



The Last Session — A Whole Hour That Belongs to Them

Session 36 • Match intelligence • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

Their Choice

0:10 – 0:25 • 15 MIN

How Far We've Come

0:25 – 0:40 • 15 MIN

The Players' Game

0:40 – 0:55 • 15 MIN

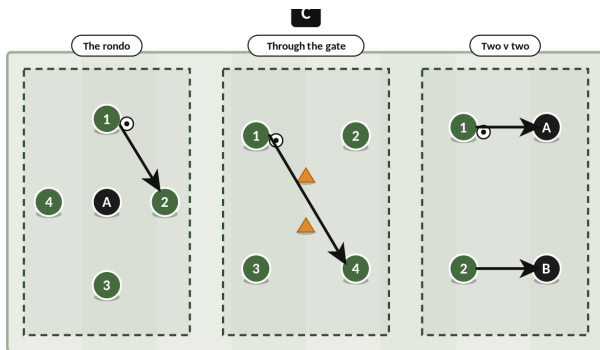
Just Football

0:55 – 1:00 • 5 MIN

End-of-season review with

36.1 THEIR CHOICE

Warm-up • 10 min



THIRTY-SIX WEEKS • THEY KNOW WHICH ONES THEY LIKE

SET UP

- 36 × 18 m with three grids marked, or let them mark them.
- Offer three warm-ups from the season — a rondo, a passing-through-gates practice, a two-against-two.

RULES

- The squad chooses, by vote, and the vote stands.
- They set it up and explain it themselves.
- The coach does not correct the organisation unless it is unsafe.

COACH IT

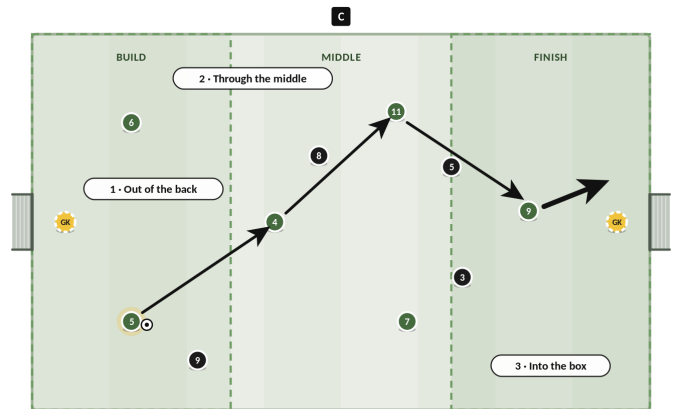
- Technical: Whatever the chosen practice contains. Note the quality rather than coaching it.
- Tactical: Nothing tonight.

SAY

- The most interesting thing in the ten minutes.
- Explaining a practice is a real skill and some of ...

36.2 HOW FAR WE'VE COME

Technical practice • 15 min



EVERY BLOCK OF THE SEASON, IN ONE MOVE

SET UP

- 56 × 34 m divided into three zones — build, middle, finish — with a full goal and goalkeeper at each end.
- Six against four, with the four defenders spread ...

RULES

- Every attack starts with the goalkeeper.
- 1 point for leaving the build zone in control, 1 for crossing the middle, 2 for a goal.
- From minute 11: defenders score 2 for a counter ...

COACH IT

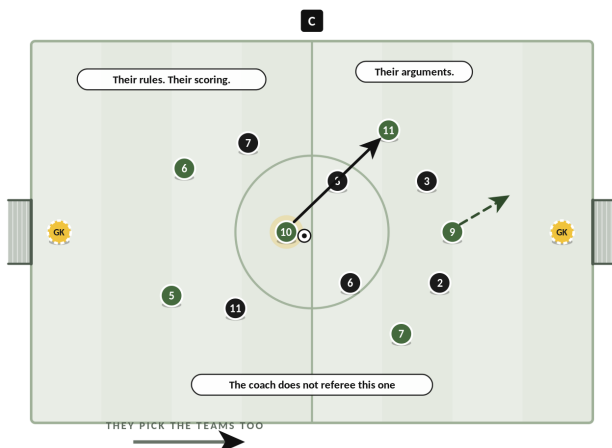
- Technical: Everything. This practice is a technical audit and you should treat it as one — watch rather than correct.

SAY

- It is usually the one you enjoyed coaching most, which is worth knowing about yourself.

36.3 THE PLAYERS' GAME (6 v 6 + GKs)

Skill game • 15 min



THEY PICK THE TEAMS TOO

SET UP

- One pitch, roughly 44 × 30 m, both goals with goalkeepers.
- The squad picks the teams — and it is worth insisting the two captains are chosen by lot rather ...

RULES

- The squad decides everything except the pitch and the time.
- The squad referees. The coach does not adjudicate anything.

COACH IT

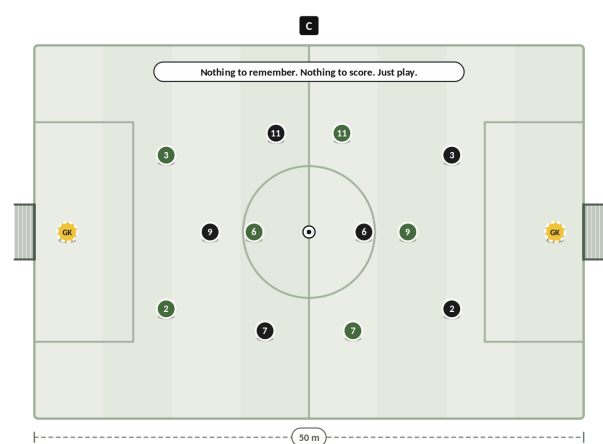
- Technical: Nothing.
- Tactical: Nothing.

SAY

- The single most revealing thing you will see all season.

36.4 JUST FOOTBALL (7 v 7)

Conditioned match • 15 min



SET UP

- 50 × 34 m with full-size goals and marked boxes.
- 7 v 7 including goalkeepers (14). With 15–16, play 8v8 or roll substitutes freely.
- No shape assigned. Let them arrange themselves.

RULES

- No conditions at all.
- Normal football, normal restarts, normal goals.
- The coach says nothing for fifteen minutes.
- Substitutions handled by the players.

COACH IT

- Technical: Everything, unprompted. Write it down.
- Tactical: Everything, unprompted. Write that down too.

SAY

- The entire point. Every item on that list is something they have genuinely learned.