



Week 33 — Performance Consolidation

Tags: `recurring-weakness` `diagnostic` `coach-selected` `full-squad-practice`

A Note Before This Week — How to Use It

Week 33 is deliberately different from every other week in this curriculum. The Season Architecture names its principle as **"coach-selected, season-specific"** — this is the one week in the whole season built specifically to target whatever genuine, recurring problem this squad's own results and performances have actually shown across Weeks 1–32, rather than teaching the next item on a pre-set list.

Because this document is written in advance of the season's real evidence, it uses a **fully worked example** so the week is usable exactly as written: **final-third composure and conversion** — a team that is creating enough chances but not converting them at the rate its overall play deserves. This is one of the most common recurring issues in grassroots and intermediate adult football, and every practice below is built around diagnosing and then fixing it.

If the real recurring weakness identified from this season's matches and reviews is different — say, individual errors under pressure, communication breakdowns at set pieces, or slow starts to matches — the structure of this week transfers directly: keep Tuesday's diagnostic, minimal-instruction format and Thursday's targeted-solution format, and simply substitute the specific practices for ones built around the actual identified problem. The four-week reviews (Weeks 5, 11, 17, 23, 29) are the right place to have already surfaced what that real problem is — Section 3 and Section 4 of each review exist specifically to feed into this week.

Weekly Overview

FIELD	DETAIL
Week number	33 of 36
Season phase	6 — Performance Consolidation
Core principle	Coach-selected, season-specific (worked example: final-third composure and conversion)
Secondary principle	Coach-selected, season-specific (same theme, solution-focused)
Previous match review focus	Apply the three routes below to the most recent fixture.
Weekly tactical problem	The team creates a reasonable volume of chances but converts fewer of them than its overall play deserves — the specific cause (poor decision-making in the final action, rushed technique, or lack of composure under pressure) needs to be diagnosed on Tuesday before Thursday can target it directly.
Formation-neutral explanation	Addressing a recurring weakness is not about a formation change — it's a two-step process usable regardless of shape: first observe closely enough to name the specific, real cause of the problem (not just its symptom), then build a focused practice sequence that targets that exact cause.
Example structural applications	A 4-3-3 team experiencing this problem might diagnose it as the front three rushing their final touch because service from wide areas arrives too early or too central; a 3-4-3 team might diagnose the identical underlying issue — composure in the final action — but trace it to a different source, such as wing-backs' crosses arriving without enough runners in support. The diagnostic process is formation-neutral even when its specific finding is not.

Match Review and Weekly Adjustment

Route A — Previous performance was strong. If the team played well, use this week to sharpen the margins — even a strong recent run of form usually has one identifiable area (often exactly this one, chance conversion) that separates good performances from genuinely dominant results.

Route B — Previous performance exposed a tactical weakness. If a specific recurring problem has already been costing points, this week is built directly for it — treat it as the season's most important remaining training week.

Route C — Attendance, facilities or player availability are disrupted. Both days scale to reduced numbers — the diagnostic and solution process works identically with a smaller group, since it depends on close observation rather than full-squad numbers.

Tuesday — Session 65

FIELD	DETAIL
Session number	65 of 72
Week	33
Season phase	6 — Performance Consolidation
Training day	Tuesday
Session theme	Addressing the season's recurring weakness (diagnostic)
Short summary	Uses minimally-instructed, realistic final-third scenarios to observe and name exactly where the team's chance conversion breaks down — poor decision-making, rushed technique, weak movement, or a lack of composure — before any correction is attempted.
Tags	`diagnostic` `final-third` `composure`
Primary learning objective	The coaching staff and players jointly identify the specific, real cause behind the team's below-expected chance conversion.
Secondary learning objective	Players begin to notice the pattern themselves, in their own words, rather than being told what the problem is.
Match connection	This week's named match-day connection: targeted improvement in the identified area.
Expected tactical outcome	A clearly named, specific diagnosis (not a vague impression) that Thursday's session can be built around.
Expected physical load	Moderate.
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, providing realistic shot-stopping and useful observational evidence on shot quality and placement.
Pitch dimensions	Largest area this week is 50 x 36 m (Practice 4).
Area layout	A moderate final-third zone for Practice 2, a small-sided area for Practice 3, full size for Practice 4.
Contingency — lower attendance (10–13)	Practice 2 reduces to a smaller rotating group; Practice 3 becomes 5v5; Practice 4 becomes 6v6.
Contingency — higher attendance (20+)	Practice 4 can extend to 9v9.
Contingency — restricted space	All three practices scale proportionally; the diagnostic principle survives at any scale, though the final third needs enough realistic space to generate genuine chances.

TIMELINE (60 MINUTES)

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

TIME	DURATION	PHASE	COLOUR CODE
0:10-0:25	15 min	Diagnostic technical practice — <i>Where Does It Break Down?</i>	Club green
0:25-0:27	2 min	Water break / transition	—
0:27-0:42	15 min	Diagnostic skill game — <i>The Half-Chance Game</i>	Dark green
0:42-0:44	2 min	Water break / transition	—
0:44-1:00	16 min	Diagnostic conditioned match — <i>Convert or Don't</i>	Black
1:00-1:02	2 min	Reflection — naming the diagnosis	—

PRACTICE 1 — SHOOTING WARM-UP (ARRIVAL)

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

Tactical purpose: Prepares the body and the eye for a finishing-focused session, without yet introducing any diagnostic pressure.

Organisation: Rotating stations around the penalty area. No goalkeeper requirement — both keepers join, working shot-stopping technique.

Walkthrough: Simple, unopposed finishing off straightforward service, purely technical, no diagnostic observation yet.

Rules: None beyond standard technical practice.

Coaching points:

- *Technical:* clean contact and body shape on the shot.
- *Physical:* progressive intensity building toward the diagnostic work ahead.

PRACTICE 2 — WHERE DOES IT BREAK DOWN? (DIAGNOSTIC TECHNICAL PRACTICE)

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

Tactical purpose: Creates repeated, realistic final-third scenarios — crosses, cutbacks, half-chances — with deliberately minimal coaching instruction, so the coach can observe closely and categorise exactly where chances are being missed: poor movement and timing, poor decision-making (shoot versus pass, which technique to use), poor technical execution, or a lack of composure in the moment.

Organisation:

- **Pitch dimensions:** 40 x 26 m
- **Players:** 10 attacking players rotating through vs 5 defenders + goalkeeper
- **Goalkeeper involvement:** full — genuine shot-stopping, and a useful observer of shot quality and placement patterns
- **Team sizes:** 5 v 5 + GK, rotating
- **Neutrals:** none
- **Equipment:** flat markers for starting positions
- **Starting positions:** as shown in the diagram
- **Ball supply:** 4 spare balls with the coach
- **Restart:** coach restarts on any stoppage, varying the service (cross, cutback, through ball) between repetitions
- **Coach position:** positioned specifically to observe the decisive moment, not the build-up
- **Rotation method:** groups rotate every five minutes
- **Direction of play:** toward the one goal

Practice walkthrough: The coach varies the type of service into the final third — crosses, cutbacks, through balls — while deliberately withholding correction, instead observing and privately noting, for each missed chance, which specific category it falls into: a movement problem (arriving too early, too late, or in the wrong space), a decision problem (choosing the wrong action), a technical problem (poor execution of the right decision), or a composure problem (rushing a chance that didn't need to be rushed).

Rules: Standard finishing-practice rules; the coach does not intervene to correct technique during this practice — observation only.

Tactical roles:

- *Individual:* whoever receives the ball in a chance-creating position makes their own decision, unprompted.
- *Unit:* support runners provide realistic options, but the practice's value is in the decision-maker's own choice.
- *Team:* not applicable at this scale.
- *Transition:* not the focus of this practice.

Decision-making triggers: deliberately left open — the practice observes which triggers the players are already using (or missing), rather than teaching new ones.

Communication language used: whatever the players use naturally, observed rather than corrected.

Coaching points:

CORNER	POINT
Technical	Observed, not corrected, in this practice — noted for Thursday.

CORNER	POINT
Tactical	Observed decision-making patterns under repeated realistic final-third scenarios.
Physical	Sharp, explosive movement into the box.
Psychological	Observed composure (or lack of it) in the decisive moment.
Communication & leadership	Observed calls for the ball, or their absence, in dangerous positions.

Guided discovery questions:

1. (Held until the reflection at the end of the session, deliberately — this practice is about observation, not immediate discussion.)

Progressions:

1. Increase the variety of service types to widen the range of observed scenarios.
2. Add a passive defender to introduce mild decision pressure.
3. Reduce the time available before the decisive action, if composure is emerging as a likely cause.

Regressions:

1. Reduce to a single, simple service type until a clear pattern emerges.
2. Increase the space and time available in the box.
3. Reduce the rotation speed, allowing the coach more time to observe each player.

Common problems and corrections:

PROBLEM	WHY IT HAPPENS	COACH RECOGNISES BY	STOP OR FLOW?	INTERVENTION	RESTART
The coach intervenes too early, before a genuine pattern has emerged	Habit of correcting rather than observing	Frequent stoppages undermining the diagnostic purpose of the practice	Let it flow	Deliberately hold back — this practice's whole value is in uninterrupted observation	Continue
Players start performing for the coach rather than playing naturally	Awareness of being watched changing behaviour	Uncharacteristically cautious or uncharacteristically forced decision-making	Let it flow, then a natural stoppage	Light reassurance: "just play your normal game"	Resume

Coach interventions used in this practice: almost none — this is a deliberately low-intervention, high-observation practice. Note down specific moments and patterns for the session's closing reflection rather than correcting live.

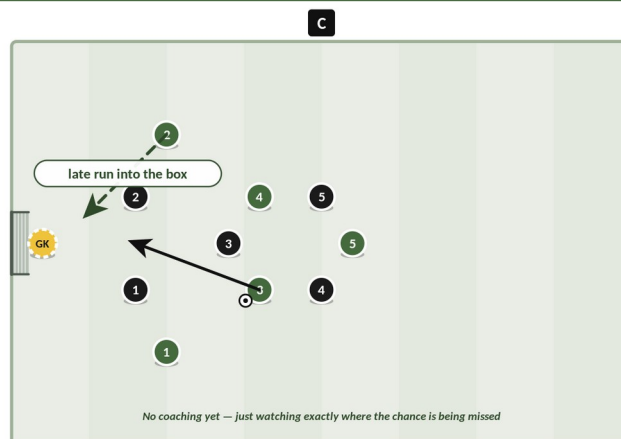
Success indicators:

- The coach can name, by the end of the practice, a specific recurring pattern rather than a vague impression.
- Enough repetitions have occurred to distinguish a genuine pattern from a few isolated incidents.

Coach's eye: resist every instinct to coach during this practice — the entire point is to see what actually happens without your influence shaping it in the moment.

T33.2 WHERE DOES IT BREAK DOWN? — Diagnostic Practice

40 x 26 m · rotating final-third scenarios · minimal instruction — the coach observes and categorises where chances are being missed · 15 minutes



● Attacking team ● Defending team ● Goalkeeper ● Ball ➞ Movement into the box

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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, a full-size goal with a goalkeeper in yellow on the left. Five players in dark green bibs numbered 1–5 and five players in black bibs numbered 1–5 spread across the final third. White football near a green player. A black solid arrow showing a cross into the box, and a curved dashed line showing a late run into the box. Title: 'WHERE DOES IT BREAK DOWN? — Diagnostic Practice'. Subtitle: '40 x 26 m · rotating final-third scenarios · minimal instruction — the coach observes and categorises where chances are being missed · 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 the penalty box, a green-bibbed player receiving a cross in a genuine goal-scoring position, coach standing slightly apart with a notebook, deliberately observing rather than instructing.

AI image-generation prompt (realistic illustration): "Elevated three-quarter sideline photograph-style illustration of adult amateur football training near a penalty box. A player in a dark green bib receiving a cross in a genuine goal-scoring position, a goalkeeper in yellow reacting. A coach standing slightly apart, holding a notebook, watching closely without intervening. Overcast evening light, realistic grass texture, amateur adult players of varied build. Professional sports-photography style, high resolution, landscape orientation, no club badges, sponsor logos, or identifiable real players."

PRACTICE 3 — THE HALF-CHANCE GAME (DIAGNOSTIC SKILL GAME)

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

Tactical purpose: Generates a high frequency of half-chances inside a genuinely competitive small-sided game, producing more data points to confirm or refine the pattern first observed in Practice 2 under more natural, less structured conditions.

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:** flat markers, 2 full-size or portable goals
- **Starting positions:** as shown in the diagram
- **Ball supply:** 3 spare balls with the coach
- **Restart location:** nearest sideline
- **Coach position:** sideline, positioned for a clear view of the box
- **Rotation method:** none required at this scale
- **Direction of play:** both directions, one goal per end

Practice walkthrough: A standard 7v7 game with no artificial conditions, allowing half-chances to occur naturally and frequently given the pitch size, while the coach continues the observational process from Practice 2 under more game-realistic, less-structured conditions.

Rules: None beyond standard small-sided-game rules; observation continues, correction still deliberately withheld.

Tactical roles: unstructured — the value is in seeing natural decision-making patterns emerge under genuine game conditions.

Decision-making triggers: observed, not taught, in this practice.

Communication language used: whatever occurs naturally.

Coaching points:

CORNER	POINT
Technical	Observed, not corrected.
Tactical	Observed decision-making under natural game conditions.
Physical	Game-realistic intensity.
Psychological	Observed composure under natural, unstructured pressure.
Communication & leadership	Observed calls, or their absence, around the box.

Guided discovery questions:

1. (Held until the reflection at the end of the session.)

Progressions:

1. Reduce the pitch width slightly to increase the frequency of half-chances.
2. Add a genuine time or scoreline pressure to test composure specifically.

Regressions:

1. Increase the pitch size if half-chances are occurring too rarely to observe a

pattern.

- 1. Reduce to 5v5 for more individual involvement and clearer observation.

Common problems and corrections:

PROBLEM	WHY IT HAPPENS	COACH RECOGNISES BY	STOP OR FLOW?	INTERVENTION	RESTART
Too few clear half-chances occur to draw a confident conclusion	The game's natural rhythm hasn't produced enough of the specific scenario being observed	Long spells of midfield play with few genuine chances created	Let it flow	Adjust pitch dimensions slightly between rotations, without announcing why	Continue

Coach interventions used in this practice: minimal — continued observation, consistent with Practice 2.

Success indicators:

- The pattern observed in Practice 2 is either confirmed or meaningfully refined by additional evidence from this practice.

Coach's eye: treat this practice as additional evidence-gathering, not a second, separate diagnosis — you're looking for consistency with what you already noticed, not a new pattern.

T33.3 THE HALF-CHANCE GAME — Skill Game

34 x 22 m • 7v7 • a game engineered to create frequent half-chances, generating more data on the pattern • 15 minutes

C

● Team A ● Team B ● Ball

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. White football near a green player. Title: 'THE HALF-CHANCE GAME — Skill Game'. Subtitle: '34 x 22 m • 7v7 • a game engineered to create frequent half-chances, generating more data on the pattern • 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 lively 7v7 game, a green-bibbed player in a genuine half-chance position near goal, coach on the touchline observing closely without shouting instruction, notebook in hand.

AI image-generation prompt (realistic illustration): "Elevated three-quarter sideline photograph-style illustration of an adult amateur 7v7 small-sided football game on a grass pitch with two full-size goals. A player in a dark green bib in a

genuine half-chance position near goal. A coach on the touchline, observing closely and quietly with a notebook, not shouting instructions. Warm early-evening light, realistic grass pitch and long shadows, 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 — CONVERT OR DON'T (DIAGNOSTIC CONDITIONED MATCH)

Duration: 16 minutes · **Training load:** Moderate

Tactical purpose: Confirms the diagnosis at full match scale — only a defined "quality chance" (a shot from a genuinely good position, under realistic pressure) counts toward the scoreline, isolating the specific behaviour being diagnosed inside a genuine, full-pressure match context.

Organisation:

- **Pitch dimensions:** 50 x 36 m (half pitch)
- **Players:** 16 outfield + 2 goalkeepers
- **Goalkeeper involvement:** both keepers play their own-goal role, providing

realistic final resistance

- **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, positioned to see the box clearly
- **Rotation method:** none required
- **Direction of play:** standard, both teams attack opposite goals

Practice walkthrough: A standard conditioned match, with the coach continuing the observational process under full match pressure — the most realistic test of whether the pattern identified in Practices 2 and 3 genuinely holds up, or whether it was an artefact of the smaller practice formats.

Rules: Standard conditioned-match rules; a coach-defined "quality chance" (shot from inside the box, low pressure applied incorrectly by the shooter, or a rushed technique in a clear position) is noted specifically, whether converted or not.

Tactical roles: unstructured — full-match observation.

Decision-making triggers: observed under full match pressure.

Communication language used: whatever occurs naturally.

Coaching points:

CORNER	POINT
Technical	Observed under full match pressure.
Tactical	Final confirmation of the diagnostic pattern.
Physical	Match-realistic intensity.
Psychological	Composure under genuine, full-pressure match conditions.
Communication & leadership	Observed under match conditions.

Guided discovery questions: held for the reflection immediately following this practice — see below.

Progressions: none — this practice is deliberately run once, at full realism, as the diagnostic confirmation.

Regressions:

1. If very few clear chances occur, extend the practice by a few minutes rather than forcing artificial chance creation.

Common problems and corrections:

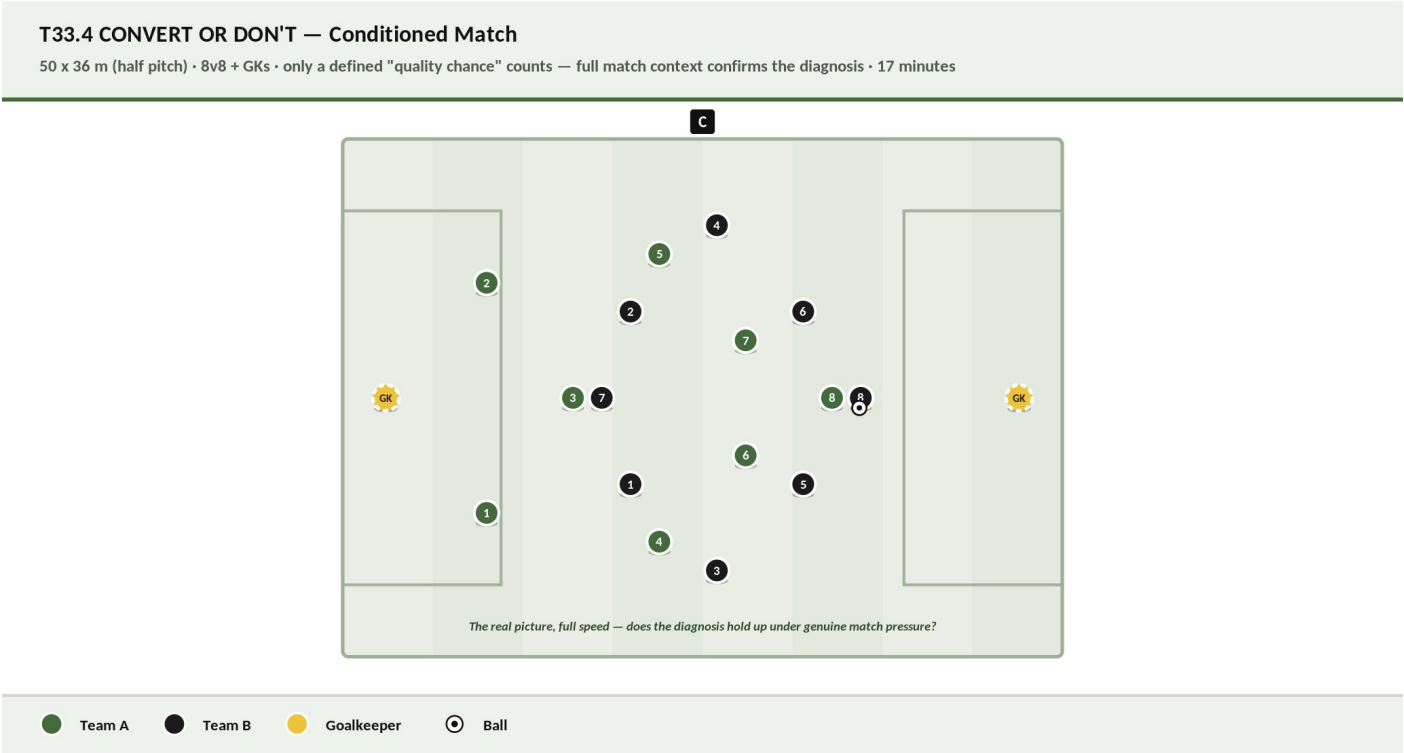
PROBLEM	WHY IT HAPPENS	COACH RECOGNISES BY	STOP OR FLOW?	INTERVENTION	RESTART
The match produces too few clear chances to add useful evidence	Genuinely tight, cagey conditioned-match play	Low chance volume across the full sixteen minutes	Let it flow	Rely on Practices 2 and 3's evidence as the primary basis for the diagnosis	Continue

Coach interventions used in this practice: none during play — reserve all discussion for the reflection.

Success indicators:

- The coach can confidently confirm the pattern first seen in Practice 2 held up under full match pressure, or note a meaningful difference if it didn't.

Coach's eye: this is the moment the diagnosis becomes real — if what you saw in the smaller practices doesn't show up here, be honest about that rather than forcing the conclusion you expected.



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 black player. Title: 'CONVERT OR DON'T — Conditioned Match'. Subtitle: '50 x 36 m (half pitch) • 8v8 + GKs • only a defined \"quality chance\" counts — full match context confirms the diagnosis • 17 minutes'. Legend row at bottom. High-resolution landscape vector illustration, clear typography, no decorative elements, no club badges or logos."

Realistic illustration — description: Wide elevated view of a full-scale 8v8 conditioned match, a green-bibbed player in a clear, high-quality goal-scoring position, coach on the touchline near halfway observing closely and quietly, notebook in hand.

AI image-generation prompt (realistic illustration): "Wide elevated three-quarter sideline photograph-style illustration of an adult amateur 8v8 conditioned football match on a half-size grass pitch with full-size goals and goalkeepers in yellow at each end. A player in a dark green bib in a clear, high-quality goal-scoring position near the penalty box. A coach stands near the halfway line on the touchline, observing closely and quietly, holding a notebook. 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 (2 MINUTES) — NAMING THE DIAGNOSIS

Unlike every other week's one-question reflection, this week's closing discussion is longer and more structured. The coach shares what was observed across all three practices — being specific rather than vague — and asks the group: *"Does that match what it feels like from inside the team? What would you add?"* The goal is to leave training with a single, clearly named, mutually agreed diagnosis that Thursday's session will directly target — for the worked example used in this document, that diagnosis is: **rushed, low-composure decision-making in the final action, more often than a lack of genuine goal-scoring opportunity.**

Thursday — Session 66

FIELD	DETAIL
Session number	66 of 72
Week	33
Season phase	6 — Performance Consolidation
Training day	Thursday
Session theme	Addressing the season's recurring weakness (solution)
Short summary	Targets Tuesday's diagnosed cause directly — building composure in the final action through deliberately slowed technical work, a skill game that rewards quality over quantity, and a full-match repeat of Tuesday's diagnostic test to confirm the fix holds under real pressure.
Tags	`solution` `final-third` `composure`
Primary learning objective	The team executes the final action in the box with visibly greater composure and better decision quality than before Tuesday's diagnosis.
Secondary learning objective	The improvement holds up under full match pressure, not just in a controlled practice.
Match connection	This week's named match-day connection: targeted improvement in the identified area.
Expected tactical outcome	A measurable improvement in chance conversion, judged against Tuesday's baseline observation.
Expected physical load	Moderate.
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, providing realistic resistance for the composure-building work.
Pitch dimensions	Largest area this week is 50 x 36 m (Practice 4).
Area layout	A small, controlled finishing area for Practice 2, a small-sided area for Practice 3, full size for Practice 4.
Contingency — lower attendance (10–13)	Practice 2 reduces to a smaller rotating group; Practice 3 becomes 5v5; Practice 4 becomes 6v6.
Contingency — higher attendance (20+)	Practice 4 can extend to 9v9.
Contingency — restricted space	All three practices scale proportionally.

TIMELINE (60 MINUTES)

TIME	DURATION	PHASE	COLOUR CODE
0:00–0:10	10 min	Arrival & warm-up — <i>Slow It Down</i>	Light green
0:10–0:25	15 min	Technical practice — <i>One</i>	Club green

TIME	DURATION	PHASE	COLOUR CODE
		<i>Extra Touch, One Better Choice</i>	
0:25-0:27	2 min	Water break / transition	—
0:27-0:42	15 min	Skill game — <i>Quality Over Quantity</i>	Dark green
0:42-0:44	2 min	Water break / transition	—
0:44-1:00	16 min	Conditioned match — <i>Prove the Fix</i>	Black
1:00-1:01	1 min	Reflection	—

PRACTICE 1 — SLOW IT DOWN (ARRIVAL)

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

Tactical purpose: Deliberately rehearses composed, unhurried finishing technique before any pressure is introduced, establishing the physical and mental template for the rest of the session.

Organisation: Rotating stations around the penalty area. No goalkeeper requirement — both keepers join, working composed distribution.

Walkthrough: Slow, deliberate finishing repetitions with no time pressure at all — the coach explicitly asks players to take one extra beat before shooting, noticing what changes in their decision.

Rules: No time pressure; quality and composure are the only measures.

Coaching points:

- *Technical:* a settling touch before the decisive action.
- *Psychological:* deliberately slowing down as a skill in itself.

PRACTICE 2 — ONE EXTRA TOUCH, ONE BETTER CHOICE (TECHNICAL PRACTICE)

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

Tactical purpose: Directly targets Tuesday's diagnosed cause — rushed, low-composure decision-making in the final action — by isolating the moment just before the shot and deliberately rehearsing a settling touch and a clearer decision before finishing.

Organisation:

- **Pitch dimensions:** 34 x 22 m
- **Players:** 10 attacking players rotating through vs a goalkeeper
- **Goalkeeper involvement:** full — realistic shot-stopping to keep the practice

honest

- **Team sizes:** individual repetitions, rotating through
- **Neutrals:** none
- **Equipment:** flat markers for starting positions
- **Starting positions:** as shown in the diagram
- **Ball supply:** 4 spare balls with the coach
- **Restart:** coach restarts on any stoppage, gradually increasing pace across the

practice

- **Coach position:** positioned to observe the decisive touch specifically
- **Rotation method:** groups rotate every four minutes
- **Direction of play:** toward the one goal

Practice walkthrough: Beginning at walking pace, each player receives a service ball in a realistic final-third position and is explicitly coached to take one settling touch — controlling the ball into a position that genuinely improves the next action — before making a clear, deliberate decision to shoot or lay the ball off. Pace increases gradually across the practice as the habit becomes more automatic, without ever returning to the rushed decision-making observed on Tuesday.

Rules: Every repetition must include a visible settling touch before the decisive action; a rushed attempt without one is stopped and repeated.

Tactical roles:

- *Individual:* the receiving player controls the moment rather than being controlled by it.

- *Unit:* support players provide a genuine pass option, so the settling touch connects to a real decision, not an artificial one.

- *Team:* not applicable at this scale.
- *Transition:* not the focus of this practice.

Decision-making triggers:

- Space and time available → take the settling touch, then decide with genuine clarity.
- Genuine pressure closing quickly → the settling touch becomes shorter, but is not skipped entirely.

Communication language used: "one touch, one choice," "settle," "decide."

Coaching points:

CORNER	POINT
Technical	Quality of the settling touch and the technique of the decisive action that follows it.
Tactical	Recognising how much time is genuinely available before deciding.
Physical	Controlled, deliberate movement rather than rushed, panicked movement.
Psychological	Composure as a rehearsed habit, not a hoped-for state.
Communication & leadership	Support players communicating clearly enough that the decision-maker has real information to work with.

Guided discovery questions:

1. What changed in your decision when you gave yourself one extra touch?
2. Is there ever a genuine reason to skip the settling touch — and how do we tell the difference between that and just rushing out of habit?
1. How did this feel compared to Tuesday's diagnostic practice?

Progressions:

1. Reduce the time available before a defender arrives, testing whether the settling touch survives under mild pressure.
1. Increase the pace toward full match speed by the end of the practice.
2. Add a passive, then semi-active defender.

Regressions:

1. Slow the practice back down if the settling touch starts breaking down under increased pace.
1. Reduce to a smaller group for more individual coaching attention.
2. Remove the shooting requirement entirely for a few repetitions, focusing purely on the settling touch itself.

Common problems and corrections:

PROBLEM	WHY IT HAPPENS	COACH RECOGNISES BY	STOP OR FLOW?	INTERVENTION	RESTART
Players revert to rushing as pace increases	The old habit reasserts itself under time pressure	A visible return to the rushed pattern observed on Tuesday	Stop	Freeze-and-correct: slow the pace back down, rebuild the habit	Resume
The settling touch becomes over-elaborate, actually losing the chance	Overcorrection — treating "settle" as "wait as long as possible"	A good chance lost because the touch took too long	Stop	Short group intervention: "settle enough to see clearly, not longer than that"	Resume

Coach interventions used in this practice: heavy on *freeze-and-correct* early, easing as the habit becomes more reliable.

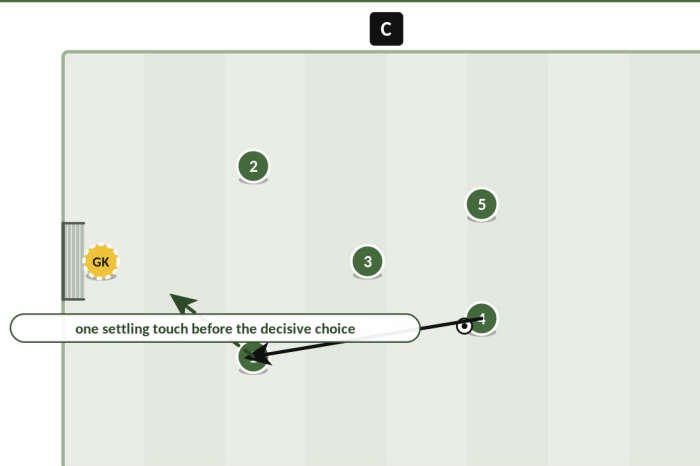
Success indicators:

- A visible settling touch appears consistently before the decisive action.
- The quality of the decision following that touch improves visibly across the practice.
- The habit survives as pace increases toward full speed.

Coach's eye: this practice is the direct answer to Tuesday's diagnosis — judge it specifically against whether the exact pattern observed on Tuesday is now visibly different.

H33.2 ONE EXTRA TOUCH, ONE BETTER CHOICE — Technical Practice

34 x 22 m · rotating finishing circuit · the decisive touch and the decision before it, rehearsed deliberately and slowly · 15 minutes



● Attacking team ● Goalkeeper ● Ball → Composed movement to the correct finish

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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 area with dimension labels, a full-size goal with a goalkeeper in yellow on the left. Five players in dark green bibs numbered 1–5 spread across the final third. White football near a green player. A black solid arrow showing a pass into the box, and a curved dashed line showing a composed settling touch before a shot. Title: 'ONE EXTRA TOUCH, ONE BETTER CHOICE — Technical Practice'. Subtitle: '34 x 22 m · rotating finishing circuit · the decisive touch and the decision before it, rehearsed deliberately and slowly · 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 the penalty box, a green-bibbed player taking a calm, controlled settling touch before shooting, goalkeeper set and ready, coach standing close by, closely observing the composure of the action.

AI image-generation prompt (realistic illustration): "Elevated three-quarter sideline photograph-style illustration of adult amateur football training near a penalty box. A player in a dark green bib taking a calm, controlled touch to set the ball before shooting, a goalkeeper in yellow set and ready. A coach standing close by, closely observing the composure of the action. 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 — QUALITY OVER QUANTITY (SKILL GAME)

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

Tactical purpose: Moves the composure habit from Practice 2 into a genuinely competitive game, specifically rewarding a composed, well-selected finish over a rushed one, connecting the technical fix to real match-like decision-making.

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:** flat markers, 2 full-size or portable goals
- **Starting positions:** as shown in the diagram
- **Ball supply:** 3 spare balls with the coach
- **Restart location:** nearest sideline
- **Coach position:** sideline, positioned for a clear view of the box
- **Rotation method:** none required at this scale
- **Direction of play:** both directions, one goal per end

Practice walkthrough: A 7v7 game in which any goal scored following a clearly visible settling touch and a composed decision is worth double, directly rewarding the exact habit built in Practice 2, while a rushed goal without one still counts, but only at normal value.

Rules: Coach judges and awards the bonus consistently and fairly.

Tactical roles: the composure habit from Practice 2, applied under genuine competitive and defensive pressure.

Decision-making triggers:

- Genuine time and space available → settle, then decide with composure.
- Genuine pressure with no time available → the old, faster decision is still

acceptable — the goal is better decisions, not composure at any cost.

Communication language used: "one touch, one choice," "settle," "decide."

Coaching points:

CORNER	POINT
Technical	Composed finishing technique under genuine competitive pressure.
Tactical	Correctly judging when there's genuinely time to settle and when there isn't.
Physical	Game-realistic intensity.
Psychological	Confidence in the newly-rehearsed composed habit under real pressure.
Communication & leadership	Team-mates recognising and celebrating composed, well-selected finishes.

Guided discovery questions:

1. What's the difference between composure and hesitation — how do we tell them apart?

1. Did tonight's best chances come from settling, or from genuine pressure requiring a fast decision — and was that fast decision still a good one?

1. How confident do we feel taking this into Saturday?

Progressions:

1. Increase the bonus value for a composed, well-selected finish.
2. Reduce the pitch size slightly to increase defensive pressure.
3. Add a genuine scoreline pressure to test whether composure holds under match

stakes.

Regressions:

1. Reduce the bonus condition to a simpler standard if the group is still building confidence.
1. Widen the pitch for more time and space.
2. Reduce to 5v5 for more individual involvement.

Common problems and corrections:

PROBLEM	WHY IT HAPPENS	COACH RECOGNISES BY	STOP OR FLOW?	INTERVENTION	RESTART
Players over-settle even under genuine pressure, losing good chances	Overcorrection from Practice 2	A good chance lost because the touch took too long against a closing defender	Let it flow, then a natural stoppage	Question: "was there really time to settle there?"	Resume
The bonus condition is judged inconsistently, causing frustration	Subjective judgement without a clear enough standard	Player complaints or confusion about whether the bonus applied	Stop	Clarify the standard clearly and apply it consistently from that point on	Resume

Coach interventions used in this practice: a mix of *questioning* and consistent, fair *judging* of the bonus condition.

Success indicators:

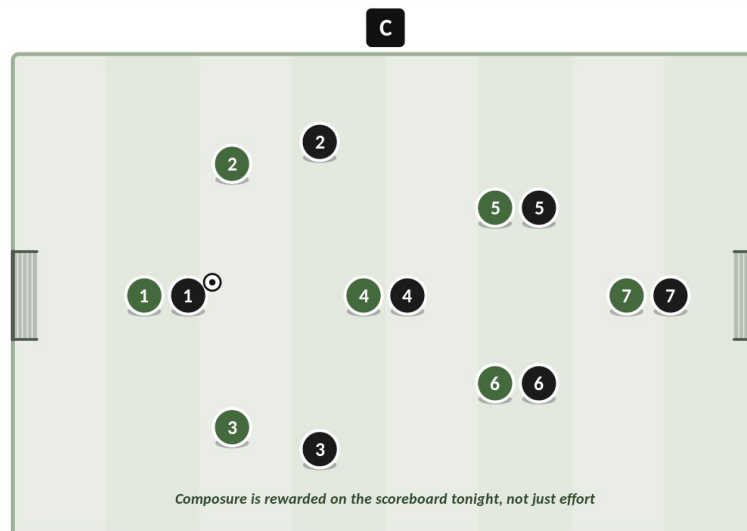
- Composed, well-selected finishes increase in frequency across the practice.
- Players correctly distinguish between genuine time to settle and genuine pressure requiring a faster decision.

- The team's overall conversion rate in this practice improves visibly compared to Tuesday's diagnostic evidence.

Coach's eye: this is the practice where the fix has to prove itself competitively — judge it specifically against Tuesday's baseline, not against an abstract standard.

H33.3 QUALITY OVER QUANTITY — Skill Game

34 x 22 m · 7v7 · a composed, correctly-selected finish is worth more than any finish scored in a rush · 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. White football near a green player. Title: 'QUALITY OVER QUANTITY — Skill Game'. Subtitle: '34 x 22 m · 7v7 · a composed, correctly-selected finish is worth more than any finish scored in a rush · 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 lively 7v7 game, a green-bibbed player calmly settling the ball in the box before finishing composedly under pressure from a black-bibbed defender, coach on the touchline nodding approvingly.

AI image-generation prompt (realistic illustration): "Elevated three-quarter sideline photograph-style illustration of an adult amateur 7v7 small-sided football game on a grass pitch with two full-size goals. A player in a dark green bib calmly settling the ball in the box before finishing composedly, under pressure from a player in a black bib. A coach on the touchline, nodding approvingly. Warm early-evening light, realistic grass pitch and long shadows, 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 — PROVE THE FIX (CONDITIONED MATCH)

Duration: 16 minutes • **Training load:** Moderate

Tactical purpose: Repeats Tuesday's exact diagnostic match format at full match scale, providing the most direct, honest test of whether the targeted fix genuinely holds up under real, unstructured match pressure.

Organisation:

- **Pitch dimensions:** 50 x 36 m (half pitch)
- **Players:** 16 outfield + 2 goalkeepers
- **Goalkeeper involvement:** both keepers play their own-goal 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, positioned to see the box clearly, as on Tuesday
- **Rotation method:** none required
- **Direction of play:** standard, both teams attack opposite goals

Practice walkthrough: Run as closely as possible to an exact repeat of Tuesday's "Convert or Don't," with the coach observing for the identical pattern — this practice's entire purpose is a fair, direct comparison against Tuesday's baseline.

Rules: Identical to Tuesday's Practice 4.

Tactical roles: the full composure habit from Practices 2–3, tested under identical full-match conditions to Tuesday.

Decision-making triggers: the full set built across the session, tested under match-realistic pressure.

Communication language used: "one touch, one choice," "settle," "decide."

Coaching points:

CORNER	POINT
Technical	Composed finishing technique under full match pressure.
Tactical	The settling-touch habit maintained under genuine, unstructured conditions.
Physical	Match-realistic intensity.
Psychological	Composure under real pressure, directly comparable to Tuesday's baseline.
Communication & leadership	Consistent with Tuesday's observations, for fair comparison.

Guided discovery questions:

1. Compared honestly to Tuesday, what's actually different?
2. Where does the habit still break down, if anywhere, under full pressure?
3. What's the one thing we should keep reinforcing between now and Saturday?

Progressions: none — this practice is deliberately run once, as the direct comparison to Tuesday.

Regressions:

1. If the fix is clearly not yet holding, extend the practice by a few minutes rather than concluding prematurely.

Common problems and corrections:

PROBLEM	WHY IT HAPPENS	COACH RECOGNISES BY	STOP OR FLOW?	INTERVENTION	RESTART
The old, rushed pattern reappears under full match pressure	The new habit hasn't yet been rehearsed under enough realistic pressure to fully replace the old one	A visible return to Tuesday's diagnosed pattern	Let it flow, then a natural stoppage	Honest acknowledgement: "that's still there — it needs more time, and that's normal"	Resume
The improvement is genuinely clear and consistent	The targeted practice sequence has worked as intended	Composed, well-selected finishes noticeably more frequent than Tuesday	Let it flow	Positive reinforcement at the final reflection	Continue

Coach interventions used in this practice: none during play — reserve all discussion for the reflection, exactly as on Tuesday.

Success indicators:

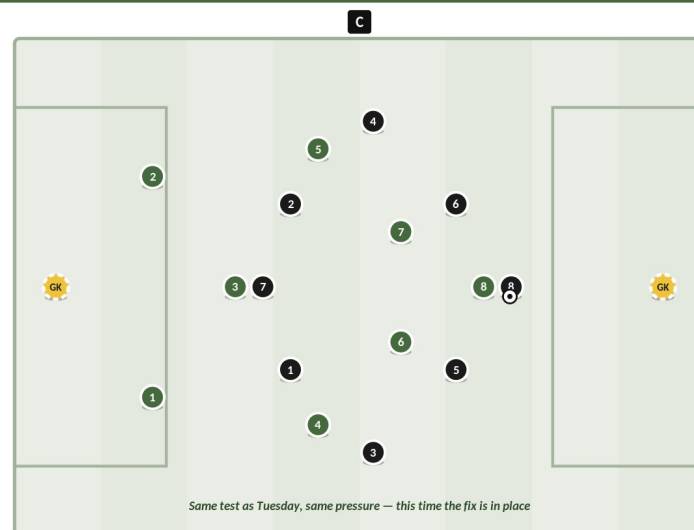
- A visible, honest improvement compared to Tuesday's baseline observation.
- Where the fix hasn't fully held, the coach can name specifically what still needs

work, rather than a vague sense of "better" or "worse."

Coach's eye: be genuinely honest in this comparison — the value of this whole week collapses if the coach convinces themselves of an improvement that didn't really happen.

H33.4 PROVE THE FIX — Conditioned Match

50 x 36 m (half pitch) • 8v8 + GKs • the same full-match test as Tuesday — does the targeted fix hold up under real pressure? • 17 minutes



● Team A ● Team B ● Goalkeeper ● Ball

Castlewellan Town FC • Senior Coaching Curriculum • Week 33 • 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 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: 'PROVE THE FIX — Conditioned Match'. Subtitle: '50 x 36 m (half pitch) · 8v8 + GKs · the same full-match test as Tuesday — does the targeted fix hold up under real pressure? · 17 minutes'. Legend row at bottom. High-resolution landscape vector illustration, clear typography, no decorative elements, no club badges or logos."

Realistic illustration — description: Wide elevated view of a full-scale 8v8 conditioned match, a green-bibbed player composedly finishing a clear chance under genuine pressure, coach on the touchline near halfway observing closely, comparing what he sees against his notes from Tuesday.

AI image-generation prompt (realistic illustration): *"Wide elevated three-quarter sideline photograph-style illustration of an adult amateur 8v8 conditioned football match on a half-size grass pitch with full-size goals and goalkeepers in yellow at each end. A player in a dark green bib composedly finishing a clear scoring chance under genuine pressure from a defender in black. A coach stands near the halfway line on the touchline, observing closely with a notebook. 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: *"Compared honestly to Tuesday, what's actually different?"*

Match-Day Objectives

Three team objectives:

1. Apply the composed, settled decision-making rehearsed this week in every genuine final-third opportunity.

1. Recognise correctly when there's real time to settle and when a faster decision is genuinely the right one.

1. Maintain the same composure standard from minute one to the final whistle.

Three unit objectives:

1. **Back line and goalkeeper:** provide calm, accurate distribution that gives the final third more of the time and space needed to apply this week's habit.

1. **Midfield unit:** deliver service that supports a genuine settling touch rather than forcing a rushed one.

1. **Front players:** apply the settling-touch habit consistently in every genuine chance.

Individual role reminders:

- One touch, one choice — settle when there's time, decide fast only when there genuinely isn't.

- Trust the habit rehearsed this week rather than reverting to old patterns under matchday pressure.

- Composure is a skill, not a personality trait — it can be built, and this week built it.

Measurable performance indicators:

- Chance conversion rate compared to the season's average heading into this week.
- Number of visibly composed, well-selected final actions versus rushed ones.
- Coach's direct, honest comparison between Tuesday's and Thursday's diagnostic and solution matches.

Formation Translation — Applying This Across Different Structures

Addressing the recurring weakness: final-third composure and conversion

STRUCTURE	HOW THE DIAGNOSIS TYPICALLY EXPRESSES ITSELF	HOW THE SOLUTION TYPICALLY EXPRESSES ITSELF	WHAT STAYS THE SAME	KEY RISK
4-3-3	Often traced to the front three receiving rushed service from wide areas	The settling-touch habit applied specifically by the front three, supported by slower, more accurate wide delivery	The underlying diagnose-then-target process	Treating the fix as complete after one good session, rather than a habit needing continued reinforcement
3-4-3	Often traced to wing-backs' crosses arriving without enough runners in support	The settling-touch habit applied by whichever players receive in the box, supported by better-timed support runs	The same underlying process	The same risk — the specific cause differs by structure, but the discipline of diagnosing before fixing does not

Coach Review

To be completed by the coaching staff after delivery.

What worked well this week:

What needs more work:

Attendance and availability notes:

Adjustments for next week:

Individual player notes:

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