

# Match-Day Plan – Information

**Date:** 06 November 2022

**Game Duration:**

70 Minutes

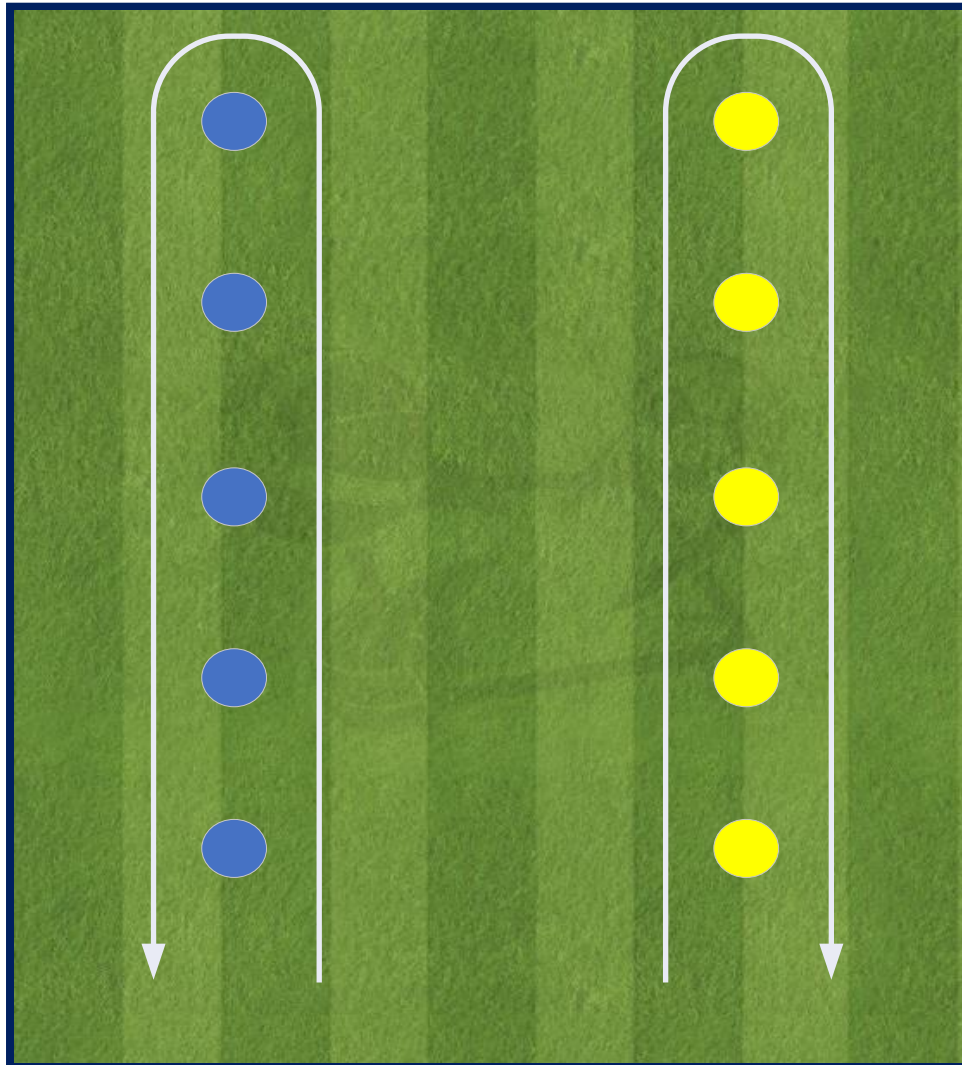
**Opposition:** Holcombe - Away

**Kick-Off Time:**

14:30

## Arrival Activity/Warm-Up

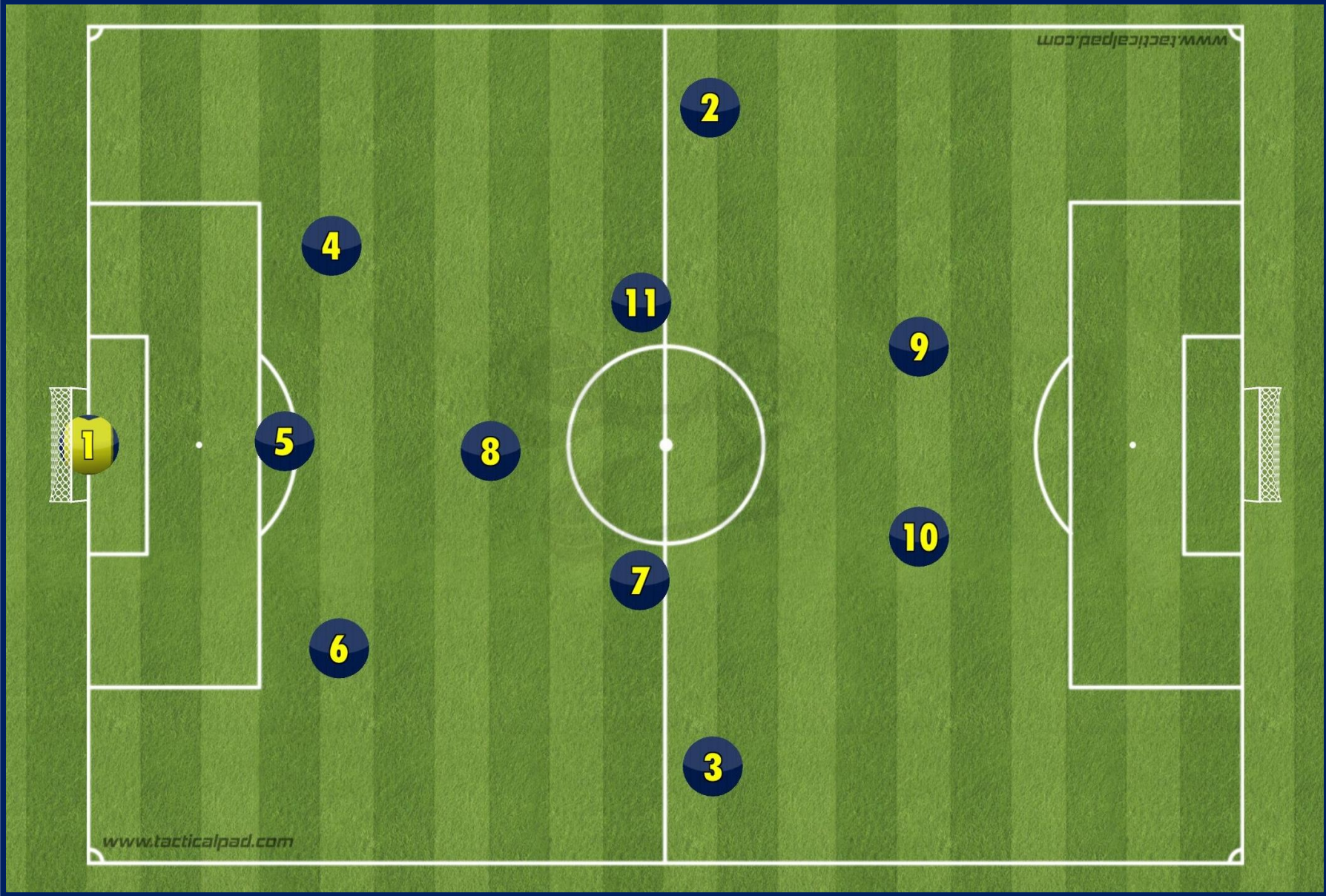
## Squad List



- 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:

- **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 lot of good positive play down our right hand side. Goalkeepers seems to prefer playing out on that side.

Goalkeeper was more vocal today which helped the defenders decision making.

Wing backs still not positioning wide enough when we had the ball to give us space an options.

The space between the defence and midfield was reduced this week following discussion and training.

We didn't move well enough to be compact when out of possession.

Again, we had a lot of chances but didn't convert enough of them. Forwards are not decisive enough.

The space between centre backs was small this week and improved. Players seem to understand this now.

Good communications again today.