

# PLAN OF ATTACK 2025-26

WYCOMBE WANDERERS WOMEN



WOMEN



# OUR CORE VALUES

ATTITUDE  
POSITIVE  
WE NOT ME  
RESPECT  
INTEGRITY





# PLAYING PHILOSOPHY

CONTROL  
THE BALL  
CONTROL  
THE GAME

DICTATE  
FIRST THOUGHT FORWARD  
DECISION MAKERS  
CHAMPION MENTALITY

HARDEST WORKING TEAM  
BRAVERY - PLAY WITHOUT FEAR  
FREEDOM & FUN

BE CREATIVE MASTER THE BALL





# OUR VENUE



## TRAINING/FIXTURE VENUES:

REGULAR SEASON  
(JUNE - MAY)

THE 1878 STADIUM, BURNHAM  
FOOTBALL CLUB, WYMERS WOOD  
ROAD, BURNHAM, SL1 8JG



# W3 COACHING SESSIONS



## SESSION BREAKDOWN:

THREE STATIONS; TECHNICAL,  
TACTICAL & TOPIC SPECIFIC

## WEEKLY CONTENT:

TUESDAY - SYLLABUS BASED

THURSDAY - MATCHDAY SPECIFIC

## ARRIVAL ACTIVITIES:

1V1/2V2/3V3, TECHNICAL GROOVING,  
RONDOS

## TOPIC SPECIFIC:

SESSION BASED ON THE SYLLABUS

## TECHNICAL:

SESSION AROUND IMPROVING  
FUNDAMENTALS

## TACTICAL:

A MOMENT IN THE GAME, IN/OUT OF  
POSSESSION - GAME CRAFT





# TRAINING SYLLABUS

## 25-26 SEASON (JUNE - MAY)

WEEK	TRAINING FOCUS	GAME FOCUS	WEEK	TRAINING FOCUS	GAME FOCUS
1	IN CONTROL (POSSESSION)	PLAYING OUT FROM THE BACK	21	ORGANISATION (OUT OF POSSESSION)	MAKING PLAY PREDICTABLE
2	IN CONTROL (POSSESSION)		22	ORGANISATION (OUT OF POSSESSION)	
3	IN CONTROL (POSSESSION)		23	ORGANISATION (OUT OF POSSESSION)	
4	IN CONTROL (POSSESSION)		24	ORGANISATION (OUT OF POSSESSION)	
5	TRANSITION - UNDERSTANDING	UNDERSTANDING TRANSITIONS	25	TRANSITION	MIDFIELD TURNOVERS
6	TRANSITION - UNDERSTANDING		26	TRANSITION	
7	TRANSITION - UNDERSTANDING		27	TRANSITION	
8	TRANSITION - UNDERSTANDING		28	TRANSITION	
9	ORGANISATION (OUT OF POSSESSION)	PRESSING FROM THE FRONT	29	IN CONTROL (POSSESSION)	FINISHING THE ATTACK
10	ORGANISATION (OUT OF POSSESSION)		30	IN CONTROL (POSSESSION)	
11	ORGANISATION (OUT OF POSSESSION)		31	IN CONTROL (POSSESSION)	
12	ORGANISATION (OUT OF POSSESSION)		32	IN CONTROL (POSSESSION)	
13	TRANSITION	COUNTER ATTACK	33	TRANSITION	DEFENDING AGAINST AN OVERLOAD
14	TRANSITION		34	TRANSITION	
15	TRANSITION		35	TRANSITION	
16	TRANSITION		36	TRANSITION	
17	IN CONTROL (POSSESSION)	PLAYING THROUGH, ROUND, OVER MIDFIELD	37	ORGANISATION (OUT OF POSSESSION)	DEFENDING IN AND AROUND THE BOX
18	IN CONTROL (POSSESSION)		38	ORGANISATION (OUT OF POSSESSION)	
19	IN CONTROL (POSSESSION)		39	ORGANISATION (OUT OF POSSESSION)	
20	IN CONTROL (POSSESSION)		40	ORGANISATION (OUT OF POSSESSION)	





# PLAYER PATHWAY

**WYCOMBE WANDERERS WOMEN  
FIRST TEAM**



**WYCOMBE WANDERERS  
WOMEN U18'S**



**WYCOMBE WANDERERS  
WOMEN U16'S**



**WYCOMBE WANDERERS  
GIRLS DEVELOPMENT ACADEMY (GDA)  
U8'S - U15'S**







**CALM**  
IN CONTROL, CONFIDENT, AWARE

**COURAGEOUS**  
LOOK FORWARD, PLAY FORWARD,  
RISK TAKERS

# HOW WE PLAY IN-POSSESSION

**CLEAR**  
OCCUPY ZONES, DECISION MAKERS,  
VARY ACTIONS

**CREATIVE**  
DECISIVE, UNPREDICTABLE,  
TRY NEW THINGS





**WORK RATE**  
DISCIPLINE, SHAPE, DISTANCES

**COMPACT**  
CUT PASSING LINES, PROTECT KEY SPACE, NARROW

# HOW WE PLAY OUT OF POSSESSION

**ACT TOGETHER**  
PRESSURE, COVER, TEAMWORK

**WINNING THE BALL**  
PRESSING LINE, TRIGGERS, PROACTIVE TO WIN





**1-4-2-3-1**  
**FORMATION**

**QUICK TO ASSESS**  
**DANGER, POSITIONS, OPPORTUNITIES**

**QUICK TO DECIDE**  
**BEST OPTION, QUICKEST ROUTE,**  
**RECOVER**

# HOW WE PLAY TRANSITION

**QUICK TO PLAY**  
**PASS/RUN, FINISH, PRESS/COVER**

**QUICK TO SUPPORT**  
**BRAVE, AWARE, SUPPORT**

