

Match-Day Plan – Information

Date: 12 March 2023

Game Duration:

70 Minutes

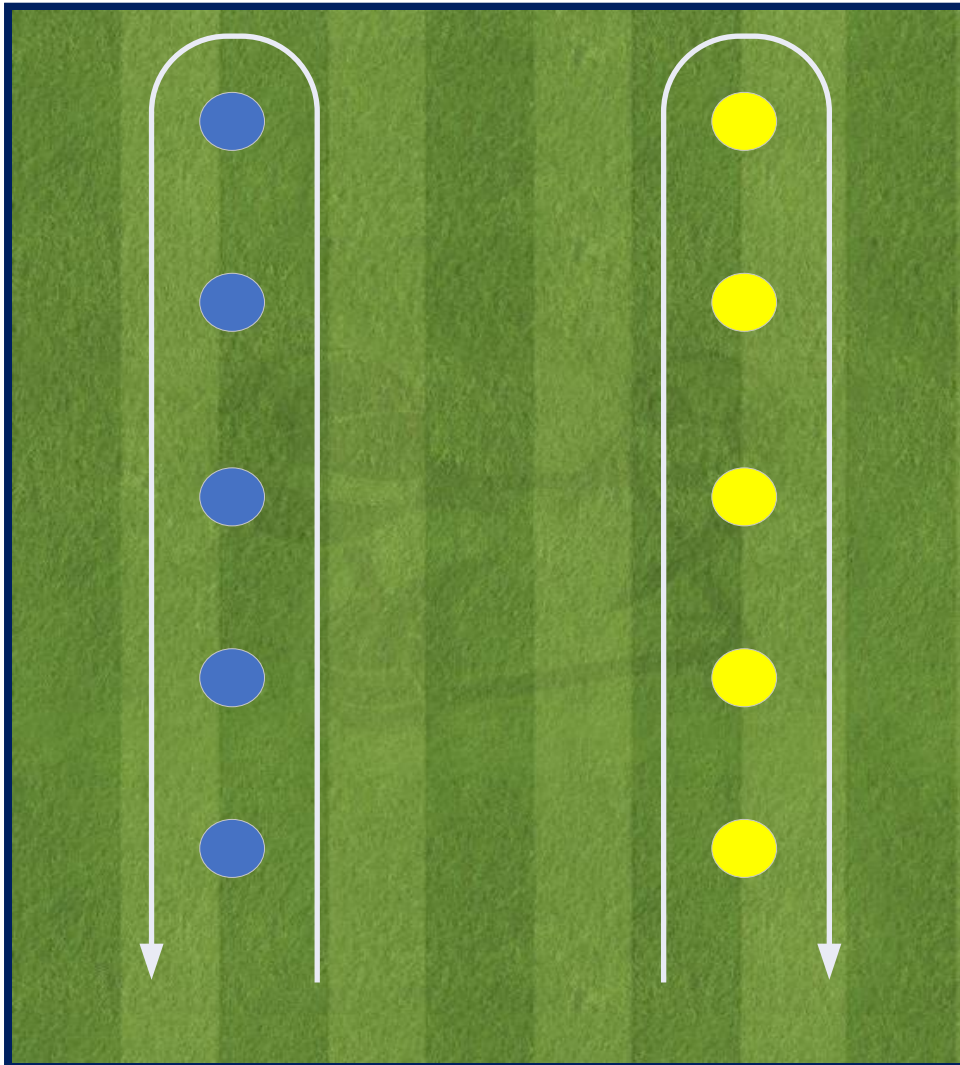
Opposition: Freshford - Home

Kick-Off Time:

12:30

Arrival Activity/Warm-Up

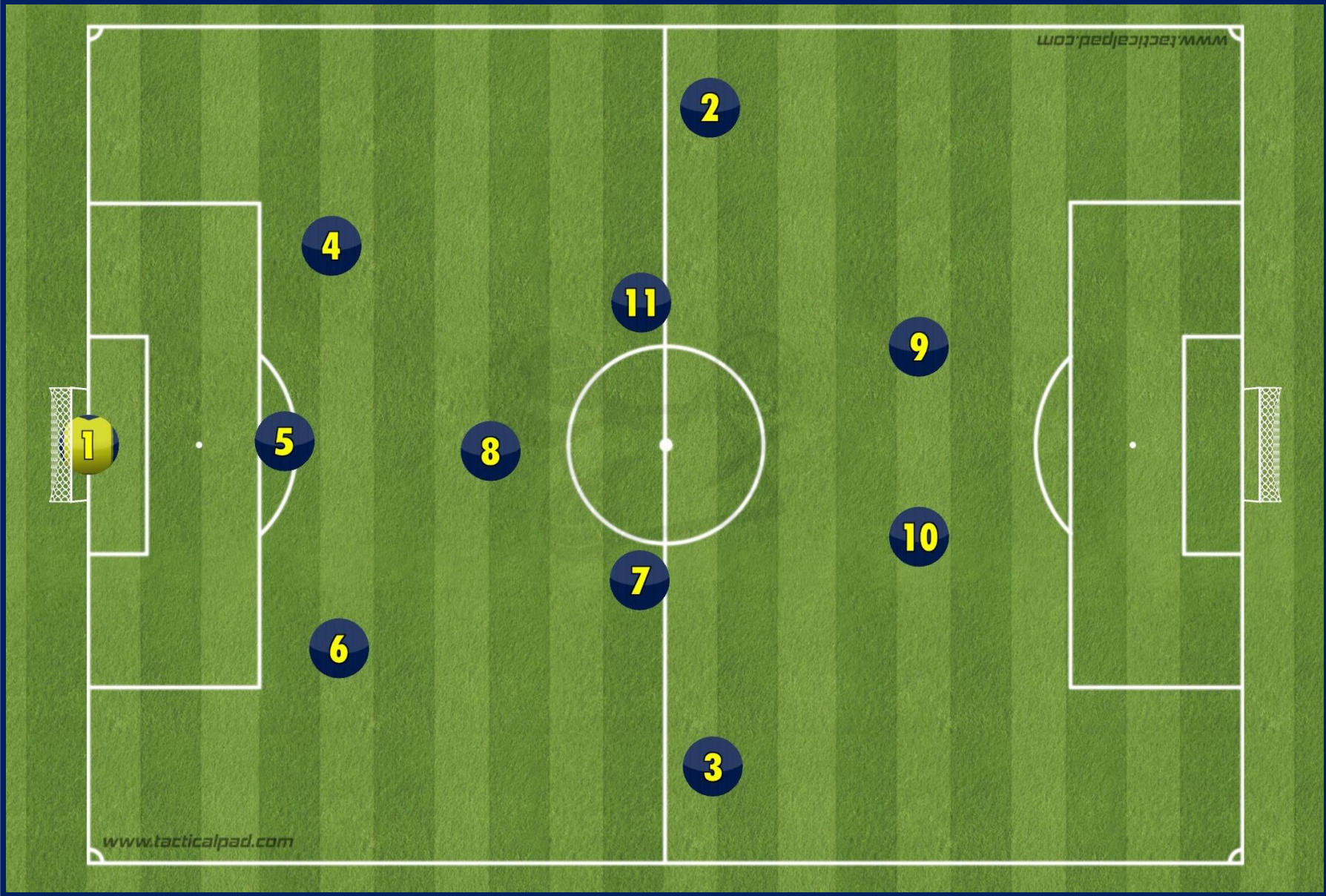
Squad List



- 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:

- **Communicate to your team mates at all times – man on, space, time etc**
- **Be competitive and aggressive when out of possession**
- **Make passing angles**
- **Scan the pitch at all times – Ball, Opposition, Team mates and Space**
- **Don't dwell on the ball, you will be pressed. Play quickly but don't rush**
- **Work hard for the team!**

Team Objectives:

- **Look to play the ball into wide areas out of the congested midfield**
- **Press the play as a collective, not just one or two players**
- **Communicate constantly, inform the player on the ball**
- **Support each other, passing angles, backing up**
- **Play with intensity as a team**

Match-Day Reflections

Reflections

We know that this opposition play with a very compact low block in front of their penalty area so we asked the players to look to utilise our wing backs and to play around in wide areas to get balls into the box.

We also asked the players to communicate loudly to each other during the game. This is something we are weak at and we need to build confidence in this area.

We did not play well and there was no intensity or hard work by the players. I think this is psychological as we have beaten this team comfortably two times already this season. The players thought it would be easy. We ended up losing 2-1 and that was down to the players thinking. An area we need to focus on in training going forwards and shows the power of your thinking in sport and life for that matter.

We had a lot of chances to score and to win the game but we were poor in our finishing. Their GK did make a lot of good saves in fairness to him. The opposition had two chances and scored them both.

Our players seemed to want an age on the ball and they were not releasing it quickly enough and got pressed and lost the ball on many occasions.

Some players looked tired so we will also look at the Physical corner to see where we can improve in that. Social corner – little to no communication during the game and Psychological – the players thought they would win this easily. Tactical – The players didn't attempt to play the ball into wide areas enough.