

Match-Day Plan – Information

Date: 19 February 2023

Game Duration:

70 Minutes

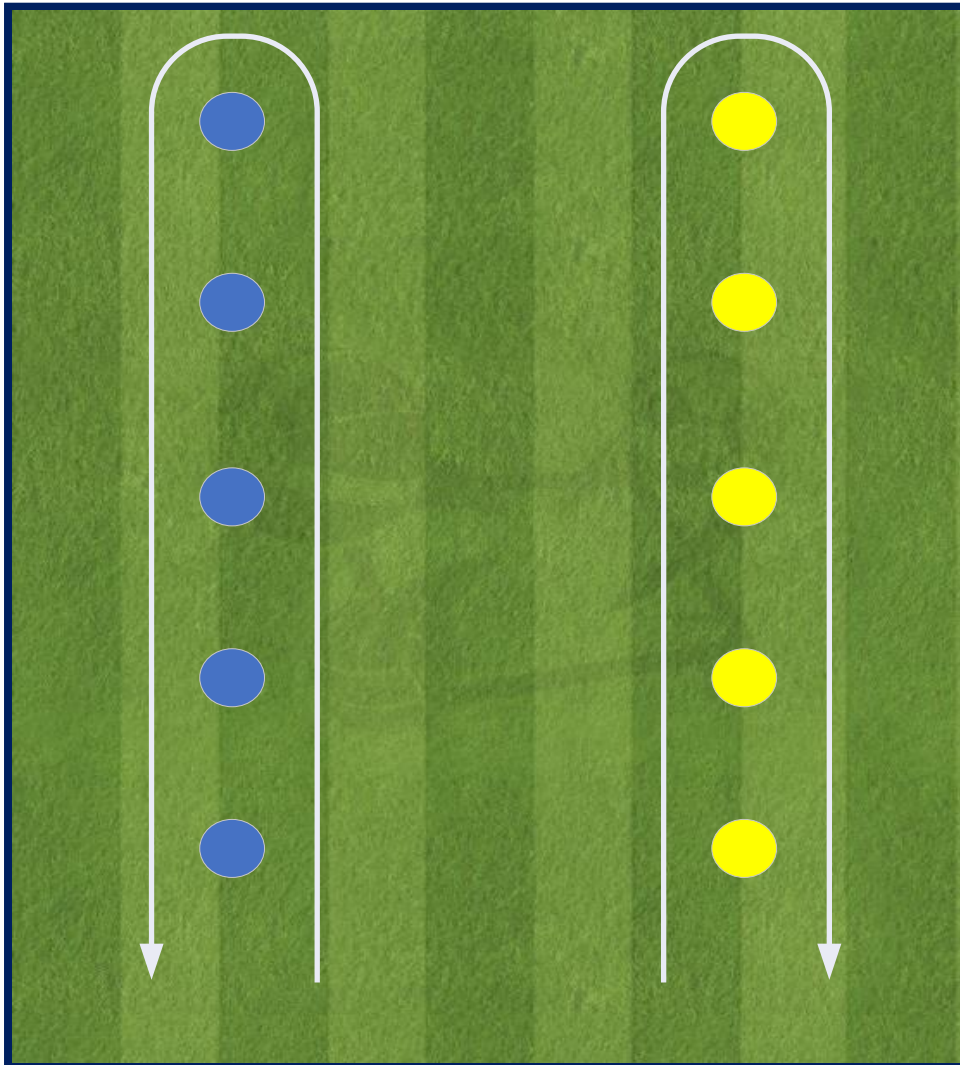
Opposition: Chilcompton - Away

Kick-Off Time:

10:30

Arrival Activity/Warm-Up

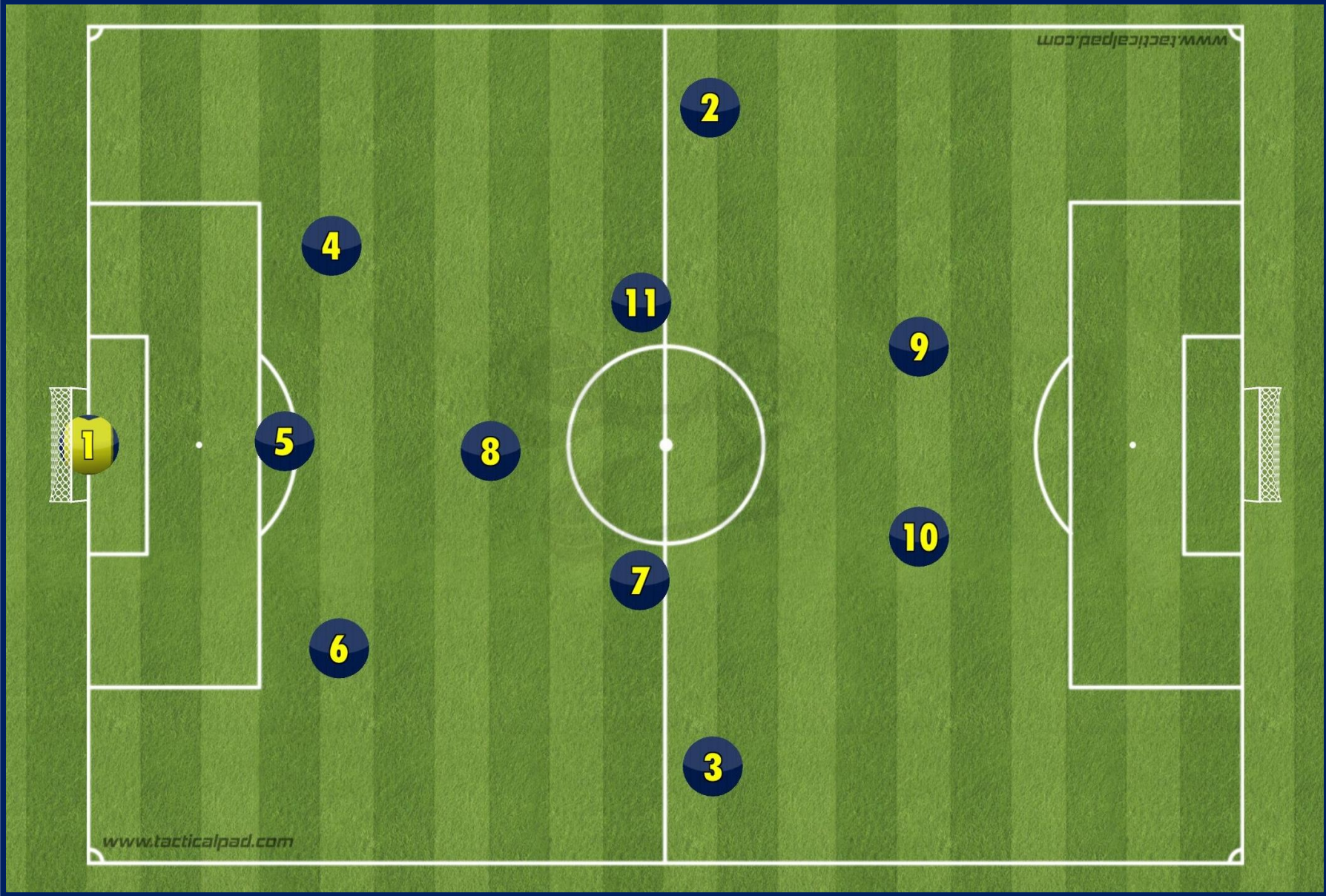
Squad List



- 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:

- **Be more aggressive in pressing the ball**
- **Ensure you are scanning and know what is around you**
- **Communicate effectively with your team mates**
- **Be creative in the attacking third**
- **Forwards to get their shots off early before keeper can set**
- **Be aware of your team mates positions, especially when defending**

Team Objectives:

- **This opposition always play out from the back so press high up the pitch**
- **They also use a very low block so play out from the keeper**
- **Look to win the ball back quickly when we are out of possession**
- **Can we utilise our wing backs when attacking to create overloads**
- **Implement the work we have been doing – defensive compactness - OOP**

Match-Day Reflections

Reflections

We started today's game slowly but continued the work we are currently doing in training on defensive shape and compactness. Defensive and Midfield units moving across the pitch when out of possession. This made it difficult for the opposition to have any chances on goal all game. In fact our GK didn't have a save to make in the 70 minutes.

Due to some unavailable players, I had to play a few out of position. The highlight of this was one of our usually forwards playing on the left of our 3 centre defenders. He played really well in defence and even got a goal late in the game.

The opposition played a very low block with 5 at the back which made it difficult for us initially. We overcame this by asking the players to switch the ball quickly and penetrate in wide areas. We won the game 5-0 and all of the goals came from this approach.

There was some really good combination play down the wings on a few occasions with fast 1-2's. On one occasion, we played the ball from our GK with numerous one touch passes through midfield into their penalty area with the shot going wide but the build up was encouraging to see.

Today's lessons learnt were – Sometimes you need to do a job for the team. Clean mud from the bottom of your boots regularly. Don't get annoyed with the ref and play to the whistle.