

Match-Day Plan – Information

Date: 04 December 2022

Game Duration:

70 Minutes

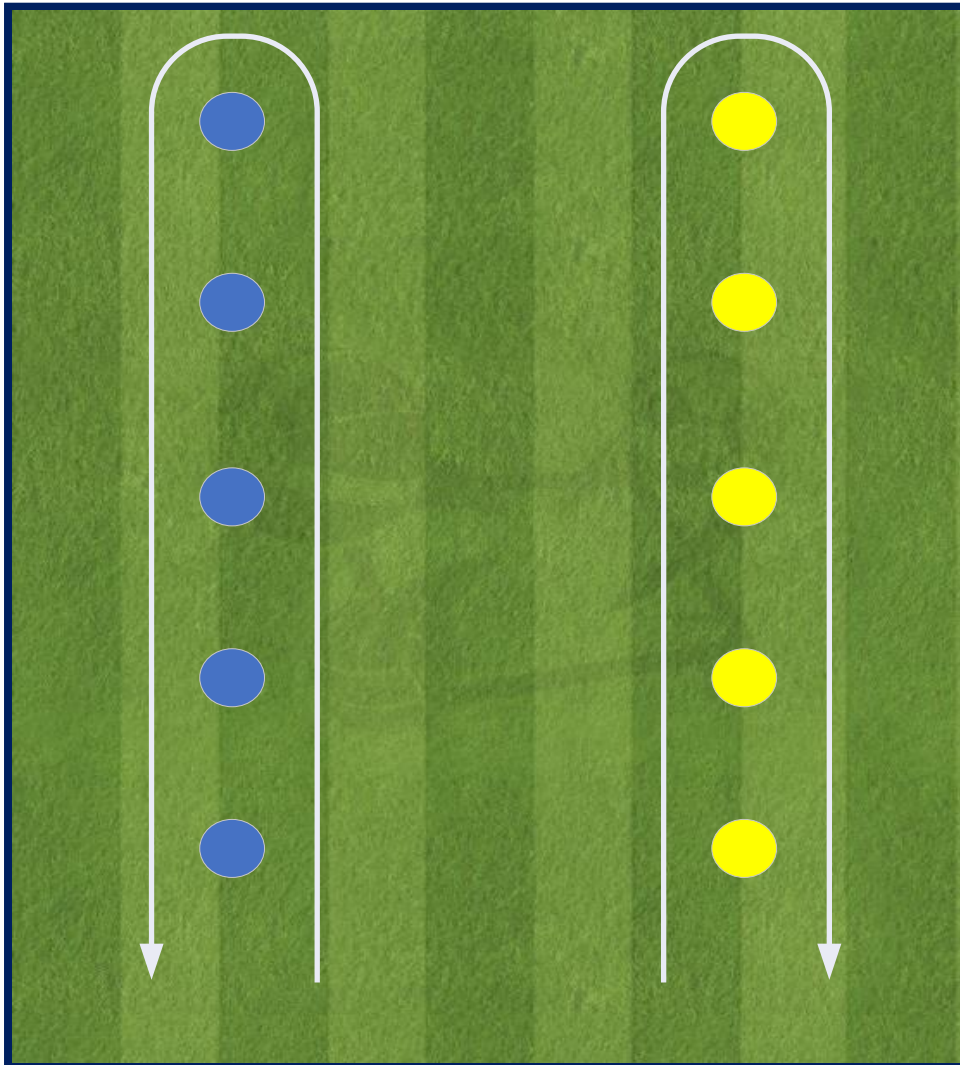
Opposition: Freshford - Away

Kick-Off Time:

14:30

Arrival Activity/Warm-Up

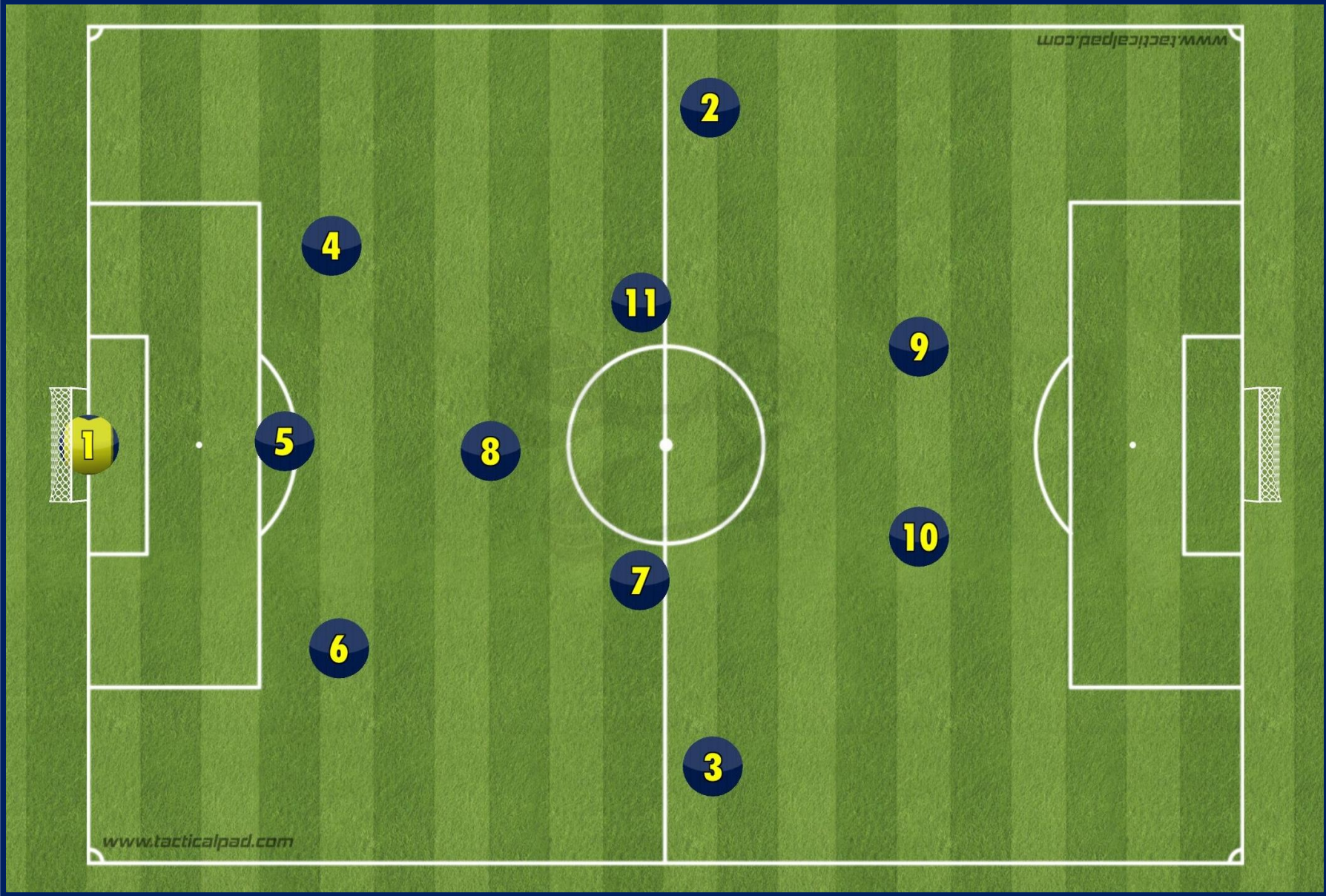
Squad List



- 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:

- **Wing backs to be as wide a possible when we are in possession**
- **Goalkeeper to be more vocal and instruct teammates better**
- **Forwards to shoot early – first or second touch where possible**
- **CDM to be more disciplined with his positioning**
- **Wing backs to be more reactive when we are out of possession**
- **If opposition keeper kicks, forwards do not press the penalty area**

Team Objectives:

- **If opposition plays out from the back, we press as a team**
- **Centre backs to position themselves so they are a compact 3**
- **Out of Possession - Ensure the space between defence and midfield is small**
- **Midfield to look to play the ball out to our wingbacks as soon as possible**
- **Team to move as a unit when out of possession**

Match-Day Reflections

Reflections

A very big pitch for our age group which seemed to help us.

We kept possession really well.

We used the extra space very efficiently when in possession of the ball.

Goalkeeper played out more equally to left and right wing backs.

Goalkeeper continued to be vocal today.

The space between the defence and midfield was good again this week.

We were good at being compact when out of possession.

Forwards taking on shots a lot earlier now which resulted in 12 goals.

The space between centre backs was small this week again.

Good communications again today.

Some players started to "Showboat" in the second half. We spoke about that at full time.