

# PLAN OF ATTACK 2025-26

WYCOMBE WANDERERS WOMEN



WOMEN

# OUR CORE VALUES

ATTITUDE  
WE NOT ME  
INTEGRITY

POSITIVE  
RESPECT



# PLAYING PHILOSOPHY

CONTROL THE BALL  
CONTROL THE GAME

DICTATE THE BALL

FIRST THOUGHT FORWARD

DECISION MAKERS

CHAMPION MENTALITY

HARDEST WORKING TEAM

BRAVERY - PLAY WITHOUT FEAR

BE CREATIVE

MASTER THE BALL

FREEDOM & FUN



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



WOMEN

# 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





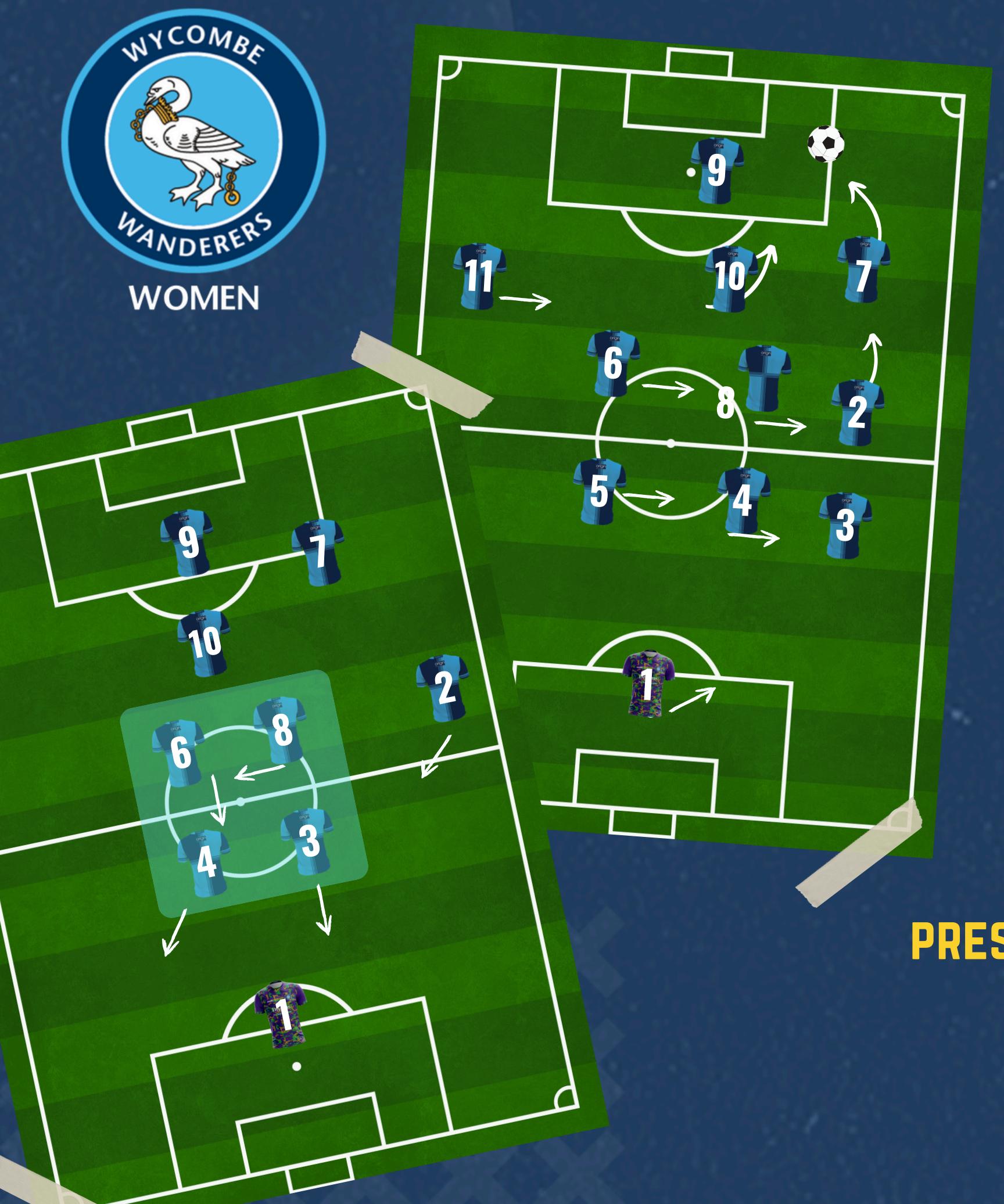
**CALM**  
IN CONTROL, CONFIDENT, AWARE

**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



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

**WORK RATE**  
DISCIPLINE, SHAPE, DISTANCES

# 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**

