

Match-Day Plan – Information

Date:

15 May 2023

Game Duration:

70 Minutes

Opposition:

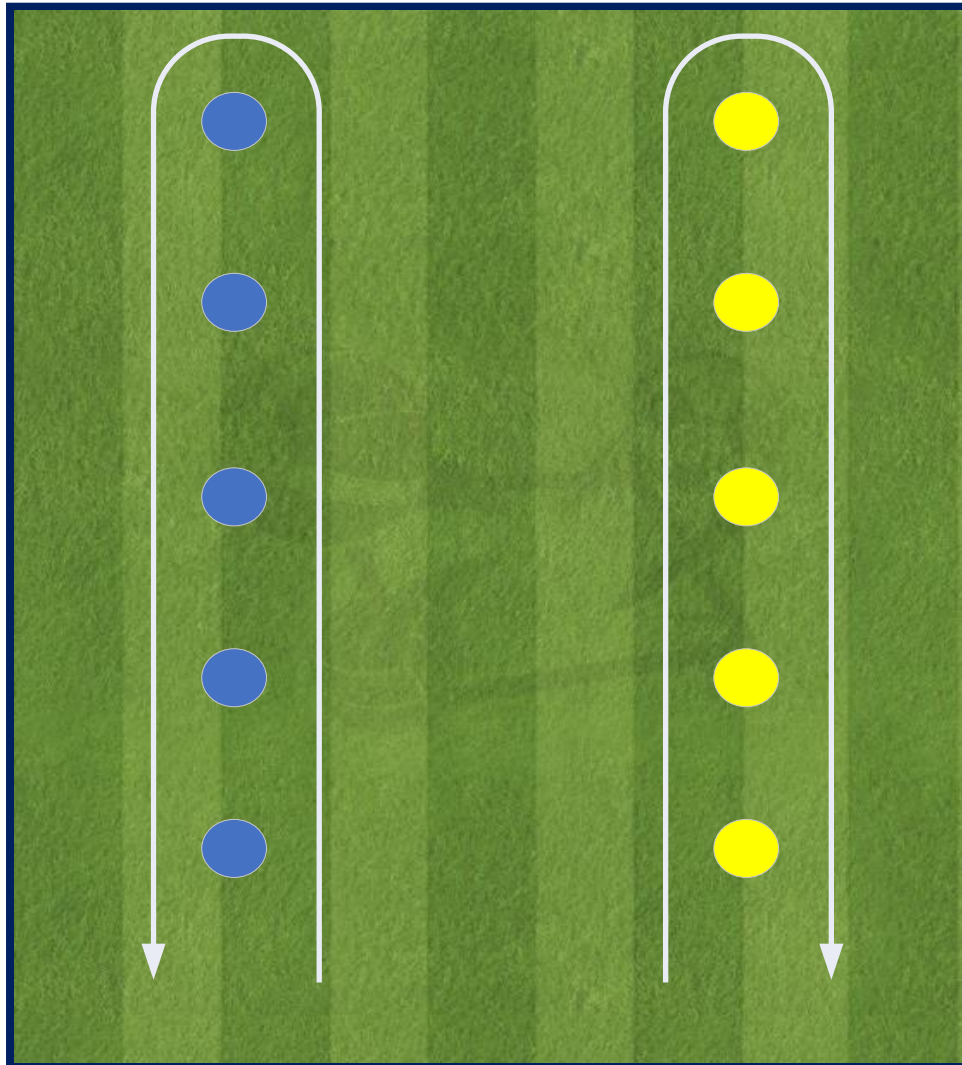
Holcombe - Away

Kick-Off Time:

14:30

Arrival Activity/Warm-Up

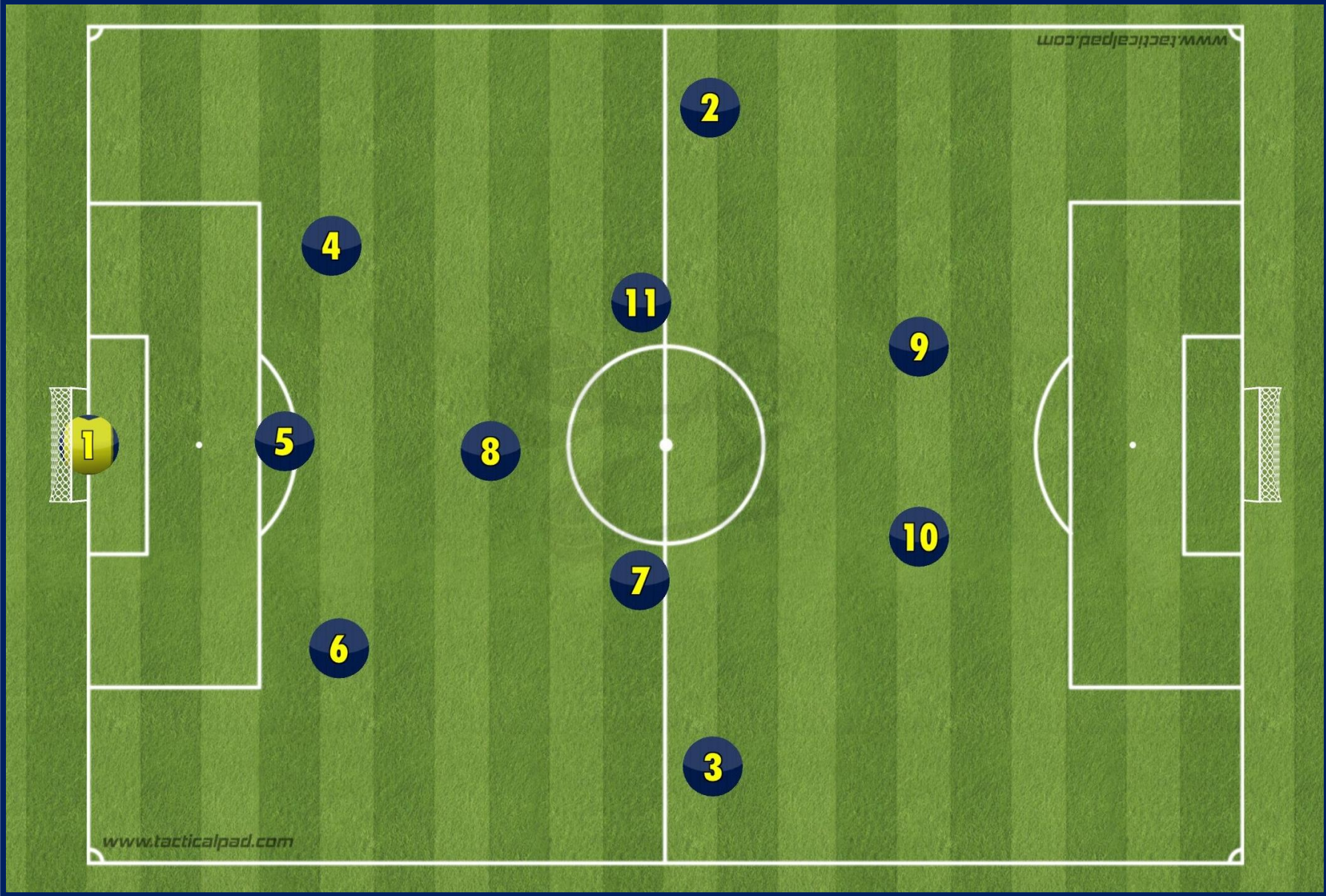
Squad List



- Jog up – Jog back
- Knee highs up – Jog back
- Heal highs up – Jog back
- Open gate up – Jog back
- Close gate up – Jog back
- Touch cones up – Jog back
- Zig zag up – Sprint back

Team Formation

Formation: 1 - 3 - 5 - 2



Objectives

Individual Objectives:

- **Scan – Ball, Opposition, Teammates and Space**
- **Communications – Loud and effective**
- **This pitch is smaller than we are used to so move ball and move quickly**
- **Have the right mind-set - Don't assume we will win**
- **Be aggressive in pressing the ball and opposition**

Team Objectives:

- **Press high if opposition play out from the back**
- **Drop if their goalkeeper kicks long**
- **Look to play the ball into wide areas quickly – Opposition play low block**
- **Be creative in the final third and move the ball quickly**
- **Support each other by making passing angles and communicating well**
- **Remember to implement 5 lanes when IP and 3 Lanes when OOP.**

Match-Day Reflections

Reflections

This was our final match of the season.

We asked the players to continue with their improved communications and scanning.

We know that this pitch is small so we asked the players to use the space well and to move the ball quickly into wide areas as the opposition play with 4 at the back and 5 in midfield.

The first quarter we started slowly. The pitch didn't help due to its size and the grass being very long.

Some of our players have started to be quite "handsy" so at the break we asked them to be careful as we are away from home and the referee was quite picky with his decisions. The players became frustrated with the referee so at half time we had to tell them to focus on the football.

We also noticed that some of our right footed players playing on the left side were cutting back into a very busy midfield rather than looking to play into the wide area. This is something we will work on in training going forwards.

As the game went on we got into our stride and played some good combinations in the final third to create some good chances.

My main take aways from today was the way the team seemed to get preoccupied with the referee and not the football. Also the players turning back into congested areas.

Final score was 5-1. League winners after winning 15 and losing 1.