in and controls it using the correct, learned principle, adjusting fluidly as the state itself changes.                                                                                                                                                                                                                                            |
| Secondary learning objective           | Every principle from Weeks 24–28 remains available simultaneously, not just the most recently trained one.                                                                                                                                                                                                                                                                                              |
| Match connection                       | This week's named match-day connection: the team controls at least two distinct match states.                                                                                                                                                                                                                                                                                                           |
| Expected tactical outcome              | A visible, spontaneous adjustment in approach as the scripted match state changes, made without a coach cue.                                                                                                                                                                                                                                                                                            |
| Expected physical load                 | Moderate — this is a review week, not a peak-load week.                                                                                                                                                                                                                                                                                                                                                 |
| Recommended intensity                  | 6.5–7.5 / 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; in Practice 4, the goalkeeper's organisational voice is watched as closely as the outfield players' decisions.                                                                                                                                                                                                                                                       |
| Pitch dimensions                       | Largest area this week is 50 x 36 m (Practices 2 and 4).                                                                                                                                                                                                                                                                                                                                                |
| Area layout                            | One large positional-practice area for Practice 2, narrowing for Practice 3, returning to full size for Practice 4.                                                                                                                                                                                                                                                                                     |
| Contingency — lower attendance (10–13) | Practice 2 reduces to 6v6 + GKs; Practice 3 becomes 6v5; Practice 4 becomes 6v6.                                                                                                                                                                                                                                                                                                                        |
| Contingency — higher attendance (20+)  | Practice 4 can extend to 9v9.                                                                                                                                                                                                                                                                                                                                                                           |
| Contingency — restricted space         | Reduce Practice 2 and Practice 4 proportionally; the minimal-instruction principle survives at any scale.                                                                                                                                                                                                                                                                                               |

## TIMELINE (60 MINUTES)

| TIME      | DURATION | PHASE                                       | COLOUR CODE |
|-----------|----------|---------------------------------------------|-------------|
| 0:00-0:10 | 10 min   | Arrival & warm-up — <i>State Change</i>     | Light green |
| 0:10-0:25 | 15 min   | Positional practice — <i>Read the State</i> | Club green  |
| 0:25-0:27 | 2 min    | Water break / transition                    | —           |
| 0:27-0:42 | 15 min   | Skill game — <i>Phase 5 in One</i>          | Dark green  |
| 0:42-0:44 | 2 min    | Water break / transition                    | —           |
| 0:44-0:59 | 15 min   | Conditioned match — <i>Phase 5 Final</i>    | Black       |
| 0:59-1:00 | 1 min    | Reflection                                  | —           |

## PRACTICE 1 — STATE CHANGE (ARRIVAL)

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

**Tactical purpose:** Reconnects to the scenario-recognition habit from across Phase 5, rehearsing quick reaction to a called state change before any tactical structure is added.

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

**Walkthrough:** Players move freely in possession; the coach calls a match state ("leading," "level," "chasing") and the group must adjust its tempo and risk profile instantly to match, without further explanation.

**Rules:** React to the called state only — no further coaching instruction during this practice.

### Coaching points:

- *Technical:* clean tempo adjustment under minimal instruction.
- *Psychological:* instant translation of a single word into a whole approach.

## PRACTICE 2 — READ THE STATE (POSITIONAL PRACTICE)

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

**Tactical purpose:** The week's signature diagnostic practice — the coach calls match-state changes throughout ("1-0 up," "1-1," "0-1 down," "down to ten") with minimal further instruction, watching whether the team recognises each state and adjusts its approach using the correct Weeks 24–28 principle, entirely on its own initiative.

### Organisation:

- **Pitch dimensions:** 50 x 36 m (half pitch)
- **Players:** 16 outfield + 2 goalkeepers
- **Goalkeeper involvement:** both goalkeepers play fully, including organisational responsibilities
- **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, calling states, otherwise deliberately quiet
- **Rotation method:** none required; goalkeepers may split time at the midpoint
- **Direction of play:** standard, both teams attack opposite goals

**Practice walkthrough:** A near-full-scale match in which the coach periodically calls a new match state without further explanation, and the team must translate that single call into the correct combination of approach, tempo, and risk profile from across Weeks 24–28. Any correction is held until the water break rather than interrupting the flow — this practice is a diagnostic tool as much as a training practice.

**Rules:** Standard match rules; the only external input is the coach's periodic state calls.

**Tactical roles:** every tactical role from Weeks 24–28, expected to surface the instant the relevant state is called.

**Decision-making triggers:** the full accumulated set from Weeks 24–28, now expected to fire the instant a state is named, without further cueing.

**Communication language used:** the full season's language so far, used entirely by the players.

### Coaching points:

| CORNER                     | POINT                                                                                                             |
|----------------------------|-------------------------------------------------------------------------------------------------------------------|
| Technical                  | Execution quality under realistic, minimally-prompted conditions.                                                 |
| Tactical                   | Spontaneous, correct translation of a called state into the right approach — the actual subject of this practice. |
| Physical                   | Match-realistic intensity throughout.                                                                             |
| Psychological              | Ownership — the team applying the correct principle without needing it explained.                                 |
| Communication & leadership | Players organising each other's approach to each new state, entirely without further coach input.                 |

### Guided discovery questions:

1. What changed about the team's approach with each state call, and who noticed it first?
2. Was there a state change the team was slow to respond to — what happened?

- How does this connect to everything trained since Week 24 — can you name the specific week a given adjustment came from?
- What did the team do well tonight that would have needed a coach's explanation back in Week 24?

#### Progressions:

- Call states more frequently, testing how quickly the team adjusts each time.
- Combine two state changes in quick succession (e.g. "1-0 up" immediately followed by "down to ten").
- Remove goalkeepers' organisational voice temporarily, testing whether outfield leadership fills the gap.

#### Regressions:

- Allow the coach a single, brief clarifying explanation at the water break if the practice has genuinely broken down.
- Reduce numbers to simplify the picture while the self-organisation habit consolidates.
- Briefly reintroduce a specific week's practice (e.g. Week 24's "Keep It Tight") as a five-minute reset if a particular principle has clearly been lost.

#### Common problems and corrections:

| PROBLEM                                                                    | WHY IT HAPPENS                                                                    | COACH RECOGNISES BY                                                    | STOP OR FLOW?                                    | INTERVENTION                                                    | RESTART |
|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------|--------------------------------------------------|-----------------------------------------------------------------|---------|
| The team applies the same approach regardless of which state is called     | Under low-instruction conditions, habit reasserts itself over recognition         | No visible change in tempo or risk profile after a new state is called | Let it flow, hold correction for the water break | Question at the break: "what did that state actually call for?" | Resume  |
| No player takes ownership of organising the team's response to a new state | Diffusion of responsibility when the coach isn't directing beyond the single call | Confusion or delay when a new state is called                          | Let it flow, hold correction for the water break | Question at the break: "whose job was it to organise that?"     | Resume  |

**Coach interventions used in this practice:** minimal by design — almost entirely *state calls* and *questioning*, held until the water break rather than interrupting live play.

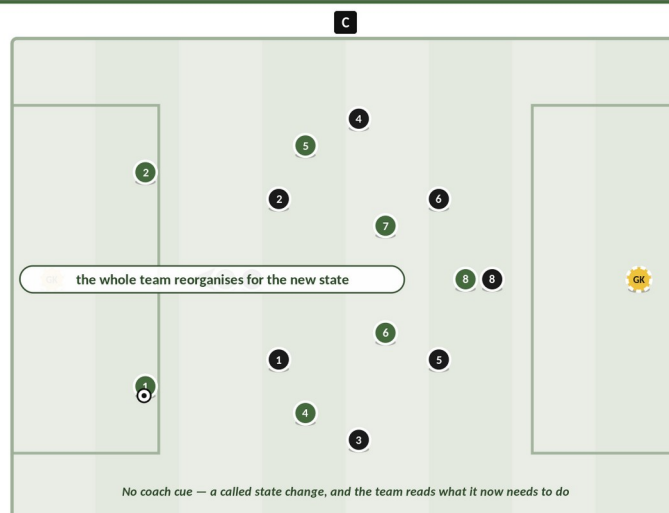
#### Success indicators:

- The team's approach visibly changes with each called state.
- Players can identify and explain the change themselves afterward.
- The team moves between states without needing further explanation beyond the single call.

**Coach's eye:** this practice exists to observe, not to teach — resist the urge to explain further, and treat every state call as a clean test of what's already been learned.

## T29.2 READ THE STATE — Positional Practice

50 x 36 m (half pitch) • 8v8 + GKs • minimal instruction — the coach changes the scripted match state, the team reads and responds • 15 minutes



● Team in possession ● Opposition ● Goalkeeper ○ Ball → Reads and adapts, unprompted

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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. A curved dashed line showing the whole team adjusting position in response to a called state change. White football near a green player. Title: 'READ THE STATE — Positional Practice'. Subtitle: '50 x 36 m (half pitch) • 8v8 + GKs • minimal instruction — the coach changes the scripted match state, the team reads and responds • 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 positional practice, green-bibbed players visibly reorganising their approach mid-play in response to a called state, black-bibbed opponents adjusting in response, coach on the touchline calling out a state change with a raised voice, otherwise standing back observing.

**AI image-generation prompt (realistic illustration):** "Wide elevated three-quarter sideline photograph-style illustration of an adult amateur 8v8 football practice on a half-size grass pitch with full-size goals and goalkeepers in yellow at each end. Players in dark green bibs visibly reorganising their approach mid-play. Players in black bibs adjusting in response. A coach on the touchline calling out an instruction with a raised arm, then standing back to observe quietly. 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."

## PRACTICE 3 — PHASE 5 IN ONE (SKILL GAME)

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

**Tactical purpose:** Compresses several of Phase 5's bonus conditions into a single skill game, so the team must recognise which specific principle a given scripted scoreline calls for and apply the correct one, rather than defaulting to one familiar approach throughout.

### Organisation:

- **Pitch dimensions:** 40 x 26 m
- **Players:** 7 possession players vs 6 opposition
- **Goalkeeper involvement:** both keepers rotate through
- **Team sizes:** 7 v 6
- **Neutrals:** none
- **Equipment:** flat markers, 6 cones, two marked bonus zones near each end
- **Starting positions:** as shown in the diagram
- **Ball supply:** 3 spare balls with the coach
- **Restart location:** nearest sideline
- **Coach position:** sideline, central, calling scripted scorelines
- **Rotation method:** groups swap every five minutes
- **Direction of play:** possession retention and progression, both directions

**Practice walkthrough:** A single game carries three simultaneous bonus conditions drawn from across Phase 5: secure retention rewarded specifically when the scripted scoreline is "leading" (Week 24), a composed restart sequence rewarded after any goal (Week 27), and committed urgency rewarded specifically when the scripted scoreline is "chasing" (Week 25). The coach calls the scripted scoreline periodically, and the team must recognise which condition actually applies right now.

**Rules:** Each of the three bonus conditions is worth an equal bonus point when achieved cleanly and in the correct scripted state; standard possession rules apply otherwise.

**Tactical roles:** the full combined set from Weeks 24–27, now required simultaneously rather than in isolation.

**Decision-making triggers:** the full combined set from Weeks 24–27.

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

### Coaching points:

| CORNER                     | POINT                                                                                        |
|----------------------------|----------------------------------------------------------------------------------------------|
| Technical                  | Clean execution across all three bonus conditions.                                           |
| Tactical                   | Recognising which of the three conditions the current scripted state genuinely calls for.    |
| Physical                   | Sustained, varied movement across the full range of Phase 5's demands.                       |
| Psychological              | Flexibility — not fixating on a single favourite condition regardless of the scripted state. |
| Communication & leadership | Players calling out and confirming the current scripted state as it's announced.             |

### Guided discovery questions:

1. Which of the three bonus conditions came up most naturally tonight, and why?
2. Was there a moment where the team applied the wrong condition for the current scripted state?
3. How does combining several principles into one game, tied to a scripted scoreline, change the decision-making compared to training them separately?
4. Which condition do you personally feel least confident recognising live?

Progressions:

- 1. Add a fourth bonus condition drawn from Week 26 (playing with or against ten).
- 2. Reduce the practice area, increasing the decision-density.
- 3. Call scripted states more frequently and unpredictably.

Regressions:

- 1. Reduce to two simultaneous bonus conditions while the combined recognition skill is being built.
- 2. Widen the practice area for more time and space.
- 3. Allow the coach to call out which condition applies while the skill is being learned.

Common problems and corrections:

| PROBLEM                                                                                | WHY IT HAPPENS                                                         | COACH RECOGNISES BY                                                                            | STOP OR FLOW?                        | INTERVENTION                                                                    | RESTART |
|----------------------------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|--------------------------------------|---------------------------------------------------------------------------------|---------|
| The team applies the same condition regardless of the scripted state called            | Comfort with the most familiar principle overrides genuine recognition | The same condition is chased repeatedly even when the scripted state clearly calls for another | Let it flow, then a natural stoppage | Question: "what did that state actually call for?"                              | Resume  |
| Decision-making slows down as the team tries to consciously check all three conditions | Cognitive overload from tracking multiple conditions at once           | Hesitation and delayed passes as players "think through" the options                           | Stop                                 | Short group intervention: "trust the state you were given — don't checklist it" | Resume  |

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

Success indicators:

- All three bonus conditions are achieved at least once, correctly matched to the scripted state.
- The team's recognition speed for the current scripted state improves as the practice progresses.
- Players can articulate, after the practice, examples of each condition being used correctly.

**Coach's eye:** watch for correct matching between condition and scripted state, not raw bonus count — a team that scores a bonus in the wrong state hasn't yet proven it can recognise the picture.

T29.3 PHASE 5 IN ONE — Composite Skill Game

40 x 26 m • 7v6 • every Phase 5 bonus condition (secure retention, urgency, restart control) live at once • 15 minutes

C

Possession team

Opposition

Ball

Bonus 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 40x26 metre area with dimension labels and two dashed bonus zones marked near each end. Seven players in dark green bibs numbered 1–7 and six players in black bibs numbered 1–6 spread across the area. White football near a green player. Title: 'PHASE 5 IN ONE — Composite Skill Game'. Subtitle: '40 x 26 m · 7v6 · every Phase 5 bonus condition (secure retention, urgency, restart control) live at once · 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 with marked zones near each end, green-bibbed players adjusting their approach as a coach calls out a scripted scoreline, black-bibbed opponents pressing and defending, coach on the touchline tracking multiple threads of the game at once.

**AI image-generation prompt (realistic illustration):** "Elevated three-quarter sideline photograph-style illustration of adult amateur football training on a marked area. Players in dark green bibs adjusting their approach and tempo. Players in black bibs pressing and defending. A coach on the touchline, calling out a scripted scoreline while closely tracking several different phases of play simultaneously. 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 — PHASE 5 FINAL (CONDITIONED MATCH)

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

**Tactical purpose:** Closes the phase with a full conditioned match that moves the team through several genuinely scripted match states inside one continuous game — the clearest possible test of whether Phase 5's principles have become genuinely part of how the team plays, and whether the team can transition between states smoothly.

### Organisation:

- **Pitch dimensions:** 50 x 36 m (half pitch)
- **Players:** 16 outfield + 2 goalkeepers
- **Goalkeeper involvement:** both keepers play their full match role
- **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, scripting state changes
- **Rotation method:** none required; goalkeepers may split time at the midpoint
- **Direction of play:** standard, both teams attack opposite goals

**Practice walkthrough:** A standard conditioned match scripted through at least three distinct match states in sequence — for example, one team notionally leading 1-0 for the first five minutes, then the state flipping to level for the next five, then to that same team chasing an equaliser for the closing five — requiring genuinely fluid movement between the principles taught across the whole of Phase 5.

**Rules:** Standard match rules, with the coach announcing each scripted state transition clearly.

**Tactical roles:** every tactical role covered across Phase 5.

**Decision-making triggers:** every decision-making trigger covered across Phase 5.

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

### Coaching points:

| CORNER                     | POINT                                                                                  |
|----------------------------|----------------------------------------------------------------------------------------|
| Technical                  | Full-match execution quality across every scripted state.                              |
| Tactical                   | Whether Phase 5's principles surface naturally and transition smoothly between states. |
| Physical                   | Match-realistic intensity throughout.                                                  |
| Psychological              | Composure and ownership under multiple, shifting scripted pictures.                    |
| Communication & leadership | Entirely player-driven organisation as each new state is announced.                    |

### Guided discovery questions:

1. What is the single clearest piece of evidence tonight that Phase 5's teaching has genuinely landed?
2. Which transition between states was smoothest, and which was roughest?
3. How does tonight compare to how the team would have handled these same transitions back in Week 24's first session of this phase?

### Progressions:

1. Add a fourth scripted state (e.g. playing with ten) inside the sequence.

2. Reduce the warning given before each state transition.

Regressions:

- 1. Reduce to two scripted states if three is proving too much to track clearly.
- 2. Extend the time given for each state before transitioning to the next.

Common problems and corrections:

| PROBLEM                                                                     | WHY IT HAPPENS                                                                       | COACH RECOGNISES BY                                                                | STOP OR FLOW?                                         | INTERVENTION                                                        | RESTART  |
|-----------------------------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------|---------------------------------------------------------------------|----------|
| The team is slow to transition its approach when the scripted state changes | Genuine cognitive demand of switching between several learned principles in sequence | The old approach persists for a noticeable period after the new state is announced | Let it flow, then a natural stoppage                  | Question: "what would Week 24 or Week 25 have told us to do there?" | Resume   |
| A specific Phase 5 principle is visibly absent across the whole practice    | That principle has not genuinely transferred yet                                     | No examples of it across the full 15 minutes, in any scripted state                | Note for the phase review rather than correcting live | —                                                                   | Continue |

**Coach interventions used in this practice:** minimal — this practice is primarily diagnostic for the phase review, not a teaching moment.

Success indicators:

- The team transitions its approach visibly and correctly with each scripted state change.
- Evidence of at least three of Phase 5's five weekly principles appearing naturally across the different states.
- The overall standard of play matches or exceeds Week 24's opening session.

**Coach's eye:** this practice is this week's most important evidence for the Phase 5 review — record specific, named examples of each state transition rather than general impressions while they're still fresh.

T29.4 PHASE 5 FINAL — Conditioned Match

50 x 36 m (half pitch) · 8v8 + GKs · three scripted match states inside one continuous game — leading, chasing, leading again · 15 minutes

C

● Team A   ● Team B   ● GK   ● 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 in a natural match shape. White football near a green player."

Title: 'PHASE 5 FINAL — Conditioned Match'. Subtitle: '50 x 36 m (half pitch) · 8v8 + GKs · three scripted match states inside one continuous game — leading, chasing, leading again · 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, natural 8v8 match, green-bibbed and black-bibbed players competing normally, coach on the touchline near halfway, calling out a state transition with a raised arm while tracking the whole picture closely.

**AI image-generation prompt (realistic illustration):** "Wide elevated three-quarter sideline photograph-style illustration of an adult amateur 8v8 football match on a half-size grass pitch with full-size goals and goalkeepers in yellow at each end. Players in dark green bibs and black bibs competing in a natural, flowing match. A coach stands near the halfway line on the touchline, calling out an instruction with a raised arm while closely 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: "What is one thing about how we handle a changing scoreline now that would have surprised us back in Week 24?"

## Thursday — Session 58

| FIELD                                  | DETAIL                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|----------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session number                         | 58 of 72                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Week                                   | 29                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Season phase                           | 5 (review) — Match Management                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Training day                           | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Session theme                          | Set-piece review & pressure finishing                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Short summary                          | Reviews all seven set-piece routines installed across Phases 1–4 — the attacking corner and its near-post twist, the defensive corner with its second-phase plan, the wide free kick, the throw-in patterns, and the defensive free-kick wall — at high repetition, then rehearses selected routines live inside genuine match-state scenarios and confirms the club's penalty protocol for the first time, closing with a confidence finishing game. |
| Tags                                   | `set-pieces` `unit-work` `finishing` `full-squad-practice`                                                                                                                                                                                                                                                                                                                                                                                            |
| Primary learning objective             | Every set-piece routine in the club's programme is confirmed sharp, and can be delivered correctly under the specific pressure of a genuine match state.                                                                                                                                                                                                                                                                                              |
| Secondary learning objective           | The team has a settled, confirmed penalty protocol — takers, order, and technique — established before it's ever needed in a genuine match.                                                                                                                                                                                                                                                                                                           |
| Match connection                       | This week's named match-day connection: the team controls at least two distinct match states — extended here to mean the team's set pieces work reliably in both.                                                                                                                                                                                                                                                                                     |
| Expected tactical outcome              | No drift or hesitation in any of the seven routines, and a clear, confirmed answer to "who takes our penalties, and in what order."                                                                                                                                                                                                                                                                                                                   |
| Expected physical load                 | Moderate — set-piece work is technically and tactically demanding rather than physically taxing.                                                                                                                                                                                                                                                                                                                                                      |
| 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                | Central to this session — both keepers are needed throughout, including for the penalty protocol confirmation in Practice 3.                                                                                                                                                                                                                                                                                                                          |
| Pitch dimensions                       | The review circuit uses a full 50 x 34 m area divided into stations; the live rehearsal and finishing practices use a 30 x 22 m attacking-third-plus area.                                                                                                                                                                                                                                                                                            |
| Area layout                            | Four stations for Practice 2 (corners, free kicks, throw-ins, penalties); a single attacking-third area for Practices 3 and 4.                                                                                                                                                                                                                                                                                                                        |
| Contingency — lower attendance (10–13) | Reduce each station in Practice 2 to smaller groups; Practice 3's live rehearsal reduces to a 4v3 attacking picture.                                                                                                                                                                                                                                                                                                                                  |
| Contingency — higher attendance (20+)  | Add a second wave rotating through each station in Practice 2, increasing repetitions without changing the core routines.                                                                                                                                                                                                                                                                                                                             |
| Contingency — restricted space         | Practice 2's stations can each work inside a smaller marked area; Practices 3 and 4 scale down proportionally.                                                                                                                                                                                                                                                                                                                                        |

## TIMELINE (60 MINUTES)

| TIME      | DURATION | PHASE                                                    | COLOUR CODE |
|-----------|----------|----------------------------------------------------------|-------------|
| 0:00–0:10 | 10 min   | Arrival & warm-up — <i>Dead-Ball Sharpness</i>           | Light green |
| 0:10–0:25 | 15 min   | Set-piece review circuit — <i>The Full Set</i>           | Club green  |
| 0:25–0:27 | 2 min    | Water break / transition                                 | —           |
| 0:27–0:42 | 15 min   | Live rehearsal — <i>Pressure Points</i>                  | Dark green  |
| 0:42–0:44 | 2 min    | Water break / transition                                 | —           |
| 0:44–0:59 | 15 min   | Confidence finishing game — <i>Finish Under Pressure</i> | Black       |
| 0:59–1:00 | 1 min    | Reflection                                               | —           |

## PRACTICE 1 — DEAD-BALL SHARPNESS (ARRIVAL)

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

**Tactical purpose:** Sharpens individual dead-ball striking technique before the full routines are rehearsed, since the whole session depends on clean, reliable delivery.

**Organisation:** Small groups around the penalty area. No goalkeeper requirement — both keepers join fully.

**Walkthrough:** Players rotate through short striking drills — corner delivery, free-kick delivery, and penalty-kick technique — each rehearsed individually before the full routines combine them.

**Rules:** Each player gets an even rotation across all three technical demands.

**Coaching points:**

- *Technical:* clean, consistent striking technique across all three restart types.
- *Psychological:* treating each technique with equal seriousness, not just the most exciting one.

## PRACTICE 2 — THE FULL SET (SET-PIECE REVIEW CIRCUIT)

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

**Purpose:** Reviews all seven of the club's set-piece routines at high repetition across four stations, confirming that nothing has drifted since each was originally installed and that the whole programme remains genuinely fixture-ready.

### Organisation:

- **Pitch dimensions:** 50 x 34 m divided into four stations
- **Players:** groups of 4-5 rotating through each station
- **Goalkeeper involvement:** both keepers rotate between the corner and free-kick stations, since these carry genuine shot-stopping content

- **Team sizes:** small groups at each station, rotating every 3-4 minutes
- **Neutrals:** none
- **Equipment:** flat markers for each station's reference positions
- **Starting positions:** as shown in the diagram
- **Ball supply:** a supply of balls at each station
- **Restart:** each station resets independently
- **Coach position:** mobile between all four stations
- **Rotation method:** groups rotate stations every 3-4 minutes
- **Direction of play:** toward the relevant target at each station

**Practice walkthrough:** Four stations run simultaneously: the **corners station** reviews both the original near-post-decoy/far-post-finish routine (Week 5) and its near-post twist (Week 23), plus the defensive zonal-plus-post structure and its second-phase plan (Weeks 5 and 16); the **free-kicks station** reviews the wide attacking free kick (Week 9) and the defensive wall (Week 8); the **throw-ins station** reviews both throw-in patterns (Week 10); and the **penalties station** begins the process of confirming the club's penalty protocol, rehearsing technique individually ahead of Practice 3's fuller confirmation.

**Rules:** Each station follows its own routine's established rules exactly as originally installed.

**Tactical roles:** the full accumulated set-piece skill set from Phases 1–4, reviewed together rather than individually for the first time.

**Decision-making triggers:** the full accumulated set from each routine's original installation.

**Communication language used:** the full accumulated set-piece language from across the season.

### Coaching points:

| CORNER                     | POINT                                                                                                                  |
|----------------------------|------------------------------------------------------------------------------------------------------------------------|
| Technical                  | Clean execution across all seven routines, with no visible drift from original installation.                           |
| Tactical                   | Correct roles and structure maintained in every routine.                                                               |
| Physical                   | Repetition-based demand across a full station circuit.                                                                 |
| Psychological              | Concentration through a long, potentially repetitive review — a genuine and different demand from open-play practices. |
| Communication & leadership | Each routine's established organisational voice (usually the goalkeeper or corner taker) confirmed as still active.    |

### Guided discovery questions:

1. Which of the seven routines felt sharpest tonight, and which needs the most work before Saturday?
2. What has genuinely stayed the same about each routine since it was first installed, and what has drifted?

3. Why does reviewing all seven together, rather than one at a time, matter at this point in the season?

#### Progressions:

1. Add live opposition to any station showing drift.
2. Randomise which routine's variant (e.g. original corner vs the near-post twist) is called at the corners station.
3. Increase repetitions at whichever station the coach judges least sharp.

#### Regressions:

1. Reduce to a walkthrough pace at any station showing significant drift.
2. Reduce the number of stations running simultaneously if coaching attention needs to be concentrated.

#### Common problems and corrections:

| PROBLEM                                                                             | WHY IT HAPPENS                                                                     | COACH RECOGNISES BY                                                          | STOP OR FLOW?    | INTERVENTION                                                  | RESTART                    |
|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------------------------------------|------------------|---------------------------------------------------------------|----------------------------|
| A routine has visibly drifted from its original structure since installation        | Natural drift over a long season without dedicated review time                     | Positioning or timing differs noticeably from the routine's original diagram | Stop             | Freeze-and-correct: reset to the routine's original structure | Resume                     |
| Rest-defence or out-ball discipline has slipped in the corner routines specifically | The same pull toward the exciting part of the routine that was corrected in Week 5 | Players drifting into the box who should be holding position outside it      | Stop, every time | Firm, immediate correction — this remains non-negotiable      | Resume from a fresh corner |

**Coach interventions used in this practice:** a mix of *freeze-and-correct* and firm, non-negotiable correction on rest defence, mirroring the standard established since Week 5.

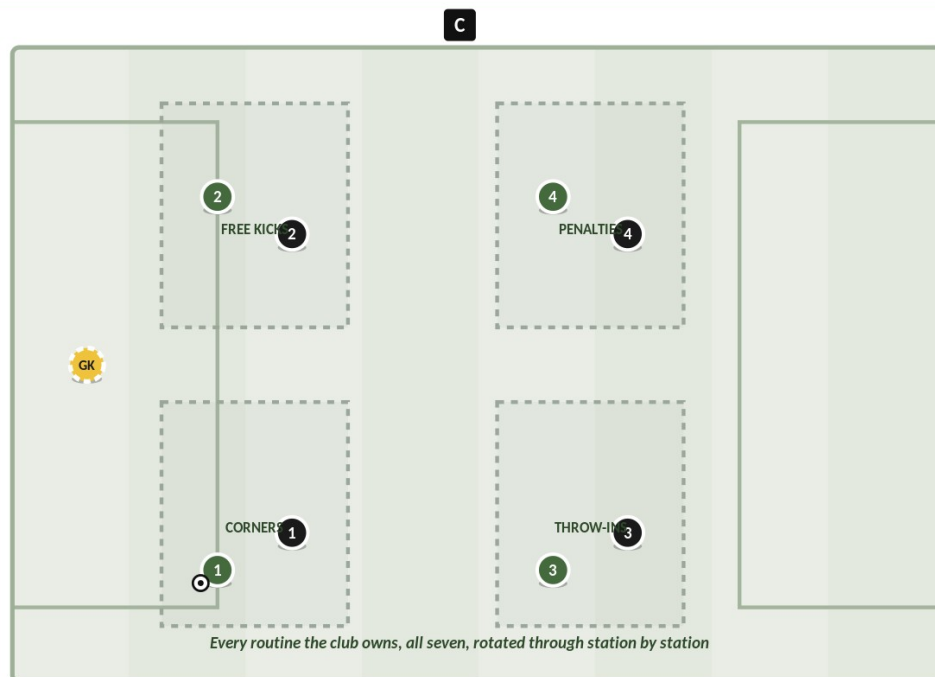
#### Success indicators:

- All seven routines are executed correctly, matching their original installation.
- Rest-defence and out-ball discipline holds in every repetition.
- The coach has a clear, evidence-based sense of which routines are sharpest and which need more work.

**Coach's eye:** this is a genuine audit, not just a warm-up rep — treat any drift found here as valuable information for the rest of the season, not a minor issue to wave through.

## H29.2 THE FULL SET — Set-Piece Review Circuit

50 x 34 m • station circuit • every routine in the programme, reviewed at high repetition • 15 minutes



Castlewellan Town FC • Senior Coaching Curriculum • Week 29 • Diagrams not to scale

**AI image-generation prompt (tactical diagram):** "Top-down 2D vector football coaching diagram, clean white background, UEFA coaching-manual style, showing a 50x34 metre area with penalty box markings and a goalkeeper in yellow, divided into four labelled station zones: 'CORNERS', 'FREE KICKS', 'THROW-INS', and 'PENALTIES'. Small groups of players in dark green and black bibs positioned at each station, with a white football at two of the stations. Title: 'THE FULL SET — Set-Piece Review Circuit'. Subtitle: '50 x 34 m • station circuit • every routine in the programme, reviewed at high repetition • 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 training pitch divided into four distinct station areas, small groups of players in dark green and black bibs working through different set-piece routines simultaneously at each station, coach moving briskly between stations observing each one.

**AI image-generation prompt (realistic illustration):** "Elevated wide three-quarter sideline photograph-style illustration of an adult amateur football training pitch divided into four distinct station areas. Small groups of players in dark green and black bibs working through different set-piece routines simultaneously at each station. A coach moving briskly between the stations, observing each one closely. 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 — PRESSURE POINTS (LIVE REHEARSAL UNDER MATCH-STATE PRESSURE)

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

**Purpose:** Delivers the phase's genuinely new set-piece content: selected routines rehearsed live inside a scripted match-state scenario (protecting a lead, or chasing a goal), and the club's penalty protocol confirmed for the first time — who takes penalties, in what order, and using what technique — directly addressing the Set-Piece Development Pathway's Phase 5 milestone (Season Architecture, Section 8).

### Organisation:

- **Pitch dimensions:** 30 x 22 m attacking-third-plus area, using a real penalty box and goal where available
- **Players:** the full attacking and defending groups from Practice 2's corner station, plus the full squad for the penalty protocol confirmation
- **Goalkeeper involvement:** both keepers take turns facing the confirmed penalty order, and one commands the box for the live corner rehearsal
- **Team sizes:** 5 v 4 for the live corner rehearsal; full squad for the penalty confirmation
- **Neutrals:** none
- **Equipment:** flat markers for starting positions
- **Starting positions:** as shown in the diagram
- **Ball supply:** a supply of balls with the coach
- **Restart:** a fresh corner or penalty after every repetition
- **Coach position:** positioned to see the whole picture clearly
- **Rotation method:** roles rotate through the practice
- **Direction of play:** attacking or defending the marked goal

**Practice walkthrough:** The practice opens with a corner routine (the attacking team's choice of either the original or the near-post-twist option) rehearsed live, inside a scripted "protecting a lead" scenario — the defending team knows they're "1-0 up" and must apply Week 24's composure principles even while organising a genuine defensive corner. The practice then shifts to confirming the penalty protocol: the full squad gathers, and the coaching staff, informed by the technical work in Practice 1 and the season's evidence so far, confirms a clear, ranked order of penalty takers and each taker's preferred technique, rehearsing several penalties each under realistic, watched conditions.

**Rules:** As with the original corner routines; the penalty order, once confirmed, is treated as settled unless a specific player's form or availability changes it.

### Tactical roles:

- *Individual:* each confirmed penalty taker's specific technique and run-up.
- *Unit:* the defending corner group's composure under the "protecting a lead" scenario.
- *Team:* the whole squad's shared understanding of the confirmed penalty order.
- *Transition:* the corner routine's existing rest-defence and out-ball protections remain in force.

### Decision-making triggers:

- A corner is awarded while "protecting a lead" → the routine is delivered exactly as rehearsed, without any special caution that would compromise its structure.
- A genuine penalty situation arises in a match → the confirmed order applies automatically, with no need for an in-the-moment discussion.

**Communication language used:** the full accumulated set-piece language, plus a specific confirmation call establishing the penalty order.

## Coaching points:

| CORNER                     | POINT                                                                                                                            |
|----------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| Technical                  | Clean corner delivery and finishing, and clean, confident penalty technique from each confirmed taker.                           |
| Tactical                   | Applying the corner routine correctly even under the specific composure demand of "protecting a lead."                           |
| Physical                   | Not applicable for the penalty confirmation; explosive timing for the live corner rehearsal.                                     |
| Psychological              | Confidence and calm from each confirmed penalty taker, established now rather than under real match pressure for the first time. |
| Communication & leadership | The team's shared, settled understanding of exactly who takes penalties and in what order.                                       |

## Guided discovery questions:

1. Did the "protecting a lead" scenario change anything about how the corner routine was delivered or defended?
2. What made the confirmed penalty order feel right to the squad, beyond simple confidence?
3. Why is it better to confirm this order now, in training, than to work it out for the first time during a real penalty shootout or spot kick?

## Progressions:

1. Add a second scripted scenario ("chasing a goal") to the live corner rehearsal.
2. Rehearse the penalty order under simulated pressure (e.g. a countdown, or an audience of watching team-mates).
3. Confirm a second-choice taker for each position in the order, in case the first-choice taker is unavailable.

## Regressions:

1. Reduce the live corner rehearsal to a walkthrough if the scripted scenario is proving too complex to add cleanly.
2. Confirm only the first three or four penalty takers in this session, extending the full order over subsequent weeks if needed.

## Common problems and corrections:

| PROBLEM                                                                                                      | WHY IT HAPPENS                                                | COACH RECOGNISES BY                                                 | STOP OR FLOW?                   | INTERVENTION                                                                          | RESTART  |
|--------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------------|---------------------------------|---------------------------------------------------------------------------------------|----------|
| The corner routine becomes overly cautious under the "protecting a lead" framing, losing its usual sharpness | Overcorrection — confusing composure with reduced ambition    | The routine's usual runs and timing are visibly softened or delayed | Stop                            | Short group intervention: "the routine doesn't change just because the scenario does" | Resume   |
| A player is uncertain or reluctant about their place in the penalty order                                    | Natural nerves about a high-stakes, individual responsibility | Hesitation or a request to be moved during the confirmation process | Let it flow with a private word | Individual conversation, away from the group, to confirm genuine willingness          | Continue |

**Coach interventions used in this practice:** a mix of *short group intervention* and individual, private conversation for the penalty order specifically.

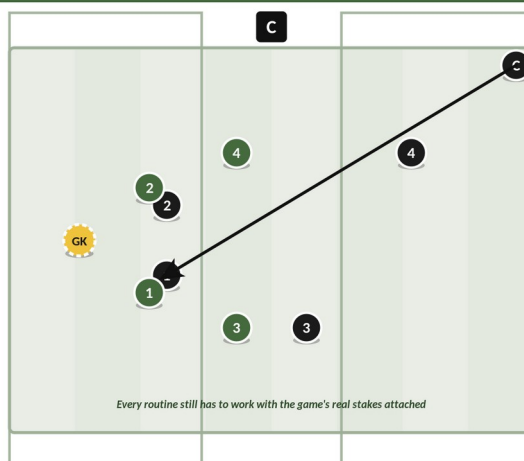
## Success indicators:

- The corner routine is delivered with its usual sharpness regardless of the scripted scenario.
- The full squad leaves the session with a clear, shared understanding of the penalty order.
- Each confirmed taker demonstrates calm, confident technique under watched conditions.

**Coach's eye:** the penalty order confirmation is as much about squad psychology as technique — watch for genuine confidence, not just correct execution; a taker who looks calm and wants the responsibility is a better choice than one who is merely technically proficient but visibly reluctant.

### H29.3 PRESSURE POINTS — Set Pieces Under a Scripted State

Right-side corner, out-swinging · a live routine, delivered inside a scripted "protecting a lead" scenario, plus penalty protocol confirmed · 15 minutes



● Attacking team ● Defending team ● Goalkeeper ● Ball → Corner delivery

Castlewellan Town FC · Senior Coaching Curriculum · Week 29 · Diagrams not to scale

**AI image-generation prompt (tactical diagram):** "Top-down 2D vector football coaching diagram, clean white background, UEFA coaching-manual style, showing a penalty box area with a full-size goal on the left edge and a goalkeeper in yellow. A player in dark blue labelled C at the top-right corner arc, with three more blue players inside the box. Four players in dark green bibs marking inside the box. A black solid arrow showing the corner delivery toward the near post. Title: 'PRESSURE POINTS — Set Pieces Under a Scripted State'. Subtitle: 'Right-side corner, out-swinging · a live routine, delivered inside a scripted \"protecting a lead\" scenario, plus penalty protocol confirmed · 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 from behind the goal of a corner kick being defended under scripted pressure, green-bibbed defenders organised and composed despite the "protecting a lead" scenario, a separate group of players gathered calmly around the penalty spot for the protocol confirmation, coach observing both moments closely.

**AI image-generation prompt (realistic illustration):** "Elevated three-quarter view from behind the goal of an adult amateur football team defending a corner kick with visible composure and organisation. In the same wider scene, a separate group of players gathered calmly around a penalty spot, one player preparing to take a penalty kick with focused concentration. A goalkeeper in yellow positioned to react. A coach positioned pitch-side, observing both moments closely. 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 — FINISH UNDER PRESSURE (CONFIDENCE FINISHING GAME)

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

**Tactical purpose:** Closes the session, the phase, and this four-week block with a rotating, high-repetition finishing circuit, rewarding confident, clean finishing off crosses, cutbacks, and rebounds, sending players into the weekend — and into Phase 6 — feeling sharp and confident.

### Organisation:

- **Pitch dimensions:** 34 x 22 m attacking-third area
- **Players:** groups of 5, rotating through a finishing circuit
- **Goalkeeper involvement:** both keepers rotate through, facing genuine shots

throughout

- **Team sizes:** small rotating groups
- **Neutrals:** none
- **Equipment:** 1 full-size or portable goal, flat markers for delivery positions
- **Starting positions:** as shown in the diagram
- **Ball supply:** a large supply of balls with the coach
- **Restart location:** each repetition restarts from a fresh delivery
- **Coach position:** positioned to deliver or supervise deliveries and track

finishing quality

- **Rotation method:** players rotate through crossing, cutback, and rebound roles
- **Direction of play:** attacking the marked goal

**Practice walkthrough:** A fast-paced, rotating circuit in which players take turns delivering crosses, cutbacks, and rebounds for team-mates to finish under realistic pressure and at high repetition, closing the whole four-week block with an energetic, confidence-building finish.

**Rules:** Standard finishing-circuit rules; every player gets a fair, even rotation through both delivering and finishing roles.

**Tactical roles:** the accumulated finishing and delivery skill set from across the season, applied at high tempo.

**Decision-making triggers:** quick, instinctive finishing decisions under high-repetition, game-realistic service.

**Communication language used:** *Time, Turn* — plus calls for the type of service being delivered.

### Coaching points:

| CORNER                     | POINT                                                                               |
|----------------------------|-------------------------------------------------------------------------------------|
| Technical                  | Clean, confident finishing technique across crosses, cutbacks, and rebounds.        |
| Tactical                   | Quick recognition of the type of chance and the correct finishing technique for it. |
| Physical                   | High-tempo, repeated finishing actions.                                             |
| Psychological              | Confidence and enjoyment — this is the whole block's designed closing high point.   |
| Communication & leadership | Players organising the rotation and encouraging each other's finishing.             |

### Guided discovery questions:

1. What made tonight's best finish work?
2. What's one thing from the whole of this four-week block — Weeks 24 through 29 — that you feel most confident about heading into the second half of the season?
3. Why does finishing under high repetition help build genuine game confidence, beyond just the technique itself?

### Progressions:

1. Increase the tempo of the rotation, reducing recovery time between repetitions.
2. Add a defender to specific repetitions, adding realistic pressure to selected finishes.
3. Introduce a scoring competition between groups.

**Regressions:**

1. Reduce the tempo of the rotation if technique is breaking down under fatigue.
2. Remove any added pressure, returning to clean, unpressured service.

**Common problems and corrections:**

| PROBLEM                                                             | WHY IT HAPPENS                                  | COACH RECOGNISES BY                                                | STOP OR FLOW?                  | INTERVENTION                                                        | RESTART  |
|---------------------------------------------------------------------|-------------------------------------------------|--------------------------------------------------------------------|--------------------------------|---------------------------------------------------------------------|----------|
| Finishing technique breaks down under the fast pace of the rotation | Fatigue or rushed decision-making at high tempo | Shots are consistently miscued or poorly directed                  | Stop                           | Short technical correction, then resume at a slightly reduced tempo | Resume   |
| Players hang back, reluctant to take on finishing opportunities     | Fear of missing in front of the group           | Hesitation or reluctance to shoot when a clean chance is presented | Let it flow with encouragement | Positive, specific encouragement regardless of outcome              | Continue |

**Coach interventions used in this practice:** light touch — mostly *positive encouragement*, matching the intended closing tone of both the session and the whole four-week block.

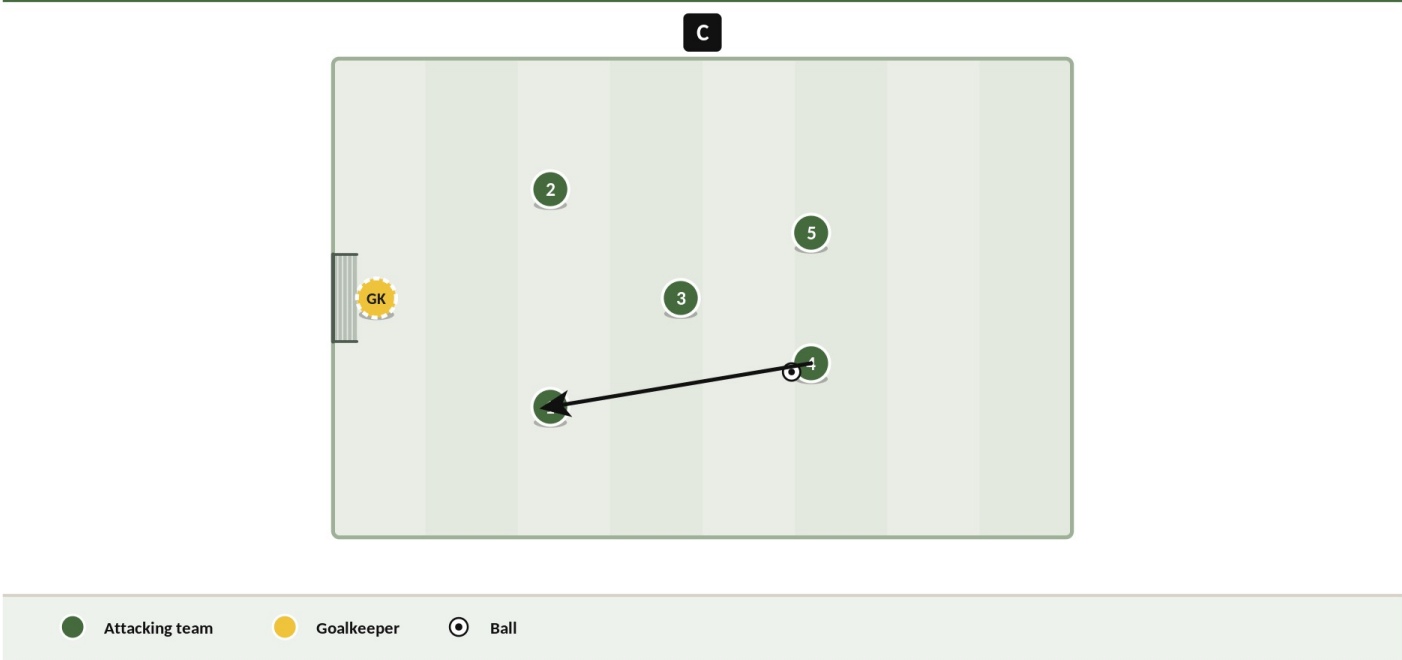
**Success indicators:**

- Finishing quality remains high even at increased tempo.
- Every player gets genuine, confidence-building finishing opportunities.
- The group finishes the session, and the block, visibly energised and positive.

**Coach's eye:** this is the designed emotional high point of the whole block — track enjoyment and confidence as closely as technical quality; a group that leaves excited about Saturday has achieved exactly what this practice is for.

H29.4 FINISH UNDER PRESSURE — Confidence Finishing Game

34 x 22 m · rotating finishing circuit · quick, confident finishing off crosses, cutbacks, and rebounds · 17 minutes



**AI image-generation prompt (tactical diagram):** "Top-down 2D vector football coaching diagram, clean white background, UEFA coaching-manual style, showing a 34x22 metre attacking third area with a full-size goal on the left edge and a

goalkeeper in yellow. Five players in dark green bibs numbered 1–5 spread across the area in crossing, cutback, and finishing positions. White football near a delivering player. A black solid arrow showing a cross into the box. Title: 'FINISH UNDER PRESSURE — Confidence Finishing Game'. Subtitle: '34 x 22 m · rotating finishing circuit · quick, confident finishing off crosses, cutbacks, and rebounds · 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 view of a lively finishing circuit near a goal, a green-bibbed player striking a confident shot on goal from a cutback, team-mates queued and rotating through delivery and finishing roles, coach supervising deliveries and offering enthusiastic encouragement.

**AI image-generation prompt (realistic illustration):** "Elevated three-quarter sideline photograph-style illustration of adult amateur football finishing practice near a goal. A player in a dark green bib striking a confident shot on goal from a cutback. Team-mates in dark green bibs queued and rotating through delivery and finishing roles nearby. A coach supervising deliveries, offering enthusiastic, positive encouragement. Warm early-evening light, realistic grass texture, amateur adult players of varied build showing visible energy and enjoyment. 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: "Of the seven set pieces we now have, which one are you most confident would work on Saturday — and why?"

# Match-Day Objectives

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## Three team objectives:

1. Recognise which match state the team is genuinely in and control it using the correct, learned principle, adjusting fluidly as the state changes.
2. Deliver any set-piece routine correctly regardless of the surrounding match-state pressure.
3. Apply the confirmed penalty protocol without hesitation or in-the-moment discussion, should the situation arise.

## Three unit objectives:

1. **Whole team:** demonstrate at least one smooth transition between match states during the match, made without external prompting.
2. **Set-piece units:** deliver whichever of the seven routines is called for with no visible drift from training.
3. **Confirmed penalty takers:** approach any genuine penalty situation with the calm, confident technique rehearsed and confirmed this week.

## Individual role reminders:

- Trust the whole of Weeks 24–29 — you have the tools to read and control a changing match state yourself.
- Every set-piece routine still works exactly as rehearsed, whatever the scoreline says.
- If you're a confirmed penalty taker, the decision has already been made — trust it.

## Measurable performance indicators:

- Number of distinct match states the team demonstrably controlled during the match.
- Whether any set-piece routine showed drift from its trained structure.
- Confidence and technique of any genuine penalty situation, measured against this week's confirmation.
- Evidence, named specifically, of Phase 5's principles appearing in match play.

## Formation Translation — Applying This Across Different Structures

### Phase 5 consolidation and the completed set-piece programme

| STRUCTURE | HOW PHASE 5'S PRINCIPLES APPLY                                                                                                   | HOW THE SET-PIECE PROGRAMME APPLIES                                                                                          | WHAT STAYS THE SAME                                          | KEY RISK                                                                                                                                                 |
|-----------|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| 4-3-3     | The same match-state recognition and control principles from Weeks 24–28, carried by whichever players occupy the relevant roles | The confirmed penalty order typically favours a composed, technically reliable striker or central midfielder as first choice | The recognition-and-control habit this whole phase has built | Reverting to fixed, pre-decided approaches under match pressure rather than reading the state live                                                       |
| 3-4-3     | The same principles, carried by the back three, wing-backs, and front three in their specific Phase 5 roles                      | The confirmed penalty order can draw from a wider pool given the extra central attacking presence a 3-4-3 often provides     | The recognition-and-control habit this whole phase has built | Wing-backs failing to adjust their positioning as the match state changes, since their natural role already carries significant attacking responsibility |

## Coach Review

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*To be completed by the coaching staff after delivery — this review should draw directly on the evidence gathered in Tuesday's Practices 2 and 4, and feed into the Phase 5 Review document covering Weeks 24–29.*

**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.*