CASTLEWELLAN TOWN FC · YOUTH COACHING PLANS

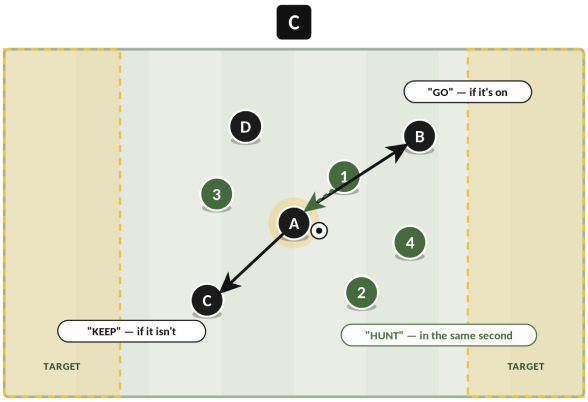
Transition Decisions — Nobody Tells You Which One

Session 24 · Transitions · 14–16 players · 60 minutes

0:00 – 0:10 · 10 MIN	0:10 – 0:25 · 15 MIN	0:25 – 0:40 · 15 MIN	0:40 – 0:55 · 15 MIN	0:55 – 1:00 · 5 MIN
Three Choices	Both Sides of the Moment	Name It	The Transition Exam	Review, with the players

24.1 THREE CHOICES

Warm-up · 10 min



GO · KEEP · HUNT — SAY IT, THEN DO IT

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.

RULES

· Every turnover must be called — go, keep or hunt — by a player, out loud.
· Uncalled possessions score nothing, however good they are.

COACH IT

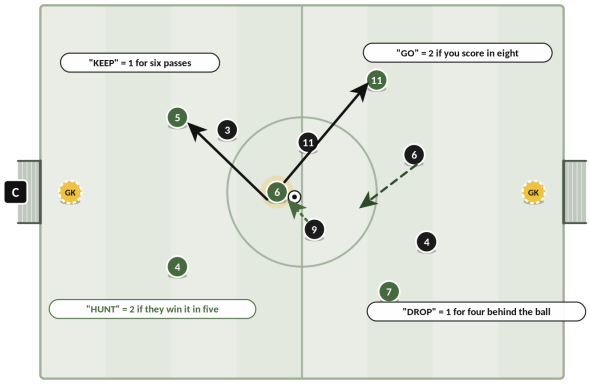
· Technical: Everything from the rest of this theme at low intensity — the forward first touch, the recovery angle, the front-on tackle.

SAY

· If nobody says it, it doesn't count. Take the point away once and it will not happen again.

24.2 BOTH SIDES OF THE MOMENT

Technical practice · 15 min



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

SET UP

· 42 × 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.

RULES

· GO = 2 points for a goal within eight seconds of winning the ball.
· KEEP = 1 point for six consecutive passes after winning it.

COACH IT

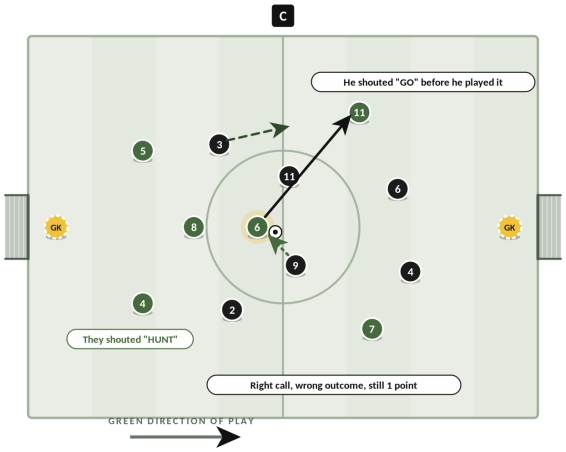
· Technical: All four behaviours have a technique attached: the forward pass, the safe pass under pressure, the front-on tackle, the recovery run ...

SAY

· You've scored eight from GO and nothing from KEEP. What does that tell you?

24.3 NAME IT (6 v 6 + GKs)

Skill game · 15 min



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.

RULES

· 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 ...

COACH IT

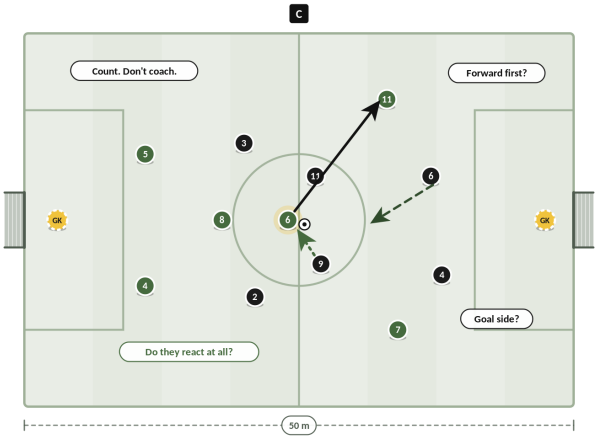
· Technical: Note quality but do not coach it tonight. This practice is about judgement.
· Tactical: Separating decision from outcome is the ...

SAY

· You said keep. I heard you. Be firm; the integrity of the practice depends on it.

24.4 THE TRANSITION EXAM (7 v 7)

Conditioned match · 15 min



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.

RULES

· No conditions. Goals are goals.
· No calls. Tonight's words are not allowed in this practice.
· Keepers restart within ten seconds. No offside.

COACH IT

· Technical: Whatever survives. Note it rather than fixing it.
· Tactical: The four this theme markers: reaction ...

SAY

· The single number that summarises this theme. Count the ones where somebody moves inside a second.

Quick reference — the full plan (coach's eye, questions, progressions, homework) is in the session document.

Alan Cunningham with Claude AI · independent club resource, built around the Irish FA Youth Football Framework