

# Match-Day Plan – Information

**Date:**

16 April 2023

**Game Duration:**

70 Minutes

**Opposition:**

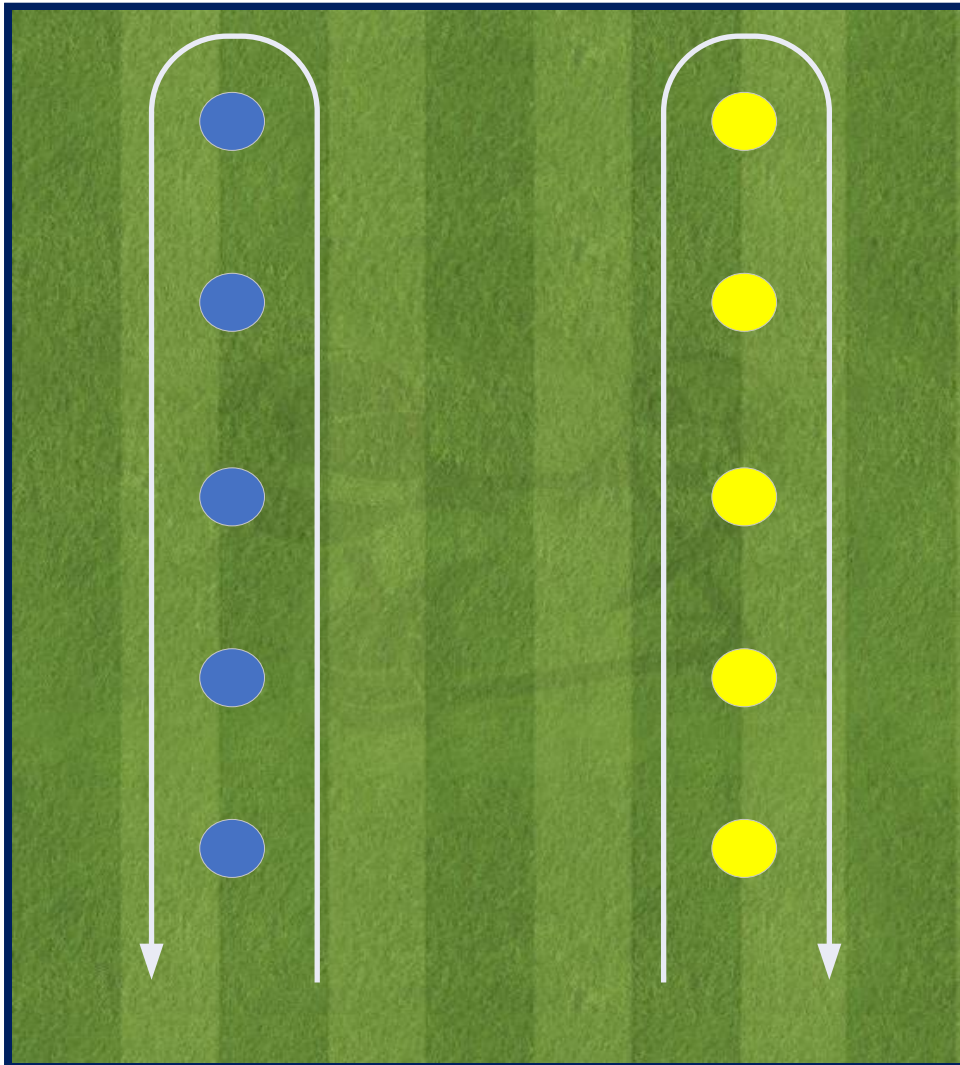
Freshford - Away

**Kick-Off Time:**

12:30

**Arrival Activity/Warm-Up**

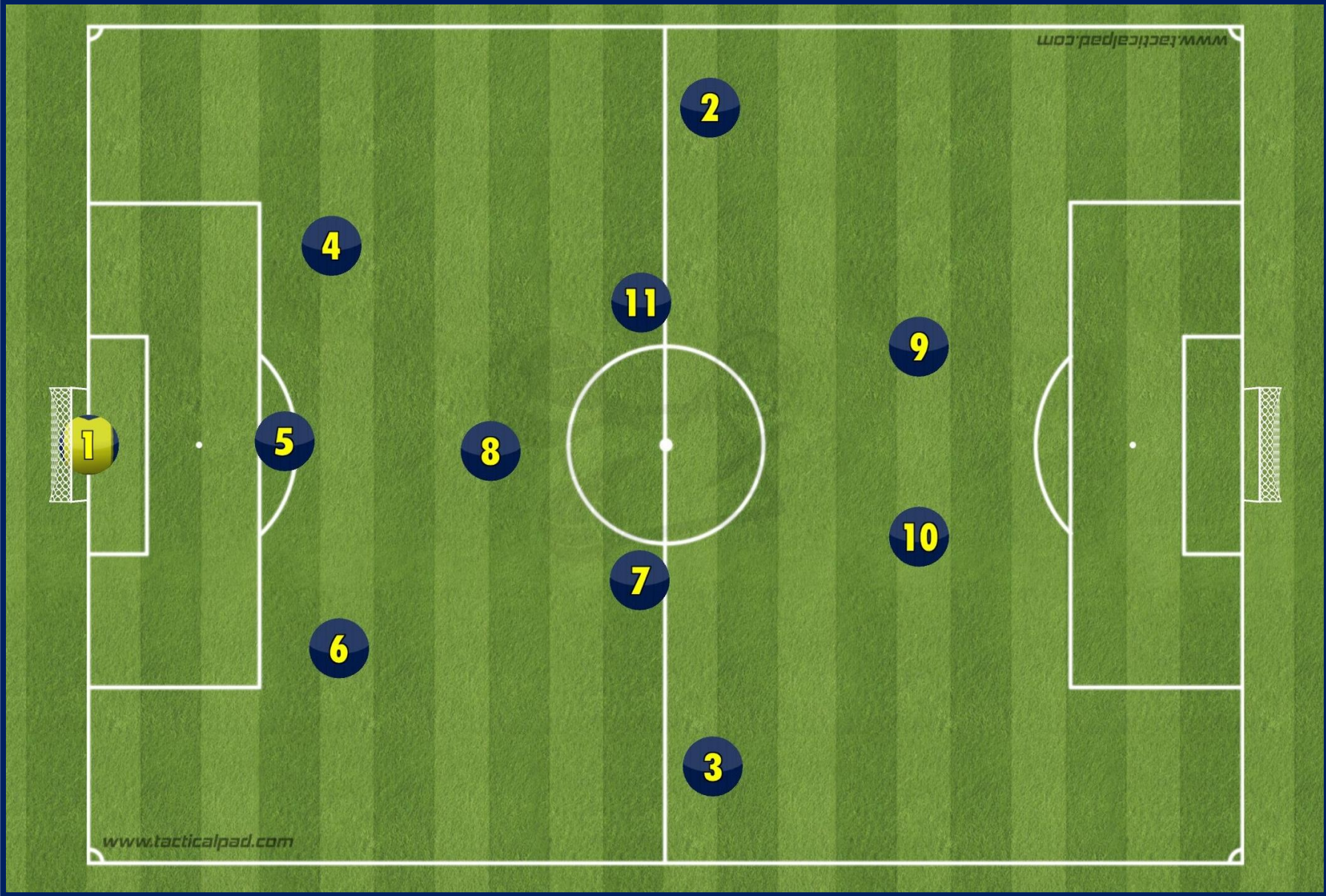
**Squad List**



- 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**
- **Concentrate on your first touch due to condition of the pitch**
- **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**

# Match-Day Reflections

## Reflections

The last time we played this opposition, we lost 2-1. This was mainly due to poor attitude and the players assuming they would win easily because we had already beaten this team heavily twice already this season.

In the weeks since we last played, we have been working on the Psychological corner and going into this game with the correct mind-set. The players arrived and were determined to perform well. This was evident straight away as all players were on the front foot and aggressive in pressing the ball across the pitch.

We switched the ball really well and worked it around their low compact block. We had a lot of space in the wide areas and used it really well.

We were clinical in our finishing. This is something we have also worked on recently so this was good to see. Confidence was good and the team dominated the match winning 9-0 and in turn winning the league.

The on-field communication's was good but needs improvement. The players are still quite quiet and not always calling the correct info at the correct time.

Overall, a really good performance but the highlight for me was the players attitudes.