



SESSION 24 • STANDALONE PLAN

Transition Decisions — Nobody Tells You Which One

Transitions • Reference format: U12 9v9 • 60 minutes • 14–16 players

AT A GLANCE

TIME	MINS	PHASE	PRACTICE
0:00 – 0:10	10	■ Warm-up	24.1 Three Choices
0:10 – 0:25	15	■ Technical practice	24.2 Both Sides of the Moment
0:25 – 0:40	15	■ Skill game	24.3 Name It
0:40 – 0:55	15	■ Conditioned match	24.4 The Transition Exam
0:55 – 1:00	5	■ Reflection	Review, with the players

USING THIS SESSION

This is a standalone plan. It does not depend on any other session in the set and can be run whenever it is useful to you — as a one-off, out of order, or repeated. Nothing here assumes the players did something last week.

U12 nine-a-side is the reference format, not the audience. The session is written at 9v9 because something has to be, and the phone index adapts it to the other four Irish FA formats — pick your team at the top of it and this session will tell you whether to run it as printed, scale it, adapt it, or leave it for another age.

Scaling up, and down as far as 7v7, is a matter of numbers. Keep roughly the same space per player: to 7v7 that is about a fifth smaller with a player off each team, to 5v5 about a third. **For eleven-a-side** add ten to fifteen metres to the length of the bigger practices and put the extra players in as outside players or a second team, never in a queue.

Below U10 it is not just a matter of size, because the game itself is different. There is no offside, no throw-in — restarts are a dribble or a pass in — no referee, and no league result. At U8–U9 the technical practice usually wants shortening or dropping. At U6–U7 there are no goalkeepers at all and the four-phase hour is the wrong shape entirely. The Formats tab in the phone index has the rules for each stage.

WHY THIS SESSION MATTERS

The other transition sessions each teach one behaviour with a condition attached. Win it back in five. Score in eight. Get two behind the ball. Conditions are useful because they make an invisible behaviour visible and rewardable — and they are dangerous for exactly the same reason, because a squad can learn to obey a rule without ever learning to make a decision. Tonight the rules come off and the decision is handed over. Every turnover now has a choice attached to it. **If we have just won it: go, or keep.** If the space is there and someone is running, go. If it isn't, keep the ball and nothing is lost. **If we have just lost it: hunt, or drop.** If three of us are close enough, hunt it. If we aren't, get behind the ball and rebuild. Four options, two per side of the moment, and no coach naming them. The device that makes it teachable is simple and slightly ridiculous, which is why twelve-year-olds take to it: **they have to say the word out loud before they act.** Go. Keep. Hunt. Drop. Saying it forces the decision to happen consciously — and once a decision has been made consciously twenty times, it starts happening automatically.

BY THE END, PLAYERS CAN

- **Choose between going and keeping** after winning the ball, without being told.
- **Choose between hunting and dropping** after losing it, without being told.
- **Say the decision out loud** and commit the whole team to it.
- **Judge the situation, not the habit** — the right choice changes with the picture.
- **Accept that a right decision can have a bad outcome**, and vice versa.

KIT LIST

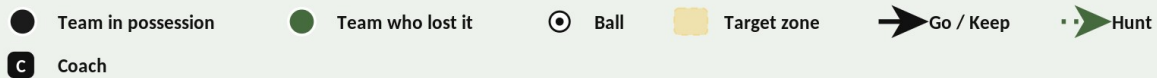
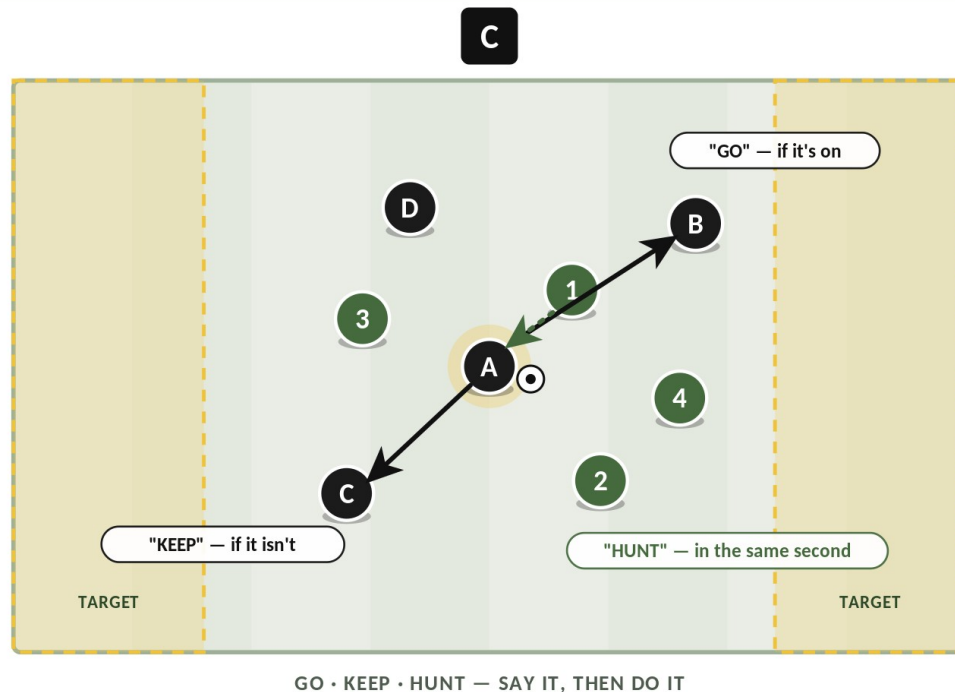
Ground needed: about 60 × 45 m. This is the summary session for this theme and it carries the review page, so protect the final five minutes properly. Tell the squad at the start exactly what is different tonight: so far I've told you what to do when the ball changes hands. Tonight you decide, and all I want is for you to say it before you do it. Expect the calling to be self-conscious and quiet for about four minutes and then to become genuinely loud. Do not let it go silent — the calling is the mechanism, not a gimmick.

ITEM	QTY	USED IN
Footballs (size 4)	16	All practices
Flat markers	48	Squares, target zones and pitch edges
Bibs — red / blue / yellow	8 / 8 / 4	Two clear teams plus goalkeepers
Full-size goals	2	24.2, 24.3 and 24.4
Notebook	1	For the exam match — counting, not coaching
Stopwatch or phone	1	Timing the scored windows

24.1 THREE CHOICES

Four against four with a target zone at each end and three words available. The player who wins the ball shouts go or keep; the team who lost it shouts hunt. Small, loud, and over quickly.

30 x 18 m • four v four • every turnover is a decision, and you have to say it out loud • 10 minutes



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SET UP

- 30 × 18 m with a 6 m target zone at each end.
- Four against four in the middle. With 14–16, run two areas or rotate every ninety seconds.
- Each team attacks one target zone.
- Balls with the coach for instant restarts.
- Coach on the side, saying nothing except the score.

HOW IT RUNS

- Minutes 0–3 — arrival.** Greet each player by name, ball each, free dribbling and passing. **Collect the Session 23 homework** — how many defenders ran back, and how many of them ran at the ball?
- Minute 3 — plain game.** Four v four into the target zones, two minutes, no words.
- Minute 5 — add the words.** Whoever wins the ball shouts GO or KEEP. Whoever lost it shouts HUNT. If you don't say it, it doesn't count. Sixty seconds of it being awkward is normal.
- Minute 7 — one question, twenty seconds.** How do you know whether it's go or keep? You want whether there's space and someone running.
- Minutes 7–10 — competition.** 1 point per target zone reached, 1 point for a hunt that wins the ball within five seconds. **No points at all for anything nobody called.**

RULES & SCORING

- Every turnover must be called — *go*, *keep* or *hunt* — by a player, out loud.
- Uncalled possessions score nothing, however good they are.
- 1 point for reaching the target zone. 1 point for a hunt that wins it within five seconds.
- The whole team must follow the call — if somebody shouts *keep*, nobody goes long.
- Ball out: coach serves immediately.

COACHING POINTS — THE FOUR CORNERS

Technical	Everything from the rest of this theme at low intensity — the forward first touch, the recovery angle, the front-on tackle.
Tactical	The call binds the team. One player deciding is only useful if the other three do the same thing. This is the point of saying it out loud rather than thinking it.
Physical	Short bursts with natural rest. A proper warm-up.
Psychological	Quiet players find calling hard. Give them the easiest word — <i>hunt</i> — first, because it's the one everybody agrees with.
Social	This practice is entirely about talking. If a group is silent, stop them and restart rather than letting it drift.

WATCH FOR

WHAT YOU'LL SEE	WHAT TO DO
Silence	<i>If nobody says it, it doesn't count.</i> Take the point away once and it will not happen again.
One player calling everything	<i>Somebody else. Whoever's nearest calls it.</i>
The call and the action not matching	<i>You said keep and then hit it forty yards. Which was it?</i>
Always calling go	<i>Was that on? Tell me why.</i>
Calling after the pass	<i>Before. That's the whole point.</i>

ASK THEM

- How do you know whether it's go or keep?
- Who should make the call?
- What happens if two people call different things?
- Which word is hardest to say?
- Why does saying it help?

ADJUST IT

HARDER	EASIER
*Add the fourth word — drop*** — for the team who lost it.	Two words only — <i>go</i> and <i>hunt</i> .
Three seconds for the hunt.	Bigger area (34 × 20 m).
Two touches maximum.	Coach makes the call for the first two minutes so they hear what it sounds like.
The call must come from a different player each time.	Three v three so the picture is simpler.

IT'S WORKING WHEN

Audible calls before the action, not after.

The whole team following the call.

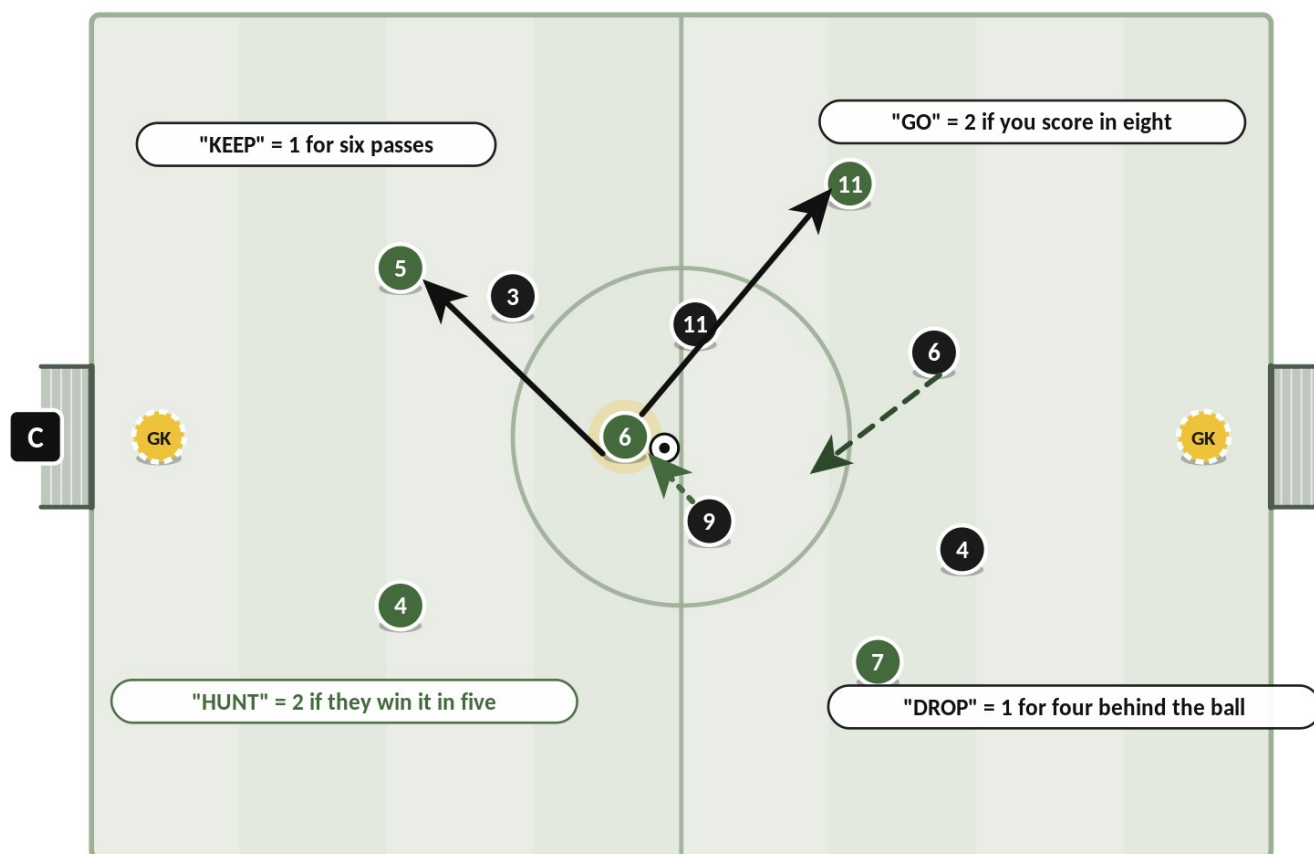
More than one player making calls.

Both *go* and *keep* being used.

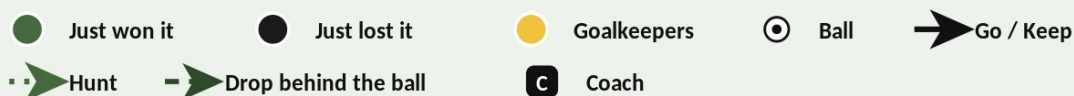
24.2 BOTH SIDES OF THE MOMENT

Four choices, all four scored. Whichever way the ball turns over, both teams have two options and a reason to pick well. The scoring does the coaching, so you can spend fifteen minutes watching instead of talking.

42 x 30 m • five v five + keepers • every turnover scores for somebody • 15 minutes



FOUR CHOICES • ALL FOUR SCORE • NOBODY IS TOLD WHICH ONE



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SET UP

- 42 x 30 m, both full goals with a goalkeeper in each.
- **Five v five outfield plus two goalkeepers.** With 14-16, roll substitutes every two minutes.
- No zones and no restrictions — only the four scores.
- Spare balls behind both goals.
- Coach on the halfway line with the four scores written down where you can see them.

HOW IT RUNS

1. **Set up and explain in 90 seconds.** Write the four scores on paper if it helps: **GO 2, KEEP 1, HUNT 2, DROP 1.**

2. **Minutes 0–4 — with calls.** Every turnover must be called by both teams. Award points loudly and by name so the words attach to the outcomes.
3. **Minute 4 — one freeze, thirty seconds.** Stop it on a turnover and ask the winning team: *go or keep?* Then ask the losing team: *hunt or drop?* Take one answer each and restart.
4. **Minutes 5–11 — running score.** Announce the four totals at minute 8. A team scoring only in one column is a team with a habit rather than a decision, and saying so is useful.
5. **Minutes 11–15 — remove the calls** but keep the scores. Watch whether the decisions stay sharp without the words.
6. **Rotation:** substitutes on every two minutes; goalkeepers change at the halfway point.

RULES & SCORING

- **GO = 2 points** for a goal within eight seconds of winning the ball.
- **KEEP = 1 point** for six consecutive passes after winning it.
- **HUNT = 2 points** for winning the ball back within five seconds of losing it.
- **DROP = 1 point** for getting four players behind the ball within five seconds of losing it.
- **Minutes 0–11: every turnover must be called.** Uncalled possessions score nothing.

COACHING POINTS — THE FOUR CORNERS

Technical	All four behaviours have a technique attached: the forward pass, the safe pass under pressure, the front-on tackle, the recovery run. Watch which one is weakest.
Tactical	The right choice depends on the picture, not on preference. Space and a runner means go. No space means keep. Three of us close means hunt. Nobody close means drop. A team that only ever scores in two of the four columns is a predictable team.
Physical	Demanding but varied — <i>keep</i> and <i>drop</i> are recovery options within the practice itself, which is a neat accident of the design.
Psychological	Some players will always choose the aggressive option and some the safe one. Both are personality, not football, and both need stretching in the opposite direction.
Social	By minute 6 the calling should be loud. If it isn't, the practice is too complicated — drop to two options and rebuild.

WATCH FOR

WHAT YOU'LL SEE	WHAT TO DO
One column dominating the score	<i>You've scored eight from GO and nothing from KEEP. What does that tell you?</i>
Calls that don't match the picture	<i>You shouted go. Where was the space?</i>
The safe options being treated as failure	Announce a KEEP point as enthusiastically as a GO point. They will believe your tone, not your words.
Drop being used as an excuse to jog	<i>Four behind the ball in five seconds. That's a sprint, not a stroll.</i>
The calling fading	Stop and restart it once. It is the mechanism, not decoration.
Decisions collapsing when the calls are removed at minute 11	The most useful observation of the practice. Note it for the review.

ASK THEM

- How do you decide between go and keep?
- How do you decide between hunt and drop?
- Which column are we not scoring in? Why not?

- Can a good decision still go wrong?
- Who's making the calls? Should it always be them?
- What changed when I took the calls away?

ADJUST IT

HARDER	EASIER
Six seconds for GO, three for HUNT.	Two options per side only — GO and HUNT.
Eight passes for KEEP.	Ten seconds for GO, seven for HUNT.
A team may not score twice in a row from the same column.	Bigger pitch (48 × 32 m).
Remove the calls from the start.	Coach calls the option for the first three minutes.

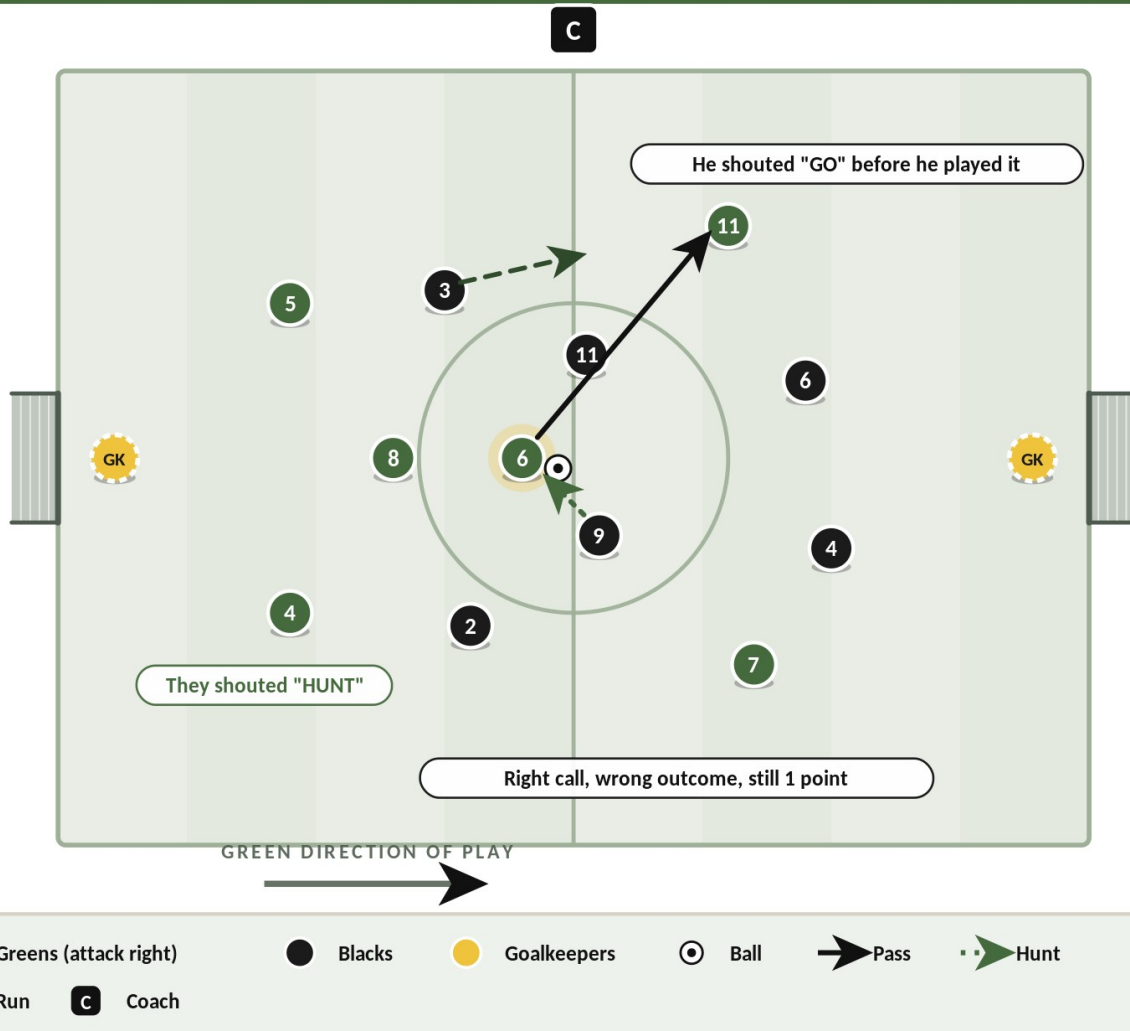
IT'S WORKING WHEN

Points appearing in all four columns.
 Calls matching the picture on the pitch.
 The whole team following the call.
 The safe options chosen without embarrassment.
 Decisions surviving the removal of the calls at minute 11.

24.3 NAME IT (6 v 6 + GKs)

The same four choices in a bigger, faster game, with one change that matters enormously: the point is awarded for the decision, not the outcome. A correct call that fails still scores. A lucky choice that works does not.

40 x 30 m • call your choice before you make it • a right call beats a lucky one • 15 minutes



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SET UP

- One pitch, 40 × 30 m, both full goals with a goalkeeper in each.
- 6 v 6 outfield plus two goalkeepers (14). With 15–16, roll substitutes every two minutes.
- **The coach judges the calls**, which means you have to concentrate — this is the one practice tonight where you are genuinely working.
- Spare balls behind both goals.
- Coach on the halfway line.

HOW IT RUNS

1. Teams, bibs and keepers in 60 seconds.
2. Explain the change in one sentence: *Tonight you get the point for making the right call, even if it doesn't come off — and you get nothing for a lucky one.*

3. **Minutes 0–5 — award and explain.** Every point comes with three words of reason: *right call, space was there*. Or: *wrong call, nobody was running*.
4. **Minute 5 — one question:** *can you make the right decision and still lose the ball?* Get them to say yes out loud. It is one of the most important things a young player can understand.
5. **Minutes 6–12 — competition.** Two points for a right call that also works; one for a right call that doesn't; nothing for a wrong call however it turns out.
6. **Minutes 12–15 — normal football,** calls optional, so the session ends with a game rather than a test.

RULES & SCORING

- **Right call that works = 2 points. Right call that fails = 1 point. Wrong call = 0, whatever happens.**
- The call must be audible **before** the action.
- The coach's judgement is final and given immediately with a short reason.
- Keepers restart within eight seconds. No offside.
- Calls optional for the last three minutes.

COACHING POINTS — THE FOUR CORNERS

Technical	Note quality but do not coach it tonight. This practice is about judgement.
Tactical	Separating decision from outcome is the single most valuable idea in the session. Young players judge themselves entirely by results, which teaches them to avoid difficult decisions. Rewarding the process is how you build players who keep trying the right thing.
Physical	Standard game load. Rotate as normal.
Psychological	Watch for the player who visibly relaxes when they realise a failure can still score. That player has been playing scared and has just been given permission not to.
Social	The loudest caller is not always the best decision-maker. If one voice is dominating and getting it wrong, say so kindly and directly.

WATCH FOR

WHAT YOU'LL SEE	WHAT TO DO
Players changing the call after seeing the outcome	<i>You said keep. I heard you.</i> Be firm; the integrity of the practice depends on it.
Wrong calls being repeated	<i>That's the third time. What are you not seeing?</i>
Quiet players never calling	Give them a two-minute spell as the designated caller.
The reason mattering more than the point	Good sign. If players start arguing about whether a call was right, the session has worked.
Coach judgement slipping when the game gets fast	Award fewer points and explain each one properly rather than guessing.
A player choosing the hard option and failing	Praise it immediately and by name. This is the whole point.

ASK THEM

- Can you make the right decision and still lose the ball?
- Which call are we getting wrong most often?
- What are you looking at before you call?
- Is a safe call ever the brave one?
- Would you rather be right and unlucky, or wrong and lucky?

ADJUST IT

HARDER	EASIER
Only the player on the ball may call.	Two options only.
A wrong call concedes a point to the other team.	Any player may call.
Calls must include a reason — <i>go, he's running</i> .	Award a point for calling at all, regardless of correctness, for the first five minutes.
Bigger pitch (46 × 32 m) so the pictures are less obvious.	Smaller pitch (34 × 26 m) so decisions are simpler.

IT'S WORKING WHEN

Calls made before the action, consistently.

Players arguing about whether a call was right — that is engagement, not indiscipline.

Difficult decisions still being attempted after they fail.

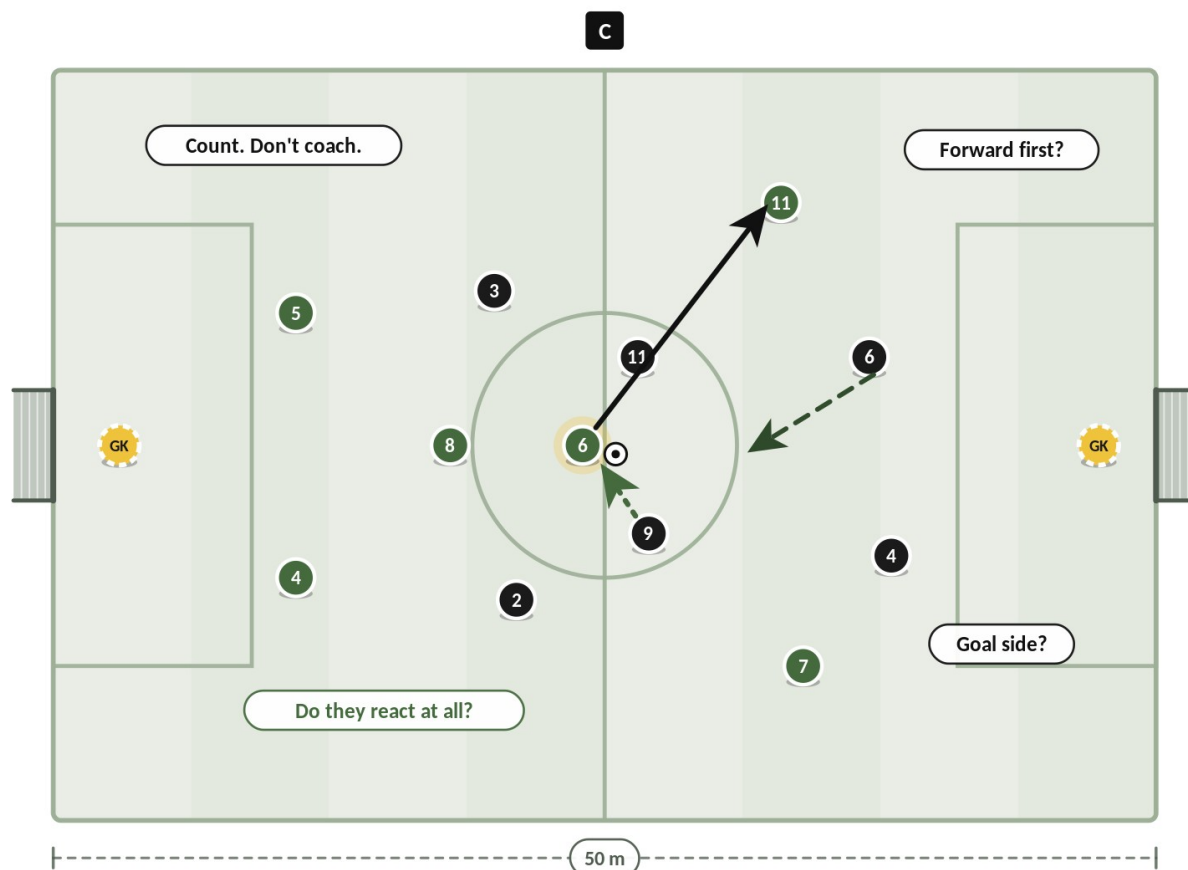
At least one player who was playing safe starting to take on the harder option.

The squad able to say out loud that a right decision can fail.

24.4 THE TRANSITION EXAM (7 v 7)

No conditions, no calls, no coaching. Seven minutes of silence with a notebook, counting the four things this theme was about. What the squad does at a turnover when nobody is watching for it is the honest answer to this theme.

50 x 34 m • no conditions, no calls, no coaching for seven minutes • just count • 15 minutes



● Greens (attack right) ● Blacks ● Goalkeepers ● Ball → Pass → Hunt
→ Recover C Coach

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SET UP

- 50 × 34 m with full-size goals and marked boxes. **No markings, no conditions, no calls.**
- 7 v 7 including goalkeepers (14). With 15–16, play 8v8 or roll subs every 90 seconds.
- 2-3-1 shape assigned and then left alone.
- Four spare balls behind each goal.
- **Coach on the halfway line with a notebook.** Nothing else.

HOW IT RUNS

1. **Keep the bibs and teams. Shape in 30 seconds.**
2. **Say one sentence:** *Normal football. No calls, no rules, and I'm not going to say anything for a while.* Then stop talking.
3. **Minutes 0–7 — complete silence.** Count four things: turnovers where somebody reacted within a second; first passes after winning the ball that went forward; recovery runs that went goal-side; and possessions where two players stayed behind the ball.

4. **Minute 7 — drinks break.** Read the four numbers out flatly, without judgement, then ask one question: *what do those numbers tell you?*
5. **Minutes 8–13 — play on.** Two individual interventions maximum, and only on the thing the players identified themselves.
6. **Final two minutes — free play,** then straight into the review page while they are still on the pitch.

RULES & SCORING

- **No conditions.** Goals are goals.
- **No calls.** Tonight's words are not allowed in this practice.
- Keepers restart within ten seconds. No offside.
- **The coach says nothing for the first seven minutes.**
- Two individual interventions maximum after the break.

COACHING POINTS — THE FOUR CORNERS

Technical	Whatever survives. Note it rather than fixing it.
Tactical	The four this theme markers: reaction speed at a turnover, the first pass forward, the recovery angle, and two players behind the ball. Count all four honestly.
Physical	End of a hard block. Expect quality to fall and let it.
Psychological	Seven minutes of silence is uncomfortable. The information it produces is worth more than anything you would have said.
Social	Listen for who talks at a turnover now that the formal calls are banned. Some squads keep the words anyway, which is the best possible outcome.

WATCH FOR

WHAT YOU'LL SEE	WHAT TO DO
Reaction time at turnovers	The single number that summarises this theme. Count the ones where somebody moves inside a second.
Where the first pass goes after winning it	
Recovery angles — goal-side, or chasing the ball?	
Whether anybody stays behind the ball without being told.	
Whether the words survive the ban. If they do, the vocabulary is now theirs.	
The last two minutes	Everything you need for the review is in them.

ASK THEM

- What do those four numbers tell you?
- How quick were we when the ball turned over?
- Where did our first pass go?
- Did anyone stay behind the ball?
- Are we better at this than we were a month ago? Honestly?
- Which of the four is our weakest? What do we do about it?

ADJUST IT

HARDER	EASIER
Both teams press every restart.	Reinstate the calls for one team.
Smaller pitch (44 × 30 m) so turnovers are constant.	Bigger pitch (55 × 38 m).
Two-touch for both teams.	6 v 6 on 44 × 30 m with rolling subs.
Swap all positions at the halfway point.	Reduce to ten minutes and give the time to the review.

IT'S WORKING WHEN

Reactions inside a second on most turnovers, with nobody enforcing it.

First passes going forward more often than not.

Recovery runs angled at the goal.

Somebody staying behind the ball by choice.

The vocabulary surviving even though the calls are banned.

A full page of notes.

Finish, match day & homework

REFLECTION — 5 MINUTES, SITTING DOWN

- This is the **end of this theme** — take the full five minutes.
- *What are the two choices when we win the ball?* (Go, keep.)
- *What are the two when we lose it?* (Hunt, drop.)
- *How do you know which one?* Make them give you the picture, not the word.
- *Can you make the right decision and still lose the ball?* This is the answer you most want them to carry.
- *How quick were we tonight compared with earlier in the set?* Read the number out.
- **Name every player once** and give each of them one thing that has improved since you ran Session 21.
- Finish with what's coming: *later on we defend properly — as a team, together, with everybody doing a job at the same time.*

MATCH-DAY LINK

MATCH OBJECTIVES	WATCH FOR	ASK AFTERWARDS
- Somebody reacts within one second of every turnover. - The first pass after winning it goes forward whenever it is on. - Two players behind the ball whenever we attack.	- Reaction time at turnovers. Count the ones where nobody moves at all. - Whether the words appear — <i>go, keep, hunt, drop</i> — without you prompting them. - Whether a right decision that failed gets criticised by teammates. If it does, that is your next conversation.	- <i>How quick were we when it turned over?</i> - <i>Did anyone call it?</i> - <i>Was there a good decision that just didn't come off?</i>

HOMEWORK — "DECIDING" · 15 MINUTES, THREE TIMES BEFORE YOU NEXT TRAIN

- **Turn and choose.** Against a wall from 8 m, receive and then alternate: one repetition played forward at speed, the next controlled and held. Thirty of each. The technique is trivial; the point is practising two different responses to the same starting position.
- **Scanning under load.** Juggle or dribble in a small space while a family member holds up a random number of fingers every few seconds. Call the number out. Fifteen minutes. Decisions come from information, and information comes from looking.
- **Watch a game with a job.** Fifteen minutes of any professional match, watching **only what each team does in the two seconds after the ball changes hands**. For each turnover, decide which of the four they chose — go, keep, hunt or drop. Bring three examples where you would have chosen differently.
- *Optional extra:* find a match your team lost and watch the goals conceded. Ask which of the four was missing. It is usually *drop*.

WHERE TO GO NEXT

Same theme — transitions. These cover the same ground from other angles and can be run in any order, before or after this one: **21** Counter-Pressing; **22** Counter-Attacking; **23** Recovery Runs.

A natural follow-on. Session 25 — Defending as a Team. Once a squad can attack, build and react, this run of sessions makes them hard to play against. Press, cover and balance; the compact block; defending the wide areas; and defending the box. It is the last big team behaviour left, and it is the one that turns a nice footballing side into a side other teams do not enjoy playing.

Or simply run this one again. Nothing in the set has to be done once. A session repeated three weeks later with a harder progression is usually worth more than a new session the players are meeting cold.

Review — where the squad stands on transitions

Complete this within a day of Session 24. This theme is the one that connects everything else, and the honest measure is the reaction-time count from Session 24.4 — how many turnovers produced a reaction inside one second when nobody was enforcing anything.

WHAT YOU SHOULD BE SEEING

AREA	WHAT YOU SHOULD NOW BE SEEING
Reaction speed	The gap between the ball changing hands and the first player moving. In September this was two or three seconds and often infinite. Compare honestly.
Counter-pressing	Three players going, doing three jobs, inside five seconds. Watch specifically for whether anybody blocks the ball going forward — it is the job that vanishes first.
Counter-attacking	The first look forward, and a runner already moving. If the first pass still goes sideways by default, this needs another month.
Recovery runs	Angled at the goal, not the ball, and inside rather than wide. This is the most measurable improvement of the block because it is so visible.
Rest defence	Two players behind the ball by choice. Most U12 squads never get here; if yours does, it is a genuine achievement.
Decisions	Go, keep, hunt, drop — chosen rather than defaulted to. The Session 24.2 score columns tell you which options the squad avoids.
Vocabulary	Five seconds, hunt, go, keep, drop, goal-side, behind the ball. Thirty-two phrases across the whole set.

SQUAD AUDIT — FILL THIS IN

QUESTION	PLAYERS
How many turnovers in Session 24.4 produced a reaction inside one second?	
Where did the first pass go after we won the ball — forward, sideways or back? Give the three numbers.	
Which of the four columns did the squad score least in during 24.2? What does that avoidance say?	
Who reacts first, consistently? That player is your transition player — do they know it?	
Did anybody stay behind the ball once the grey bibs came off in Session 23.4?	
Which player made the best recovery run of the block? Have you told them?	
Did the calling survive into the exam match even though it was banned?	
Has anybody's attitude to losing the ball visibly changed since you ran Session 21?	

IF THE SQUAD HAS THIS COMFORTABLY

- **Keep one transition condition live in every session for the rest of the season.** Five seconds to win it back, or ten seconds to score. One is enough, and rotating them keeps the moment alive.

- ** Add the fifth option — foul it, in the professional sense of stopping the counter — only when they are much older. ** It is not appropriate at under-12 and is worth saying so out loud if a player raises it.
- **Start naming the rest-defence pair before matches.** Two players who know it is their job will do it; a team that hopes somebody stays will concede.
- **Use the four words on Saturday.** A vocabulary that only exists in training is a vocabulary that does not exist.
- **Introduce transition into the warm-up permanently** — every rondo from now on should have a counter-press rule attached.

IF THE SQUAD IS STRUGGLING

- **Drop to two options.** Go and hunt. Four choices is a lot, and two well-made decisions beat four confused ones.
- **Keep the conditions on for another month.** There is no requirement to hand over the decision on schedule.
- **Work on reaction speed alone.** A simple rule — *the ball turns over and everybody moves* — is worth more than any tactical refinement.
- **Check the fitness.** Transition football is physically demanding, and a squad that cannot react may be tired rather than unwilling. Shorten the practices and increase the rests before concluding anything about attitude.
- **Watch for the blame culture.** The most common failure in transition work is teammates criticising a player who tried the right thing and failed. If you hear it once, address it immediately and publicly — it will kill everything you built in Session 24.3.
- **Consider whether the squad is simply young.** Some under-12 groups are not ready for decision-making at this level, and the honest response is to keep the rules on and revisit in six months.

CARRY THIS FORWARD

The three habits worth carrying into anything you run next: reacting inside a second, looking forward first, and running goal-side.

The reaction count is your ongoing measure. Track it every few matches; it moves slowly and then all at once.

Where this sits. The individual, the duel, the partnership, the team in possession, the build-up and the transitions each have their own theme. Defending as a unit is the last big piece, and after that the set turns to match intelligence and the step up to eleven-a-side.