



Week 35 — Performance Consolidation

Tags: `decisive-match` `opponent-specific` `set-pieces` `shape-confirmation` `taper`

A Note Before This Week — How to Use It

Like Week 33, this week is named in the Season Architecture with fields that depend on real, specific information this document can't know in advance: Tuesday's principle is "**all core principles,**" **aimed at a named opponent**, and Thursday's is explicitly "**match-specific.**" Both days assume the coaching staff has scouted, or otherwise knows, something concrete about the upcoming decisive fixture's opponent.

This document uses a **fully worked example** — a generic but common opponent profile (a disciplined mid-block that sits off the ball and looks to play out through its full-backs) — so the week is usable exactly as written. **Replace the specific opponent detail below with whatever is actually known about Saturday's real opponent**, while keeping the week's structure: Tuesday rehearses the team's own full identity specifically aimed at that opponent's picture, and Thursday confirms the exact set-piece routines and starting shape chosen for that specific match.

Weekly Overview

FIELD	DETAIL
Week number	35 of 36
Season phase	6 — Performance Consolidation
Core principle	All core principles, aimed at a named opponent (Tuesday)
Secondary principle	Match-specific (Thursday)
Previous match review focus	Apply the three routes below to the most recent fixture.
Weekly tactical problem	With one week of preparation remaining before the season's most decisive fixture, this week stops teaching anything new and instead aims everything the team already owns — its full identity, its confirmed set-piece routines, its settled personnel — directly at the specific opponent it is about to face.
Formation-neutral explanation	Decisive-match preparation is not about designing a new plan — it's about taking the team's existing, well-established principles and consciously pointing them at a specific opponent's known tendencies, then confirming every detail of shape and restart so nothing is left ambiguous heading into the fixture that matters most.
Example structural applications	A 4-3-3 team facing a disciplined mid-block that plays out through its full-backs might specifically emphasise patient central progression and pressing triggers aimed at the opposition's own build-up. A 3-4-3 team facing the identical opponent applies the same principles through its own back three and wing-backs — the opponent's picture is what's being solved, not the team's own shape, so the specific structure delivering the solution can vary freely.

Match Review and Weekly Adjustment

Route A — Previous performance was strong. If the team played well recently, this week simply channels that form directly at the specific opponent ahead — confidence from recent results is the best possible foundation for a calm, focused week like this one.

Route B — Previous performance exposed a tactical weakness. If a specific issue is still unresolved, note whether it's likely to matter specifically against this opponent's picture — if so, give it brief, focused attention within Tuesday's practices; if not, leave it for after the decisive fixture rather than disrupting this week's calm, targeted preparation.

Route C — Attendance, facilities or player availability are disrupted. Both days scale to reduced numbers — Thursday's shape-confirmation work in particular is valuable precisely because it surfaces exactly which contingency plans are needed if key players are unavailable for the decisive fixture itself.

Tuesday — Session 69

FIELD	DETAIL
Session number	69 of 72
Week	35
Season phase	6 — Performance Consolidation
Training day	Tuesday
Session theme	Decisive-match preparation: our principles vs this opponent
Short summary	Rehearses the team's full, established identity specifically aimed at the known picture of the upcoming decisive opponent — worked example: a disciplined mid-block that sits off the ball and builds out through its full-backs — at a controlled, low-moderate taper intensity.
Tags	`decisive-match` `opponent-specific` `all-principles`
Primary learning objective	The team applies its full principle set with specific, deliberate reference to the opponent it is about to face.
Secondary learning objective	The team remains calm, clear, and confident throughout a low-moderate intensity week.
Match connection	This week's named match-day connection: clear, calm final preparation.
Expected tactical outcome	A team that recognises the specific opponent's picture quickly and applies the correct combination of its own principles against it.
Expected physical load	Low-moderate, taper.
Recommended intensity	5–6.5 / 10, individually adjusted per Week 34's load table.
Equipment list	16 footballs · 16 flat markers · 8 cones (orange) · 2 sets of bibs (2 colours, 8 each) · 2 full-size or portable goals
Player numbers	Designed for 14 outfield + 2 goalkeepers; scales 10–20, see contingencies.
Goalkeeper requirements	Both goalkeepers train throughout, including specific work on distribution against the opponent's anticipated pressing height.
Pitch dimensions	Largest area this week is 50 x 36 m (Practice 4).
Area layout	A moderate 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 6v5; Practice 3 becomes 5v5; Practice 4 becomes 6v6.
Contingency — higher attendance (20+)	Rotate additional players through Practice 4 in short shifts, protecting the taper's reduced-volume principle.
Contingency — restricted space	All practices scale proportionally.

TIMELINE (50 MINUTES)

TIME	DURATION	PHASE	COLOUR CODE
0:00–0:08	8 min	Arrival & warm-up — <i>Calm and Ready</i>	Light green

TIME	DURATION	PHASE	COLOUR CODE
0:08–0:20	12 min	Technical / tactical practice — <i>Our Way vs Their Way</i>	Club green
0:20–0:22	2 min	Water break / transition	—
0:22–0:35	13 min	Skill game — <i>Decisive Moments</i>	Dark green
0:35–0:37	2 min	Water break / transition	—
0:37–0:52	15 min	Conditioned match — <i>The Full Picture</i>	Black

PRACTICE 1 — CALM AND READY (ARRIVAL)

Duration: 8 minutes · **Training load:** Low

Tactical purpose: Sets a calm, focused, low-intensity tone consistent with the taper and the week's clear, deliberate purpose.

Organisation: 16 x 12 m grids, pairs. No goalkeeper requirement — both keepers join at a controlled tempo.

Walkthrough: Simple, calm passing and movement combinations, deliberately unhurried.

Rules: None beyond standard technical warm-up play.

Coaching points:

- *Technical:* clean, unhurried technique.
- *Psychological:* calm focus rather than nervous energy this close to a decisive fixture.

PRACTICE 2 — OUR WAY VS THEIR WAY (TECHNICAL / TACTICAL PRACTICE)

Duration: 12 minutes · **Training load:** Moderate

Tactical purpose: Rehearses the team's own established principles specifically against the anticipated opponent's known picture — for this worked example, a disciplined mid-block that sits off the ball and looks to build out through its own full-backs.

Organisation:

- **Pitch dimensions:** 44 x 28 m
- **Players:** 8 of our players vs 6 opponents, organised to reflect the scouted picture
- **Goalkeeper involvement:** both keepers rotate through, including specific distribution work against the opponent's anticipated pressing height
- **Team sizes:** 8 v 6
- **Neutrals:** none
- **Equipment:** flat markers for starting positions
- **Starting positions:** as shown in the diagram
- **Ball supply:** 2 spare balls with the coach
- **Restart:** coach restarts on any stoppage
- **Coach position:** mobile, observing how the team applies its principles against the specific picture
- **Rotation method:** groups rotate every four minutes
- **Direction of play:** our team works to apply its own principles against the opponent's known shape

Practice walkthrough: The opposing group is organised to reflect the specific opponent's known tendencies — for this worked example, sitting in a disciplined mid-block rather than pressing high, and showing the coach's players the passing lanes that opponent's own full-back build-up typically leaves open. The team's job is to recognise this specific picture and apply the correct combination of its own, already-established principles against it, rather than learning anything new.

Rules: Standard possession-and-progression rules, run at a controlled tempo.

Tactical roles:

- *Individual:* each player recognises the specific picture and selects the correct, already-known response.
- *Unit:* the group applies its principles collectively against the specific shape shown.
- *Team:* not applicable at this scale.
- *Transition:* not the primary focus, though a lost-possession reaction is coached briefly if it arises.

Decision-making triggers: the full season's accumulated set, specifically cued by the opponent's known picture (for this worked example: a deep, disciplined block → patience and combination through the middle; full-backs stepping into build-up → press to trigger a turnover in a dangerous area).

Communication language used: the full season's language, applied with specific reference to this opponent.

Coaching points:

CORNER	POINT
Technical	Sharpened execution of already-known technique against a realistic, specific picture.
Tactical	Correct recognition of, and response to, the specific opponent's known tendencies.
Physical	Controlled, moderate intensity.
Psychological	Calm confidence applying familiar principles to a clearly understood, specific target.
Communication & leadership	Clear calls referencing the specific opponent's picture.

Guided discovery questions:

1. What does this opponent's picture actually look like, based on what we know?
2. Which of our own principles matters most against that specific picture?
3. How is this different from a generic possession practice — what makes it genuinely opponent-specific?

Progressions:

1. Add a scouted-specific detail (for example, a particularly aggressive individual marker) partway through.
1. Reduce the practice area slightly to sharpen the technical demand.

Regressions:

1. Simplify the opponent's picture to its single most important feature if the group needs a clearer starting point.
1. Widen the practice area for more time and space.

Common problems and corrections:

PROBLEM	WHY IT HAPPENS	COACH RECOGNISES BY	STOP OR FLOW?	INTERVENTION	RESTART
The team applies a generic response rather than one specifically suited to this opponent's picture	The specific scouting detail hasn't yet been connected to the team's decision-making	A correct principle applied, but not the one best suited to the specific picture shown	Stop	Short group intervention: "that's a good response in general — but is it the best one against <i>this</i> picture?"	Resume

Coach interventions used in this practice: a mix of *short group intervention* and *questioning*, kept calm and low-key consistent with the week's tone.

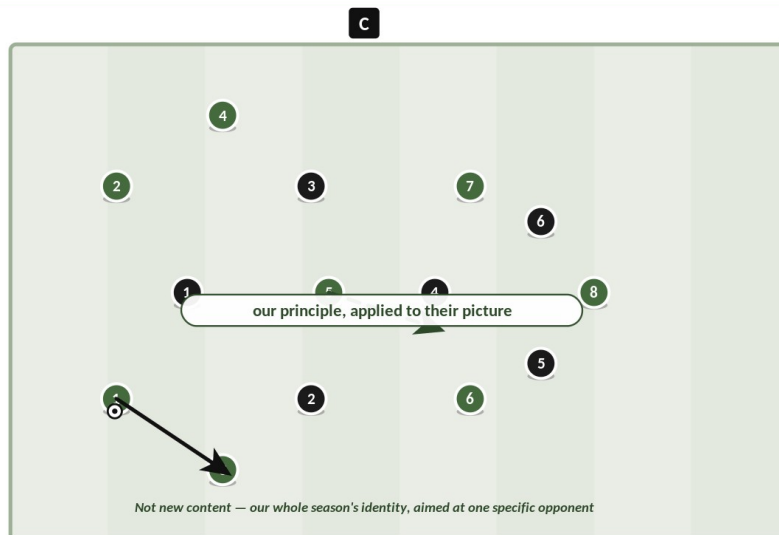
Success indicators:

- The team recognises the specific opponent's picture quickly and consistently.
- The response selected is specifically well-suited to that picture, not just generically correct.

Coach's eye: the value here is specificity — a generically good response is not the same as the best response to this particular opponent, and this practice should sharpen that distinction.

T35.2 OUR WAY VS THEIR WAY — Technical / Tactical Practice

44 x 28 m • 8v6 • controlled tempo • our principles rehearsed directly against the opponent's known picture • 12 minutes



● Our team ● Opponent profile (scout picture) ● Ball → Our principle in action

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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 44x28 metre area with dimension labels. Eight players in dark green bibs numbered 1–8 and six players in black bibs numbered 1–6 organised in a disciplined mid-block. White football near a green player. A black solid arrow showing a combination pass through the block, and a curved dashed line showing a supporting run. Title: 'OUR WAY VS THEIR WAY — Technical / Tactical Practice'. Subtitle: '44 x 28 m • 8v6 • controlled tempo • our principles rehearsed directly against the opponent's known picture • 12 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 area, green-bibbed players calmly combining through a disciplined black-bibbed mid-block, coach observing closely and calmly, quiet, focused atmosphere appropriate to a decisive week.

AI image-generation prompt (realistic illustration): "Elevated wide three-quarter sideline photograph-style illustration of adult amateur football training. Players in dark green bibs calmly combining through a disciplined, compact block of players in black bibs. A coach observing closely and calmly nearby. Soft evening light, realistic grass texture, amateur adult players of varied build showing focused, purposeful movement. Professional sports-photography style, high resolution, landscape orientation, no club badges, sponsor logos, or identifiable real players."

PRACTICE 3 — DECISIVE MOMENTS (SKILL GAME)

Duration: 13 minutes · **Training load:** Moderate

Tactical purpose: Rewards the exact type of moment most likely to matter against this specific opponent's picture, sharpening decision-making under realistic, targeted conditions.

Organisation:

- **Pitch dimensions:** 34 x 22 m
- **Players:** 13 outfield, rotating
- **Goalkeeper involvement:** both keepers rotate through
- **Team sizes:** 7 v 6
- **Neutrals:** none
- **Equipment:** flat markers
- **Starting positions:** as shown in the diagram
- **Ball supply:** 3 spare balls with the coach
- **Restart location:** nearest sideline
- **Coach position:** sideline, central
- **Rotation method:** groups swap every five minutes
- **Direction of play:** both directions, possession-based scoring

Practice walkthrough: A small-sided game in which a goal or clean progression built specifically through the pattern identified as most likely to matter against Saturday's opponent (for this worked example: patient combination through a disciplined block, or a turnover forced high against the opponent's own build-up through its full-backs) is worth a bonus point.

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

Tactical roles: the opponent-specific identity from Practice 2, applied under competitive, game-realistic pressure.

Decision-making triggers: the specific picture identified this week, applied spontaneously during live play.

Communication language used: the full season's language, with specific reference to this week's opponent.

Coaching points:

CORNER	POINT
Technical	Sharpened execution of the identified pattern under competitive pressure.
Tactical	Correctly recognising when the specific, targeted pattern is genuinely available.
Physical	Moderate, controlled intensity.
Psychological	Calm confidence in a specifically-targeted plan.
Communication & leadership	Team-mates recognising and reinforcing the specific pattern being rehearsed.

Guided discovery questions:

1. What made tonight's best example of "the decisive moment" work?
2. How confident do we feel that this specific plan will hold up on Saturday?

Progressions:

1. Increase the bonus value for the identified pattern.
2. Reduce the practice area slightly to sharpen the demand.

Regressions:

1. Reduce the bonus condition to a simpler version if the group needs an easier

target.

- 1. Widen the practice area for more time and space.

Common problems and corrections:

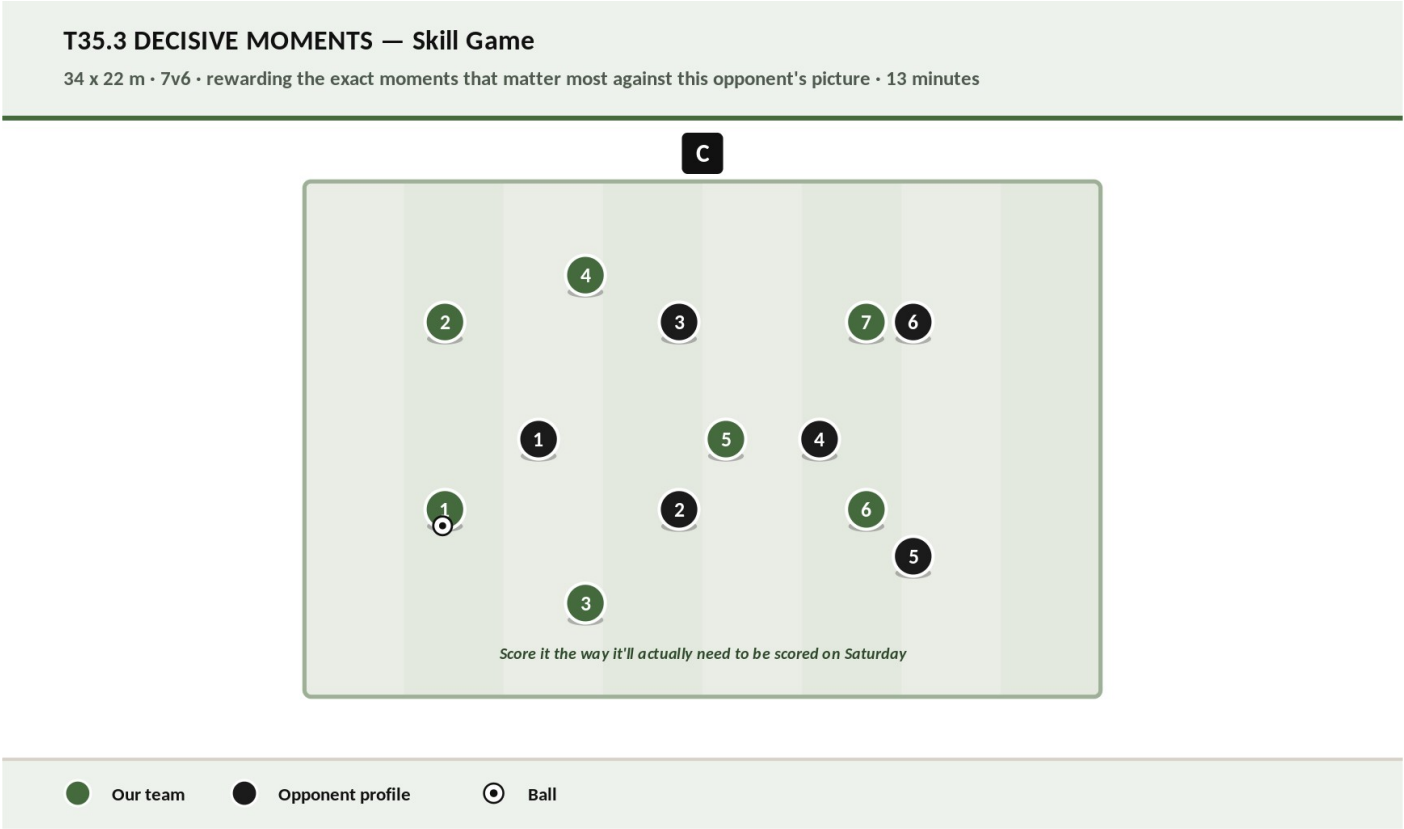
PROBLEM	WHY IT HAPPENS	COACH RECOGNISES BY	STOP OR FLOW?	INTERVENTION	RESTART
The team forces the identified pattern even when a simpler option is clearly better	The bonus condition is chased mechanically rather than played naturally	The identified pattern attempted into a well-covered picture	Let it flow, then a natural stoppage	Question: "was that pattern really on, or were we chasing the bonus?"	Resume

Coach interventions used in this practice: light touch — mostly *questioning*, consistent with the week's calm tone.

Success indicators:

- The specific, targeted pattern occurs more frequently and with better quality as the practice progresses.
- Players distinguish genuine opportunities to use the pattern from forced ones.

Coach's eye: this practice's value is in specificity, not intensity — judge it against whether the team is genuinely rehearsing what Saturday will actually ask of it.



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. 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: 'DECISIVE MOMENTS — Skill Game'. Subtitle: '34 x 22 m • 7v6 • rewarding the exact moments that matter most against this opponent's picture • 13 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 focused, competitive small-sided game, a green-bibbed player completing the specific pattern the team has been targeting, team-mates reacting with quiet, confident recognition, coach on the touchline calm and observant.

AI image-generation prompt (realistic illustration): *"Elevated three-quarter sideline photograph-style illustration of an adult amateur small-sided football game on a grass pitch. A player in a dark green bib completing a specific, practised passing pattern, team-mates reacting with quiet, confident recognition. A coach on the touchline, calm and observant. Soft evening light, realistic grass texture, amateur adult players of varied build showing focused, composed effort. Professional sports-photography style, high resolution, landscape orientation, no club badges, sponsor logos, or identifiable real players."*

PRACTICE 4 — THE FULL PICTURE (CONDITIONED MATCH)

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

Tactical purpose: Confirms the week's work at full match scale, with one team simulating the specific opponent's known approach as closely as possible, run at a controlled, low-moderate tempo consistent with the taper.

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, halfway line, mobile
- **Rotation method:** none required
- **Direction of play:** standard, both teams attack opposite goals

Practice walkthrough: One team is instructed to simulate the specific opponent's known approach as closely as the coaching staff's information allows — for this worked example, a disciplined mid-block building out through its full-backs — while the other applies everything rehearsed in Practices 2 and 3, run at a controlled, low-moderate tempo consistent with the taper.

Rules: Standard conditioned-match rules.

Tactical roles: the full opponent-specific identity from Practices 2–3, applied for the first time against a live, full-scale simulation.

Decision-making triggers: the full set built across the session, applied under match-realistic but controlled-tempo conditions.

Communication language used: the full season's language, with specific reference to this opponent.

Coaching points:

CORNER	POINT
Technical	Execution quality against the simulated opponent's specific picture.
Tactical	Consistent, correct application of the targeted plan.
Physical	Moderate, controlled — taper intensity, not peak intensity.
Psychological	Calm, clear confidence heading into the decisive fixture.
Communication & leadership	Clear organisation with specific reference to the opponent's known picture.

Guided discovery questions:

1. Did the simulated picture feel like what we actually expect on Saturday?
2. What's the one thing we most want to remember from tonight heading into the fixture?
1. How confident does the group feel right now?

Progressions: none planned — this week deliberately avoids adding further physical or tactical demand this close to the fixture.

Regressions:

1. Simplify the simulated opponent's approach if the group needs a clearer picture to rehearse against.

1. Reduce numbers to 7v7 if energy needs managing carefully.

Common problems and corrections:

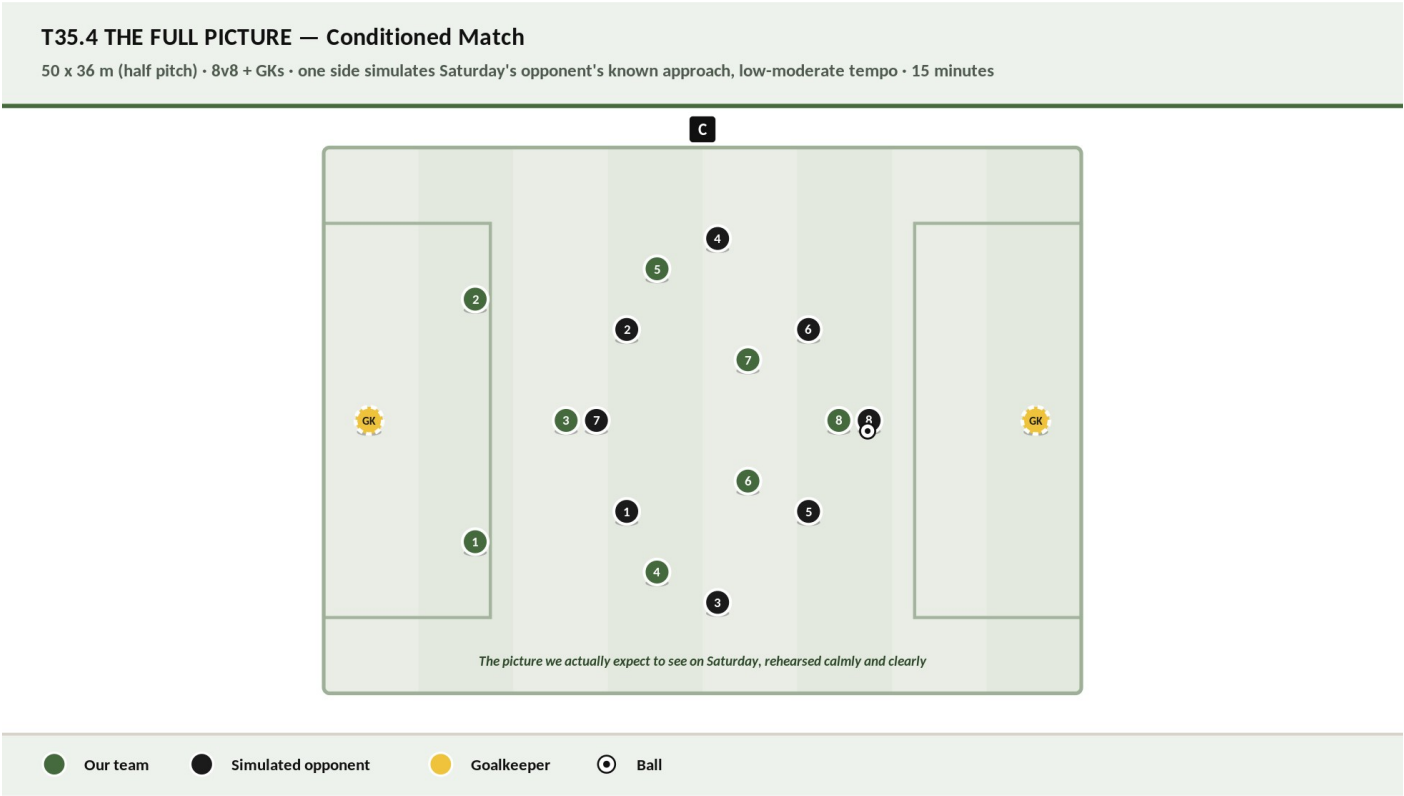
PROBLEM	WHY IT HAPPENS	COACH RECOGNISES BY	STOP OR FLOW?	INTERVENTION	RESTART
The group's intensity creeps above the taper's intended level	Competitive instinct this close to a decisive fixture	Noticeably higher physical intensity than the week's plan calls for	Stop briefly	Calm reminder: "we're saving that for Saturday"	Resume

Coach interventions used in this practice: light touch, calm and reassuring, reserving detailed feedback for the reflection.

Success indicators:

- The simulated picture is recognisable and realistic.
- The team's response is calm, clear, and consistent with the week's targeted plan.
- The group finishes visibly confident and composed.

Coach's eye: this practice's tone matters as much as its content — a calm, composed group leaving this practice confident is the week's real success measure.



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: 'THE FULL PICTURE — Conditioned Match'. Subtitle: '50 x 36 m (half pitch) · 8v8 + GKs · one side simulates Saturday's opponent's known

approach, low-moderate tempo · 15 minutes'. Legend row at bottom. High-resolution landscape vector illustration, clear typography, no decorative elements, no club badges or logos."

Realistic illustration — description: Wide elevated view of a full-scale 8v8 conditioned match at a controlled, purposeful tempo, black-bibbed players organised in a disciplined block simulating the anticipated opponent, coach on the touchline near halfway, calm and focused.

AI image-generation prompt (realistic illustration): *"Wide elevated three-quarter sideline photograph-style illustration of an adult amateur 8v8 conditioned football match on a half-size grass pitch with full-size goals and goalkeepers in yellow at each end. Players in black bibs organised in a disciplined defensive block. Players in dark green bibs building play calmly and purposefully. A coach stands near the halfway line on the touchline, calm and focused. Soft evening light, realistic grass pitch markings, amateur adult players of varied build showing composed, controlled effort. 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: *"In one sentence, what's our plan for this specific opponent?"*

Thursday — Session 70

FIELD	DETAIL
Session number	70 of 72
Week	35
Season phase	6 — Performance Consolidation
Training day	Thursday
Session theme	Decisive-match set pieces & shape confirmation
Short summary	Delivers the Set-Piece Development Pathway's final milestone — walking through the specific routine chosen for Saturday's opponent — and confirms, in full, the exact starting shape and personnel the team will use in the decisive fixture.
Tags	`decisive-match` `set-pieces` `shape-confirmation`
Primary learning objective	The specific set-piece routine and starting shape chosen for Saturday are fully confirmed, understood, and rehearsed by every player.
Secondary learning objective	The squad finishes the week calm, clear, and confident.
Match connection	This week's named match-day connection: clear, calm final preparation.
Expected tactical outcome	Total clarity, for every player, of their role in Saturday's specific plan.
Expected physical load	Low-moderate, taper.
Recommended intensity	4.5–6 / 10, individually adjusted per Week 34's load table.
Equipment list	16 footballs · 16 flat markers · 8 cones (orange) · 2 sets of bibs (2 colours, 8 each) · 2 full-size or portable goals
Player numbers	Designed for 14 outfield + 2 goalkeepers; scales 10–20, see contingencies.
Goalkeeper requirements	Both goalkeepers train throughout, including final confirmation of their own specific role in the chosen shape and set-piece plan.
Pitch dimensions	Largest area this week is 50 x 36 m (Practice 3).
Area layout	A corner-focused area for Practice 2, full pitch for Practice 3 (used as a walkthrough, not a high-intensity practice), small-sided for Practice 4.
Contingency — lower attendance (10–13)	Practice 2 reduces to a five-a-side version; Practice 3's walkthrough works with any available numbers; Practice 4 becomes 5v5.
Contingency — higher attendance (20+)	Use any additional players as the simulated opponent for Practice 3's live phase.
Contingency — restricted space	Practice 2 needs a genuine box and corner area; Practice 3's walkthrough phase can be run in a smaller space if necessary.

TIMELINE (50 MINUTES)

TIME	DURATION	PHASE	COLOUR CODE
0:00–0:08	8 min	Arrival & warm-up — <i>Ready the Details</i>	Light green

TIME	DURATION	PHASE	COLOUR CODE
0:08–0:20	12 min	Set-piece practice — <i>The Right Routine</i>	Club green
0:20–0:22	2 min	Water break / transition	—
0:22–0:36	14 min	Live rehearsal — <i>Confirm the Shape</i>	Dark green
0:36–0:38	2 min	Water break / transition	—
0:38–0:50	12 min	Confidence game — <i>Ready</i>	Black

PRACTICE 1 — READY THE DETAILS (ARRIVAL)

Duration: 8 minutes · **Training load:** Low

Tactical purpose: Refreshes set-piece and distribution technique at a calm, controlled tempo before the week's confirmation work begins.

Organisation: Rotating stations around the penalty area. No goalkeeper requirement — both keepers join, working distribution specific to the confirmed shape.

Walkthrough: Simple, calm technical stations — delivery, finishing, distribution — refreshing rather than teaching.

Rules: None beyond standard technical practice.

Coaching points:

- *Technical:* clean, calm technique.
- *Psychological:* quiet confidence heading into the confirmation work.

PRACTICE 2 — THE RIGHT ROUTINE (SET-PIECE PROGRAMME, FINAL WALKTHROUGH)

Duration: 12 minutes • **Training load:** Moderate

Tactical purpose: Delivers the Set-Piece Development Pathway's final maximisation milestone — walking through, at full clarity and without rush, the specific routine from the club's programme judged best suited to Saturday's opponent's known defending system.

Set-Piece Programme fields:

FIELD	DETAIL
Purpose	To confirm, without ambiguity, exactly which of the club's established routines will be used against Saturday's specific opponent, and to walk every player through their exact role in it.
Selected routine (worked example)	The near-post option from Week 5's original attacking corner routine, selected because the anticipated opponent's known system (for this worked example) is zonal, and the club's Week 32 "Reading Their Setup" process identifies the near-post gap-attack as the strongest option against a zonal system.
Player roles and starting positions	As confirmed in Week 32's "Confirm the Personnel": named deliverer, near-post runner, far-post runner (decoy this week), screen, rebound player, and rest-defence players 5–8, unchanged from the confirmed roster.
Delivery type	Whipped in-swinging near-post ball, as confirmed.
Runs	As confirmed in Weeks 5 and 32.
Legal blocks/screens note	As established since Week 5 — unchanged.
Rebound positions	As confirmed — unchanged.
Rest defence	As confirmed — unchanged, and specifically reconfirmed given the importance of protecting against a transition in a decisive fixture.
Transition protection	As confirmed since Week 9 — unchanged.
Opposition cues	Reconfirm, specifically, what the scouted opponent's zonal (or other) system looks like in practice, so every player recognises it immediately when it appears on Saturday.
Contingency for a missing key player	Reconfirmed from Week 32's named contingency roster — specifically checked this week against the squad's actual current availability for Saturday.

Organisation:

- **Pitch dimensions:** 30 x 22 m (corner area and penalty box)
- **Players:** 8 attacking vs 6 defending + goalkeeper
- **Goalkeeper involvement:** full — confirming the defensive set-piece structure

specifically for Saturday

- **Team sizes:** 8 v 6 + GK
- **Neutrals:** none
- **Equipment:** flat markers for starting positions, 1 full-size or portable goal
- **Starting positions:** as shown in the diagram
- **Ball supply:** 4 spare balls with the coach
- **Restart location:** the marked right-side corner position
- **Coach position:** central, calm, confirming each detail clearly

- **Rotation method:** none — this week deliberately uses only the confirmed first-choice and named contingency personnel

- **Direction of play:** toward the one goal, from the fixed corner restart

Practice walkthrough: Walked through first at low speed, confirming every starting position and role without time pressure, before being run at full pace several times against a defending group organised to replicate the specific opponent's known system.

Rules: As described in the Set-Piece Programme fields above.

Tactical roles: as confirmed in Week 32, reconfirmed specifically for Saturday's opponent.

Decision-making triggers: the specific opponent's known system → the pre-selected routine, executed with full confidence.

Communication language used: the full season's set-piece language.

Coaching points:

CORNER	POINT
Technical	Calm, confident execution of the confirmed routine.
Tactical	Total clarity of which routine is being used and why.
Physical	Moderate, controlled.
Psychological	Confidence that this decision has already been made and doesn't need to be relitigated on the day.
Communication & leadership	Clear, calm confirmation of roles by the players themselves.

Guided discovery questions:

1. Why was this specific routine chosen for this specific opponent?
2. Does everyone know their exact role, including their contingency role, without hesitation?

Progressions: none planned — this week deliberately avoids adding new tactical demand.

Regressions:

1. Slow the walkthrough further if any role is still unclear.

Common problems and corrections:

PROBLEM	WHY IT HAPPENS	COACH RECOGNISES BY	STOP OR FLOW?	INTERVENTION	RESTART
A player is unsure of their exact role despite it being confirmed in Week 32	Time has passed since the original confirmation	Hesitation or incorrect positioning	Stop	Calm, patient re-confirmation — no frustration, just clarity	Resume

Coach interventions used in this practice: calm, patient *freeze-and-confirm* wherever needed.

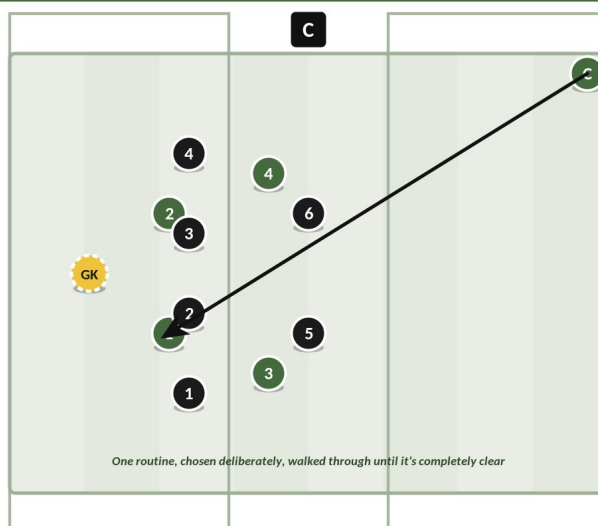
Success indicators:

- Every player states their role and contingency role without hesitation.
- The routine is executed cleanly and confidently at full pace.

Coach's eye: there should be no ambiguity left in this practice — if there is, resolve it now, calmly, rather than letting it carry into Saturday.

H35.2 THE RIGHT ROUTINE — Set-Piece Programme

Right-side corner, out-swinging · the specific routine selected for Saturday's opponent, walked through at full clarity · 12 minutes



● Attacking team ● Opponent's known system ● Goalkeeper ● Ball

Castlewellan Town FC · Senior Coaching Curriculum · Week 35 · 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 corner area of a football pitch with penalty box markings and a full-size goal with a goalkeeper in yellow. A player in a dark green bib marked 'C' stands over the ball at the right-side corner arc. Four players in dark green bibs numbered 1-4 in the penalty area. Six players in black bibs in an even line across the six-yard box. White football near the corner player. Title: 'THE RIGHT ROUTINE — Set-Piece Programme'. Subtitle: 'Right-side corner, out-swinging · the specific routine selected for Saturday's opponent, walked through at full clarity · 12 minutes'. Legend row at bottom. High-resolution landscape vector illustration, clear typography, no decorative elements, no club badges or logos."

Realistic illustration — description: Elevated view of a penalty area during a calm, deliberate corner-routine walkthrough, players in clearly held positions, coach standing centrally, calmly confirming each detail without urgency.

AI image-generation prompt (realistic illustration): "Elevated three-quarter view of a penalty area during an adult amateur football corner-kick walkthrough. Players in dark green bibs standing in clearly confirmed, calm positions. A coach standing centrally near the box, calmly confirming details without urgency. Soft evening light, realistic grass texture and pitch markings, amateur adult players of varied build showing calm focus. Professional sports-photography style, high resolution, landscape orientation, no club badges, sponsor logos, or identifiable real players."

PRACTICE 3 — CONFIRM THE SHAPE (LIVE REHEARSAL)

Duration: 14 minutes · **Training load:** Moderate

Tactical purpose: Confirms, in full and without ambiguity, the exact starting shape and personnel the team intends to use in Saturday's decisive fixture, walked through calmly before being tested briefly under live conditions.

Organisation:

- **Pitch dimensions:** 50 x 36 m (half pitch)
- **Players:** the confirmed starting shape (11 players) plus any available substitutes, walked through first; then 8v8 + GKs live
- **Goalkeeper involvement:** full — confirming distribution patterns specific to the chosen shape
- **Team sizes:** starting shape walkthrough, then 8 v 8 + GKs live
- **Neutrals:** none
- **Equipment:** 2 full-size or portable goals, 8 flat markers, corner cones
- **Starting positions:** the confirmed Saturday shape
- **Ball supply:** 3 spare balls with the coach
- **Restart location:** match-realistic restarts
- **Coach position:** central, confirming each position calmly and clearly
- **Rotation method:** none — the confirmed shape is used throughout
- **Direction of play:** standard

Practice walkthrough: The team's intended Saturday starting shape is walked through first at low speed with no opposition, every player confirming their starting position, their relationship to the players around them, and their specific role within the chosen structure. The shape is then tested briefly under live, moderate-intensity conditions against a simulated opponent, confirming it holds up in practice as well as on the whiteboard.

Rules: Standard rules once live; the walkthrough phase has no opposition.

Tactical roles: the full, specific role of every player within the confirmed shape for Saturday.

Decision-making triggers: the full season's accumulated set, organised specifically within the confirmed shape.

Communication language used: the full season's language.

Coaching points:

CORNER	POINT
Technical	Calm, confident execution within the confirmed shape.
Tactical	Total clarity of the shape and every player's specific role within it.
Physical	Moderate, controlled.
Psychological	Confidence that the plan is settled and clear.
Communication & leadership	Players confirming their own understanding of the shape aloud.

Guided discovery questions:

1. Does everyone understand their specific role within this shape, including their relationship to the players around them?

1. Did the shape hold up as well under live conditions as it did in the walkthrough?

Progressions: none planned — this week deliberately avoids adding new tactical demand.

Regressions:

- 1. Extend the walkthrough phase if any player's understanding of the shape is still unclear.

Common problems and corrections:

PROBLEM	WHY IT HAPPENS	COACH RECOGNISES BY	STOP OR FLOW?	INTERVENTION	RESTART
A player is unclear on their specific role or relationship to nearby players within the shape	The shape may differ subtly from a role the player has occupied earlier in the season	Hesitation or incorrect positioning during the walkthrough	Stop	Calm, patient clarification	Resume

Coach interventions used in this practice: calm, patient clarification wherever needed — this practice should feel reassuring, not stressful.

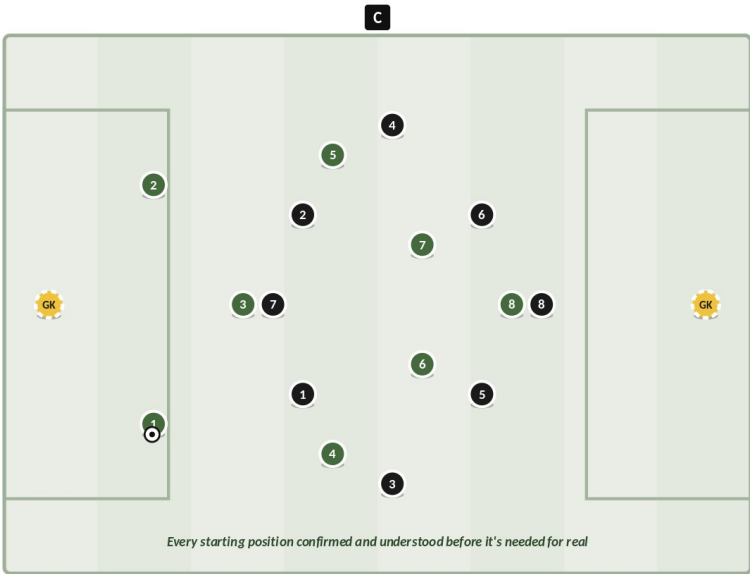
Success indicators:

- Every player can state their specific role and position within the confirmed shape without hesitation.
- The shape functions coherently under live, moderate-intensity conditions.

Coach's eye: this is the week's most important practice for reducing matchday uncertainty — treat any remaining confusion here as valuable information, not a problem to rush past.

H35.3 CONFIRM THE SHAPE — Live Rehearsal

50 x 36 m (half pitch) • 11v0 walkthrough, then 8v8 + GKs live • Saturday's starting shape confirmed and rehearsed • 14 minutes



Confirmed starting shape

Opponent profile

Goalkeeper

Ball

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AI image-generation prompt (tactical diagram): "Top-down 2D vector football coaching diagram, clean white background, UEFA coaching-manual style, showing half of a football pitch, 50x36 metres, with penalty box markings at both ends and a full-size goal at each end with a goalkeeper in yellow at each. Eight players in dark green bibs numbered 1–8 and eight players in black bibs numbered 1–8 spread across the pitch in a clearly organised match shape. White football near a green player. Title: 'CONFIRM THE SHAPE — Live Rehearsal'. Subtitle: '50 x 36 m (half pitch) • 11v0 walkthrough, then 8v8 + GKs

live · Saturday's starting shape confirmed and rehearsed · 14 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 team shape walkthrough with no opposition, every player standing calmly in a clearly confirmed position, coach walking through the shape centrally, pointing out specific relationships between players, calm and clear atmosphere.

AI image-generation prompt (realistic illustration): *"Wide elevated three-quarter sideline photograph-style illustration of an adult amateur football team shape walkthrough on a grass pitch, no opposition present. Players in dark green bibs standing calmly in clearly organised positions across the pitch. A coach walking through the shape centrally, gesturing to indicate positions and relationships between players. Soft evening light, realistic grass pitch markings, amateur adult players of varied build showing calm attentiveness. Professional sports-photography style, high resolution, landscape orientation, no club badges, sponsor logos, or identifiable real players."*

PRACTICE 4 — READY (CONFIDENCE GAME)

Duration: 12 minutes · **Training load:** Low-moderate

Tactical purpose: Closes the week's final training session before the decisive fixture with calm, confident, expressive football and no new instruction, sending the squad into the final preparation days feeling clear and positive.

Organisation:

- **Pitch dimensions:** 34 x 22 m
- **Players:** 14 outfield, rolling rotation
- **Goalkeeper involvement:** both keepers rotate through
- **Team sizes:** 7 v 7
- **Neutrals:** none
- **Equipment:** 2 full-size or portable goals, 6 flat markers
- **Starting positions:** as shown in the diagram
- **Ball supply:** 3 spare balls with the coach
- **Restart location:** nearest sideline
- **Coach position:** sideline, relaxed, encouraging
- **Rotation method:** rolling substitutions, weighted by Week 34's load table
- **Direction of play:** both directions, one goal per end

Practice walkthrough: A free-flowing small-sided game with no artificial conditions and minimal coaching intervention, closing the week's — and this training block's — preparation on a calm, confident, positive note ahead of the decisive fixture.

Rules: None beyond standard small-sided-game rules.

Tactical roles: whatever emerges naturally.

Decision-making triggers: none imposed — free play.

Communication language used: whatever occurs naturally, encouraged positively.

Coaching points:

CORNER	POINT
Technical	Whatever quality emerges naturally, encouraged rather than corrected.
Tactical	Not the focus of this practice.
Physical	Low-moderate, carefully managed.
Psychological	Calm confidence and enjoyment — the week's explicit closing purpose.
Communication & leadership	Positive, encouraging communication throughout.

Guided discovery questions:

1. How ready does the group feel heading into Saturday?

Progressions: none — this practice is deliberately unstructured.

Regressions:

1. Shorten individual rotation shifts further for any player showing signs of accumulated fatigue.

Common problems and corrections:

PROBLEM	WHY IT HAPPENS	COACH RECOGNISES BY	STOP OR FLOW?	INTERVENTION	RESTART
The coach instinctively wants to add one more piece of tactical detail	Natural anxiety this close to a decisive fixture	An urge to stop play and add new instruction	Stop briefly	Self-restraint: the plan is set — trust it	Resume

Coach interventions used in this practice: minimal — encouragement only.

Success indicators:

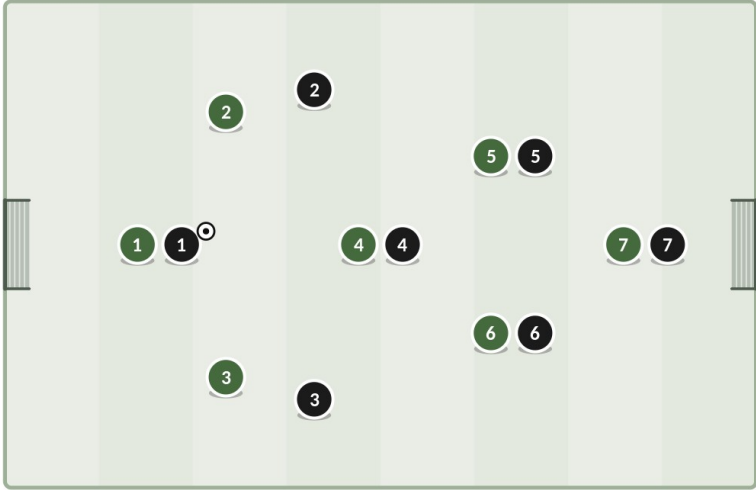
- The squad finishes the week's training visibly calm, clear, and confident.
- No new tactical detail is introduced this close to the fixture.

Coach's eye: if you feel the urge to add something new here, that urge is almost always about your own nerves, not the team's genuine readiness — trust the work already done.

H35.4 READY — Confidence Game

34 x 22 m · 7v7, rolling rotation · calm, confident, expressive football to close decisive-match week · 12 minutes

C



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: 'READY — Confidence Game'. Subtitle: '34 x 22 m · 7v7, rolling rotation · calm, confident, expressive football to close decisive- match week · 12 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 calm, confident small-sided game as light fades, players in dark green bibs playing freely and with visible composure, coach on the touchline relaxed and quietly satisfied.

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, in fading evening light. Players in dark green bibs playing freely with visible composure and confidence. A coach on the touchline, relaxed and quietly satisfied. Warm, soft golden-hour 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."

Match-Day Objectives

Three team objectives:

1. Apply the team's full identity specifically aimed at this opponent's known picture.

1. Execute the confirmed set-piece routine and starting shape exactly as rehearsed.
2. Play with the calm clarity this week was specifically built to deliver.

Three unit objectives:

1. **Back line and goalkeeper:** organise the confirmed shape and set-piece defending structure without hesitation.

1. **Midfield unit:** apply the specific principles identified as most relevant to this opponent's picture.

1. **Front players:** execute the confirmed attacking set-piece routine and finish the specific opportunities this opponent's picture is expected to create.

Individual role reminders:

- Know your exact role in Saturday's confirmed shape and set-piece plan — this is settled, not to be second-guessed on the day.
- Apply the team's established identity specifically to this opponent, not generically.
- Stay calm — the preparation is done.

Measurable performance indicators:

- Accuracy and speed of recognising and responding to the opponent's actual picture once the match begins.
- Execution quality of the confirmed set-piece routine.
- Coherence of the confirmed starting shape under live match conditions.

Formation Translation — Applying This Across Different Structures

Decisive-match preparation and shape confirmation

STRUCTURE	HOW OPPONENT-SPECIFIC PRINCIPLE APPLICATION TYPICALLY EXPRESSES ITSELF	HOW SHAPE CONFIRMATION TYPICALLY EXPRESSES ITSELF	WHAT STAYS THE SAME	KEY RISK
4-3-3	Through the double pivot and front three's specific patterns against the opponent's known picture	Through a fully confirmed back four, midfield three, and front three, each player's role explicit	The underlying process of aiming known principles at a specific opponent, then confirming the plan fully	Introducing last-minute doubt or new detail this close to the fixture
3-4-3	Through the back three, wing-backs, and front three's equivalent patterns	Through a fully confirmed back three, midfield four, and front three	The same underlying process	The same risk — regardless of structure, clarity this close to a decisive fixture matters more than further adjustment

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.