



Week 36 — Performance Consolidation (Season Close)

Tags: `season-finale` `identity` `review` `individual-feedback`

A Note Before This Week

This is the final week of the 36-week curriculum. Its shape is deliberately different from every other week. Tuesday is the last training session before the season's defining fixture, and it teaches nothing new — it simply lets the team feel, one last time, everything it has built since Week 1. Thursday is named in the Season Architecture as "**structured review & individual feedback**," so rather than a fourth football practice, Thursday's closing slot is a season review and individual player feedback framework. This week therefore produces five tactical diagrams instead of the usual six — Thursday has two light closing practices rather than three, making room for the review itself.

A separate, full **season-closing review document** — following the same template used after Weeks 5, 11, 17, 23, and 29 — is delivered alongside this week, covering the whole of Phase 6 and the season as a whole.

Weekly Overview

FIELD	DETAIL
Week number	36 of 36 — the final week of the season
Season phase	6 — Performance Consolidation (season review)
Core principle	All core principles (Tuesday)
Secondary principle	All core principles (Thursday)
Previous match review focus	Apply the three routes below to the most recent fixture.
Weekly tactical problem	There is no new tactical problem this week. The entire curriculum — every principle, every corner of the four-corner model, every phase from foundations through match management to consolidation — has already been taught. This week's task is simply to let the team express all of it, calmly and confidently, in its defining fixture, and then to close the season with an honest, structured look back.
Formation-neutral explanation	A team's identity was never about a formation — it was always about a recognisable pattern of good decisions, built principle by principle across 35 weeks, and able to survive any specific shape asked of it. This final week exists to prove that one more time, and then to record, honestly, what the season actually built.
Example structural applications	Whatever structure the team actually uses on Saturday — a 4-3-3, a 3-4-3, or a shape adopted only for this specific opponent — the same team should be recognisable inside it. That recognisability, not the shape itself, is the entire season's real achievement.

Match Review and Weekly Adjustment

Route A — Previous performance was strong. If the team enters this week in good form, simply protect it — this is not a week for new ideas or extra effort, but for calm confirmation of what already works.

Route B — Previous performance exposed a tactical weakness. If something specific is still unresolved heading into the season's final fixture, name it honestly in the season-closing review rather than trying to fix it inside this final, low-intensity week — some things are genuinely better left for next season's planning than forced into the last seven days.

Route C — Attendance, facilities or player availability are disrupted. Both days scale to reduced numbers — if anything, this week's light, low-intensity content is the easiest in the whole curriculum to deliver with a depleted squad.

Tuesday — Session 71

FIELD	DETAIL
Session number	71 of 72
Week	36
Season phase	6 — Performance Consolidation
Training day	Tuesday
Session theme	Season-defining match — full expression of identity
Short summary	The final training session before the season's defining fixture — a light, low-intensity pass through the team's whole identity, teaching nothing new and simply letting the squad feel, one last time, what 35 weeks of work has built.
Tags	`season-finale` `identity` `recovery-oriented`
Primary learning objective	The team enters its defining fixture calm, confident, and recognisably itself.
Secondary learning objective	Every player leaves this session physically fresh.
Match connection	This week's named match-day connection: team recognisable as itself, whatever the shape.
Expected tactical outcome	A full, confident expression of the team's identity in its most important match of the season.
Expected physical load	Low, recovery-oriented.
Recommended intensity	4–5.5 / 10.
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, at a light, confidence-focused load.
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 6v4; Practice 3 becomes 5v5; Practice 4 becomes 6v6.
Contingency — higher attendance (20+)	Rotate any additional players through Practice 4 in short, light shifts.
Contingency — restricted space	All practices scale proportionally.

TIMELINE (45 MINUTES)

(This week's total session length is the shortest of the season, consistent with the final, recovery-oriented stage of the taper.)

TIME	DURATION	PHASE	COLOUR CODE
0:00–0:08	8 min	Arrival & warm-up — <i>One Last Warm-Up</i>	Light green

TIME	DURATION	PHASE	COLOUR CODE
0:08–0:20	12 min	Technical practice — <i>Everything We've Built</i>	Club green
0:20–0:22	2 min	Water break / transition	—
0:22–0:34	12 min	Skill game — <i>One Team</i>	Dark green
0:34–0:36	2 min	Water break / transition	—
0:36–0:49	13 min	Conditioned match — <i>The Team We've Become</i>	Black

PRACTICE 1 — ONE LAST WARM-UP (ARRIVAL)

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

Tactical purpose: A calm, light warm-up marking the start of the season's final training session.

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

Walkthrough: Simple, familiar passing and movement combinations — the same kind of warm-up used across the whole season, deliberately unchanged.

Rules: None beyond standard technical warm-up play.

Coaching points:

- *Technical:* clean, familiar technique.
- *Psychological:* calm, quiet confidence.

PRACTICE 2 — EVERYTHING WE'VE BUILT (TECHNICAL PRACTICE)

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

Tactical purpose: A light, unhurried pass through the team's whole possession and pressing identity — not teaching, simply letting the group feel what the whole season has built, one more time.

Organisation:

- **Pitch dimensions:** 44 x 28 m
- **Players:** 8 outfield vs 5 opposition
- **Goalkeeper involvement:** both keepers rotate through
- **Team sizes:** 8 v 5
- **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, quietly observant
- **Rotation method:** groups rotate every four minutes
- **Direction of play:** possession retention and progression

Practice walkthrough: Run at a calm, low intensity, this practice simply invites the group to play its own game — combination passing, switches of play, pressing triggers, all of it already fully known — with the coach offering encouragement rather than correction.

Rules: Standard possession-retention rules, run at a light tempo.

Tactical roles: the team's full, established identity, expressed lightly and without new demand.

Decision-making triggers: the full season's accumulated set.

Communication language used: the full season's language.

Coaching points:

CORNER	POINT
Technical	Calm, confident, familiar execution.
Tactical	The team's own natural, established identity.
Physical	Low, recovery-oriented.
Psychological	Calm confidence and quiet pride in what's been built.
Communication & leadership	Natural, established communication, unprompted.

Guided discovery questions:

1. What's the one thing about our own identity you feel most confident about right now?
2. How far have we come since Week 1's very first version of this same idea?

Progressions: none — this practice is deliberately light and unstructured.

Regressions:

1. Reduce the pressing group further if the session needs to be even lighter.

Common problems and corrections:

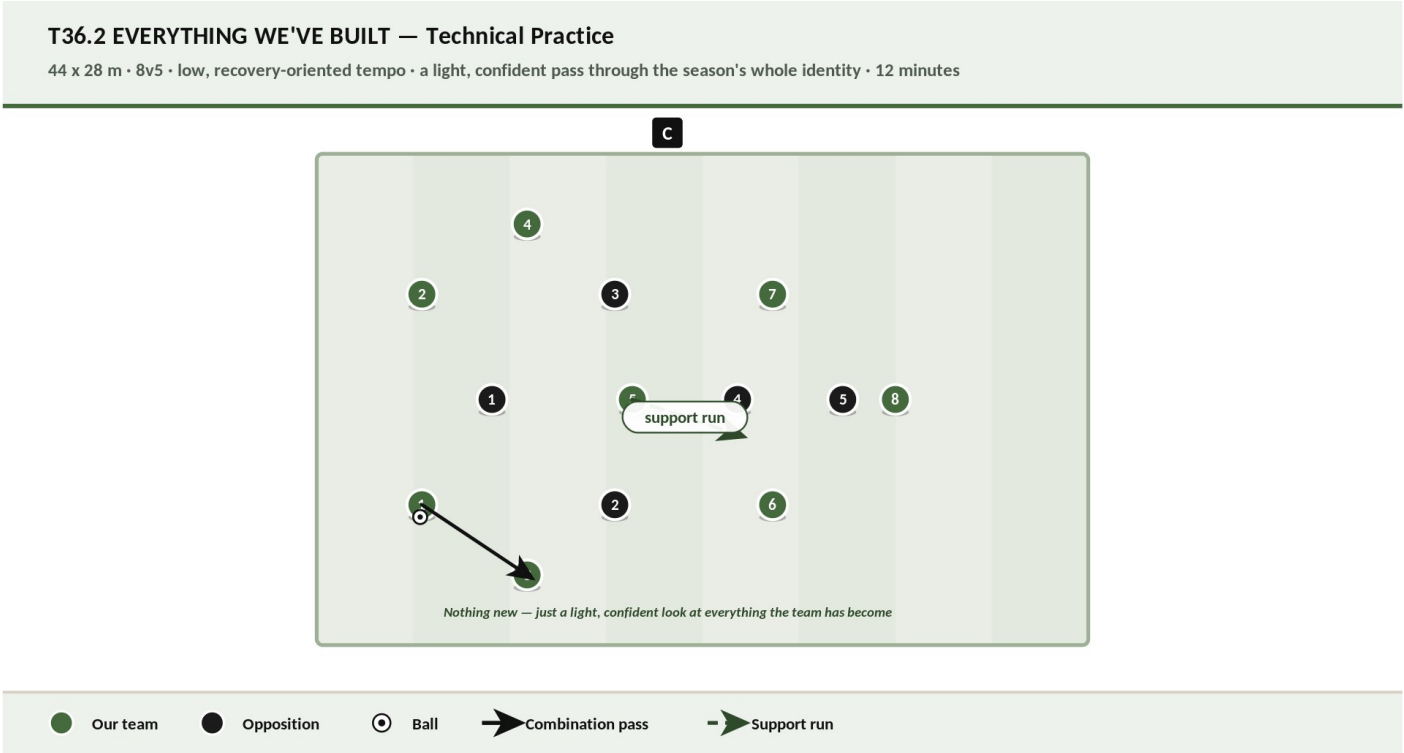
PROBLEM	WHY IT HAPPENS	COACH RECOGNISES BY	STOP OR FLOW?	INTERVENTION	RESTART
The group instinctively raises intensity above the week's intended level	Competitive habit, this close to a big match	Noticeably higher tempo than the practice calls for	Stop briefly	Calm reminder: "save it for Saturday"	Resume

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

Success indicators:

- The group plays calmly, confidently, and recognisably as itself.
- The session's physical cost stays low.

Coach's eye: there is nothing left to correct here — your job this week is mostly to watch, and to enjoy watching, a team that has genuinely arrived somewhere since Week 1.



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 five players in black bibs numbered 1–5 spread across the area. White football near a green player. A black solid arrow showing a combination pass, and a curved dashed line showing a supporting run. Title: 'EVERYTHING WE'VE BUILT — Technical Practice'. Subtitle: '44 x 28 m • 8v5 • low, recovery-oriented tempo • a light, confident pass through the season's whole identity • 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 in soft, late-season evening light, players moving calmly and confidently through familiar combinations, coach standing back and quietly watching with visible, quiet satisfaction.

AI image-generation prompt (realistic illustration): "Elevated wide three-quarter sideline photograph-style illustration of adult amateur football training in soft, late-season evening light. Players in dark green bibs moving calmly and confidently through familiar passing combinations. A coach standing back, watching quietly with visible, calm satisfaction. Warm, gentle evening light, realistic grass texture, amateur adult players of varied build showing calm, easy confidence. Professional sports-photography style, high resolution, landscape orientation, no club badges, sponsor logos, or identifiable real players."

PRACTICE 3 — ONE TEAM (SKILL GAME)

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

Tactical purpose: A light, joyful, expressive small-sided game marking the season's final skill-based practice, with no new instruction and no artificial condition — simply football, played well, by a team that knows exactly who it is.

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, relaxed
- **Rotation method:** groups swap every five minutes
- **Direction of play:** both directions, possession-based scoring

Practice walkthrough: A free, unconditioned small-sided game, played lightly and with genuine enjoyment — the coach's role tonight is to enjoy watching the team play, not to shape it further.

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

Tactical roles: whatever the team offers naturally.

Decision-making triggers: the full season's accumulated set, applied naturally and without prompting.

Communication language used: the full season's language, used naturally.

Coaching points:

CORNER	POINT
Technical	Whatever quality emerges naturally.
Tactical	The team's own natural game.
Physical	Low-moderate, light and enjoyable.
Psychological	Joy and quiet confidence.
Communication & leadership	Natural, unprompted, established over 35 weeks.

Guided discovery questions:

1. What are you proudest of about how this team plays now, compared to Week 1?

Progressions: none — deliberately unstructured.

Regressions:

1. Reduce to 5v5 for more individual involvement if the group is smaller than expected.

Common problems and corrections:

PROBLEM	WHY IT HAPPENS	COACH RECOGNISES BY	STOP OR FLOW?	INTERVENTION	RESTART
The group's intensity rises above the intended light level	Competitive energy this close to the defining fixture	Noticeably higher tempo than intended	Stop briefly	Calm reminder: "enjoy this, and save the rest for Saturday"	Resume

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

Success indicators:

- The group visibly enjoys the practice.
- Physical intensity stays appropriately light.

Coach's eye: let this practice be what it is — a reward for 35 weeks of honest work, not one more teaching opportunity.

T36.3 ONE TEAM — Skill Game

34 x 22 m · 7v6 · light, expressive, enjoyable · every player's contribution recognised · 12 minutes

C

Our team

Opposition

Ball

Castlewellan Town FC · Senior Coaching Curriculum · Week 36 · Diagrams not to scale

AI image-generation prompt (tactical diagram): "Top-down 2D vector football coaching diagram, clean white background, UEFA coaching-manual style. A 34x22 metre 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: 'ONE TEAM — Skill Game'. Subtitle: '34 x 22 m · 7v6 · light, expressive, enjoyable · every player's contribution recognised · 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 relaxed, smiling small-sided game in warm evening light, players clearly enjoying themselves, coach on the touchline smiling, relaxed body language, a quiet sense of occasion.

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, warm golden evening light. Players in dark green bibs smiling and clearly enjoying themselves. A coach on the touchline, smiling, relaxed body language. Soft, warm, late-season light, realistic grass pitch and long shadows, amateur adult players of varied build showing genuine enjoyment. Professional

Castlewellan Town FC · Senior Coaching Curriculum · Week 36 — Performance Consolidation (Season Close) · page 10 of 25

Alan Cunningham with Claude AI · independent club resource, following a principle-led, formation-neutral approach — not an official UEFA or Irish FA publication, not endorsed by either.

sports-photography style, high resolution, landscape orientation, no club badges, sponsor logos, or identifiable real players."

PRACTICE 4 — THE TEAM WE'VE BECOME (CONDITIONED MATCH)

Duration: 13 minutes · **Training load:** Low-moderate

Tactical purpose: A brief, calm, low-intensity final look at the team's full shape and identity together, closing the season's training with quiet confirmation rather than new work.

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, ideally Saturday's confirmed shape

from Week 35

- **Ball supply:** 3 spare balls with the coach
- **Restart location:** match-realistic restarts
- **Coach position:** touchline, relaxed
- **Rotation method:** none required
- **Direction of play:** standard, both teams attack opposite goals

Practice walkthrough: A brief, calm conditioned match run at low intensity, using Saturday's confirmed shape where possible, closing the training week — and the season's entire training programme — with the team simply being itself, one last time, before the defining fixture.

Rules: Standard conditioned-match rules, run at low intensity throughout.

Tactical roles: the team's full, established identity.

Decision-making triggers: the full season's accumulated set.

Communication language used: the full season's language.

Coaching points:

CORNER	POINT
Technical	Calm, confident, familiar execution.
Tactical	The team's full, recognisable identity.
Physical	Low, recovery-oriented.
Psychological	Calm, quiet confidence heading into the defining fixture.
Communication & leadership	Natural, established, unprompted.

Guided discovery questions:

1. Looking at this picture right now, is this recognisably the team we set out to build in Week 1?

Progressions: none — this is the season's final practice.

Regressions:

1. Reduce to 6v6 if the group needs an even lighter close.

Common problems and corrections:

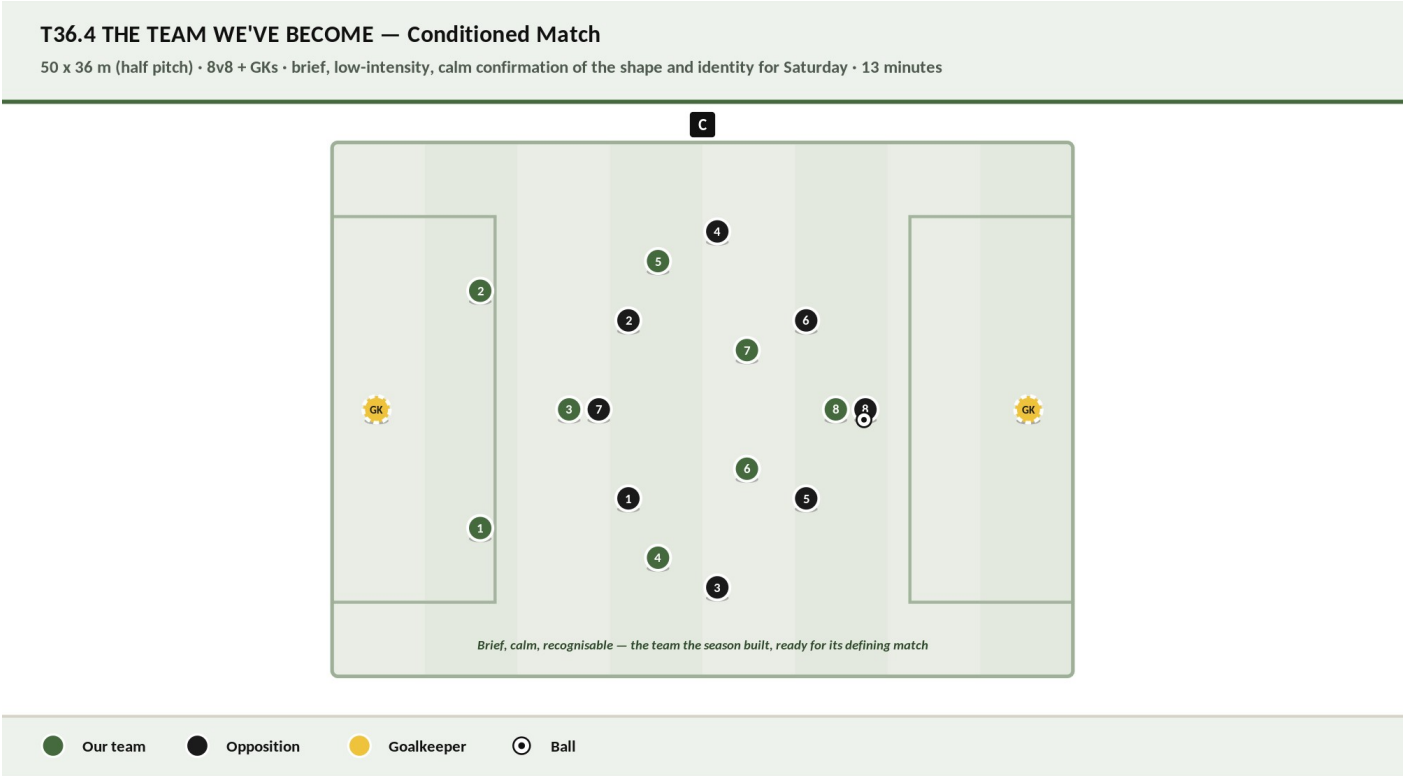
PROBLEM	WHY IT HAPPENS	COACH RECOGNISES BY	STOP OR FLOW?	INTERVENTION	RESTART
The group's intensity rises above the intended light level	Natural excitement this close to the defining fixture	Noticeably higher tempo than intended	Stop briefly	Calm, warm reminder: "we're ready — save it for Saturday"	Resume

Coach interventions used in this practice: minimal — this practice exists to be watched and enjoyed, not corrected.

Success indicators:

- The team looks calm, organised, and recognisably itself.
- The session closes with the group visibly fresh, confident, and ready.

Coach's eye: whatever you see in this final practice is close to the truest picture of what the season actually built — take a moment to notice it before moving straight into logistics for Saturday.



Castlewellan Town FC · Senior Coaching Curriculum · Week 36 · 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 in a clearly organised, calm shape. White football near a green player. Title: 'THE TEAM WE'VE BECOME — Conditioned Match'. Subtitle: '50 x 36 m (half pitch) · 8v8 + GKs · brief, low-intensity, calm confirmation of the shape and identity for Saturday · 13 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 calm, controlled 8v8 match in soft evening light, players organised in a clear, confident shape, coach on the touchline near halfway, standing still, quietly watching, a sense of the season's work coming together.

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, in soft, warm, late evening light. Players in dark green bibs organised in a clear, calm, confident shape. A coach stands near the halfway line on the touchline, still and quietly watching. Gentle golden-hour light, realistic grass pitch

markings, amateur adult players of varied build showing calm composure. 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: *"Looking back at the whole season, what are you proudest of?"*

Thursday — Session 72

FIELD	DETAIL
Session number	72 of 72 — the final session of the season
Week	36
Season phase	6 — Performance Consolidation (season review)
Training day	Thursday
Session theme	Structured review & individual feedback
Short summary	Two light, closing technical practices followed by a structured team review and individual player feedback session — the final training day of the entire 36-week curriculum.
Tags	`season-finale` `review` `individual-feedback`
Primary learning objective	Every player leaves the season with clear, honest, individual feedback and a sense of what to work on next.
Secondary learning objective	The coaching staff records an honest, structured picture of the season as a whole, to inform next season's planning.
Match connection	This week's named match-day connection: team recognisable as itself, whatever the shape.
Expected tactical outcome	Not applicable — this session's outcome is developmental and reflective rather than tactical.
Expected physical load	Low, recovery-oriented.
Recommended intensity	3.5–5 / 10 for the two football practices; the review itself carries no physical load.
Equipment list	12 footballs · 12 flat markers · 2 sets of bibs (2 colours, 7 each)
Player numbers	Designed for 14 outfield + 2 goalkeepers; scales freely, see contingencies.
Goalkeeper requirements	Both goalkeepers train through the two light practices and receive individual feedback exactly as outfield players do.
Pitch dimensions	Largest area this week is 34 x 22 m (Practice 3).
Area layout	A small rondo square for Practice 2, a small-sided area for Practice 3.
Contingency — lower attendance (10–13)	Both practices scale down freely; individual feedback is delivered to whoever is present, with absent players followed up individually before the season ends.
Contingency — higher attendance (20+)	Rotate additional players through Practice 3 in short shifts.
Contingency — restricted space	Both practices scale freely; the review itself needs no pitch space at all.

TIMELINE

(This week's Thursday timeline is deliberately open-ended rather than fixed to sixty minutes — the review and individual feedback portion should be given as much time as it genuinely needs, even if that means a shorter footballing component.)

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

TIME	DURATION	PHASE	COLOUR CODE
0:08–0:18	10 min	Positional practice — <i>One Last Rondo</i>	Club green
0:18–0:20	2 min	Water break / transition	—
0:20–0:32	12 min	Skill game — <i>The Full Circle</i>	Dark green
0:32–onward	As needed	Team review & individual feedback — <i>Closing the Season</i>	Black

PRACTICE 1 — LIGHT TOUCHES (ARRIVAL)

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

Tactical purpose: A calm, easy warm-up marking the start of the season's final training day.

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

Walkthrough: Simple, familiar passing and movement combinations.

Rules: None beyond standard technical warm-up play.

Coaching points:

- *Technical:* clean, familiar technique.
- *Psychological:* calm and easy, a quiet close to the season.

PRACTICE 2 — ONE LAST RONDO (POSITIONAL PRACTICE)

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

Tactical purpose: A light, closing technical practice — the same rondo format used since Week 1, now played by a team that has grown into genuine understanding of it.

Organisation:

- **Pitch dimensions:** 18 x 18 m
- **Players:** 6 possession players vs 2 pressers, rotating
- **Goalkeeper involvement:** both keepers rotate through as possession players
- **Team sizes:** 6 v 2
- **Neutrals:** none
- **Equipment:** flat markers marking the square
- **Starting positions:** as shown in the diagram
- **Ball supply:** 2 spare balls with the coach
- **Restart:** nearest player restarts any stoppage
- **Coach position:** just outside the square, relaxed
- **Rotation method:** the pair that loses the ball, or the player who gave it away,

rotates in to press

- **Direction of play:** possession retention

Practice walkthrough: The same simple rondo the squad has played since Week 1's very first session, run lightly and without correction — a deliberate, quiet bookend to the season's very first piece of technical work.

Rules: Standard rondo rules.

Tactical roles: individual technical execution, now second nature.

Decision-making triggers: the season's full passing and pressing language, applied instinctively.

Communication language used: the full season's language, used naturally.

Coaching points:

CORNER	POINT
Technical	Calm, confident, familiar execution.
Tactical	Instinctive, established decision-making.
Physical	Low.
Psychological	Quiet pride and confidence.
Communication & leadership	Natural, established, unprompted.

Guided discovery questions:

1. Does this feel different now than it did the very first time we played it in Week 1?

Progressions: none — deliberately unstructured.

Regressions: none needed.

Common problems and corrections: none expected — this practice is a calm bookend, not a teaching moment.

Coach interventions used in this practice: none — pure observation and quiet enjoyment.

Success indicators:

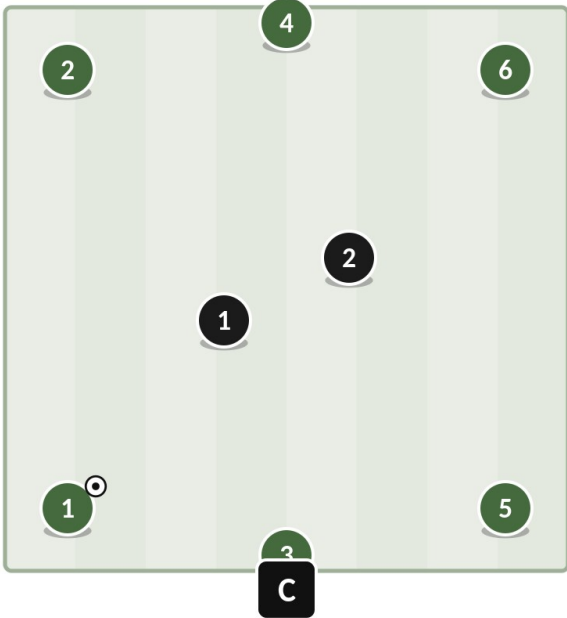
- The group plays calmly, cleanly, and with obvious, easy familiarity.

Coach's eye: if you coached this same session in Week 1, take a moment to notice exactly what's different now — that difference is the season's real evidence.

H36.2 ONE LAST RONDO — Positional Practice

18 x 18 m • 6v2 rotating • light, recovery-oriented, closing the season's final technical work • 10 minutes

The same rondo from Week 1 — now played by a team that knows exactly who it is



● Possession team ● Pressing pair ⊙ Ball

Castlewellan Town FC • Senior Coaching Curriculum • Week 36 • Diagrams not to scale

AI image-generation prompt (tactical diagram): "Top-down 2D vector football coaching diagram, clean white background, UEFA coaching-manual style. An 18x18 metre square with dimension labels. Six players in dark green bibs numbered 1–6 spread around the perimeter of the square, and two players in black bibs numbered 1–2 in the centre. White football near a green player. Title: 'ONE LAST RONDO — Positional Practice'. Subtitle: '18 x 18 m • 6v2 rotating • light, recovery-oriented, closing the season's final technical work • 10 minutes'. Legend row at bottom. High-resolution landscape vector illustration, clear typography, no decorative elements, no club badges or logos."

Realistic illustration — description: Elevated close view of a tight rondo square in soft evening light, players passing calmly and easily, a quiet, reflective atmosphere, coach standing close by simply watching.

AI image-generation prompt (realistic illustration): "Elevated close three-quarter view of a tight rondo drill on a grass training pitch, soft warm evening light. Players in dark green bibs passing calmly and easily around two players in black bibs in the centre. A coach standing close by, simply watching with a relaxed, reflective expression. Gentle evening light, realistic grass texture, amateur adult players of varied build showing calm, easy familiarity. Professional sports-photography style, high resolution, landscape orientation, no club badges, sponsor logos, or identifiable real players."

PRACTICE 3 — THE FULL CIRCLE (SKILL GAME)

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

Tactical purpose: A light, joyful, unstructured small-sided game — the season's very last football practice — with no instruction at all, simply football enjoyed for its own sake before the review begins.

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
- **Rotation method:** none required
- **Direction of play:** both directions, one goal per end

Practice walkthrough: A free, unconditioned small-sided game with absolutely no coaching instruction — the season's final piece of football, played purely for enjoyment.

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

Tactical roles: whatever the team offers naturally.

Decision-making triggers: none imposed.

Communication language used: whatever occurs naturally.

Coaching points:

CORNER	POINT
Technical	Whatever quality emerges naturally.
Tactical	Not the focus — this is play for its own sake.
Physical	Low-moderate.
Psychological	Joy, closure, and quiet pride.
Communication & leadership	Natural and unprompted.

Guided discovery questions: none — this practice is deliberately left uninstructed.

Progressions: none.

Regressions: none needed.

Common problems and corrections: none expected.

Coach interventions used in this practice: none.

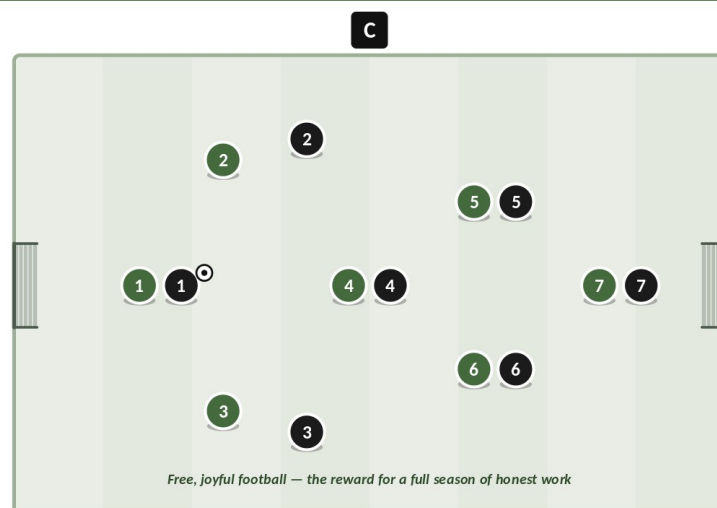
Success indicators:

- The squad enjoys itself, visibly and completely.

Coach's eye: put the notebook down for this one.

H36.3 THE FULL CIRCLE — Skill Game

34 x 22 m • 7v7 • light, joyful, unstructured • the season's final practice before Saturday's defining match • 12 minutes



● Team A ● Team B ● Ball

Castlewellan Town FC • Senior Coaching Curriculum • Week 36 • Diagrams not to scale

AI image-generation prompt (tactical diagram): "Top-down 2D vector football coaching diagram, clean white background, UEFA coaching-manual style. A 34x22 metre pitch with a full-size goal at each end. Seven players in dark green bibs numbered 1–7 and seven players in black bibs numbered 1–7 spread across the pitch. White football near a green player. Title: 'THE FULL CIRCLE — Skill Game'. Subtitle: '34 x 22 m • 7v7 • light, joyful, unstructured • the season's final practice before Saturday's defining match • 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 joyful, relaxed small-sided game in warm, fading evening light, players laughing and clearly enjoying themselves, coach on the touchline smiling, notebook nowhere in sight.

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, warm, fading golden-hour light. Players in dark green bibs smiling and laughing, clearly enjoying a relaxed, joyful game. A coach on the touchline, smiling, relaxed and without a notebook. Soft, warm, late evening light, realistic grass pitch and long shadows, amateur adult players of varied build showing genuine joy and closeness as a team. Professional sports-photography style, high resolution, landscape orientation, no club badges, sponsor logos, or identifiable real players."

CLOSING THE SEASON — TEAM REVIEW & INDIVIDUAL FEEDBACK

This closing block is the actual centre of the week, and should be given as much time as it needs — do not rush it to fit a fixed slot.

Part one — team review (10–15 minutes, whole squad together).

Share, honestly and specifically, a short reflection on the season as a whole: where the team started in Week 1, the principle-by-principle journey through all six phases, and where it stands now. This is not the place for the full structured season-closing review document (delivered separately, alongside this week) — it's a short, spoken, human moment of closure for the group as a whole. Ask the squad directly: "What are you proudest of this season? What's the one thing you'd want next season to build on first?" Record what comes up — it belongs in the season-closing review's evidence base.

Part two — individual feedback (remaining time, ideally one-to-one or in small position groups).

For every player, cover, briefly and honestly:

AREA	WHAT TO COVER
Technical growth	One specific, named technical improvement observed since Week 1.
Tactical growth	One specific, named tactical understanding that's visibly deeper now than at the season's start.
Physical development	Any observed physical development across the season, noted appropriately and without judgement.
Psychological growth	Composure, confidence, or resilience specifically observed to have developed.
Communication & leadership	Whether this player's communication or leadership role changed across the season, and how.
One priority for next season	A single, specific, named focus for pre-season and next season's early weeks — not a long list, one clear priority.

A note on tone. This is the last individual interaction most players will have with the coaching staff before the season ends. Be honest, be specific, and be kind — avoid vague praise ("good season") in favour of something the player can actually recognise as true and specific to them. Where a player's involvement was limited by circumstances outside their control (injury, work, family), acknowledge that directly and fairly rather than judging them against players who had a full season available.

Match-Day Objectives

Three team objectives:

1. Play as the team the whole season has built — calm, recognisable, and confident.
 2. Apply every principle the season has taught, wherever the match picture calls for it.
1. Finish the season with a performance the squad can be genuinely proud of, regardless of the result.

Three unit objectives:

1. **Back line and goalkeeper:** organise with the full season's accumulated confidence.
1. **Midfield unit:** connect the team's play with the full range of principles built since Week 1.
1. **Front players:** finish the season the way it was built — composed, sharp, and clear.

Individual role reminders:

- Trust everything the season has built in you.
- Play calmly, play confidently, and play as yourself.
- Whatever happens on the scoreboard, this performance is a genuine reflection of a full season's honest work.

Measurable performance indicators:

- A subjective but honest assessment, from both coach and players, of whether the team looked recognisably like itself throughout the match.
- The specific result and performance of the season's defining fixture, recorded for the season-closing review.

Formation Translation — Applying This Across Different Structures

A full expression of identity, in any structure

STRUCTURE	HOW THE SEASON'S IDENTITY TYPICALLY EXPRESSES ITSELF	WHAT STAYS THE SAME	KEY RISK
4-3-3	Through the specific relationships and roles built across 36 weeks within this shape	The team's recognisable pattern of decisions	Treating the final week as a moment to add something new rather than trust what's built
3-4-3	Through the equivalent relationships and roles within this shape	The same underlying pattern of decisions	The same risk — whatever shape is chosen for the defining fixture, it should express the same team

Coach Review

To be completed by the coaching staff after delivery. This is the season's final Coach Review — carry its contents directly into the season-closing review document.

What worked well this week:

What needs more work:

Attendance and availability notes:

Priorities for pre-season and next year:

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. This is the final week of the 36-week senior curriculum — a season-closing review document, following the same template used after Weeks 5, 11, 17, 23, and 29, is delivered alongside this week. An independent club resource, not an official UEFA or Irish FA publication and not endorsed by either.