

Match-Day Plan – Information

Date: 05 March 2023

Game Duration:

70 Minutes

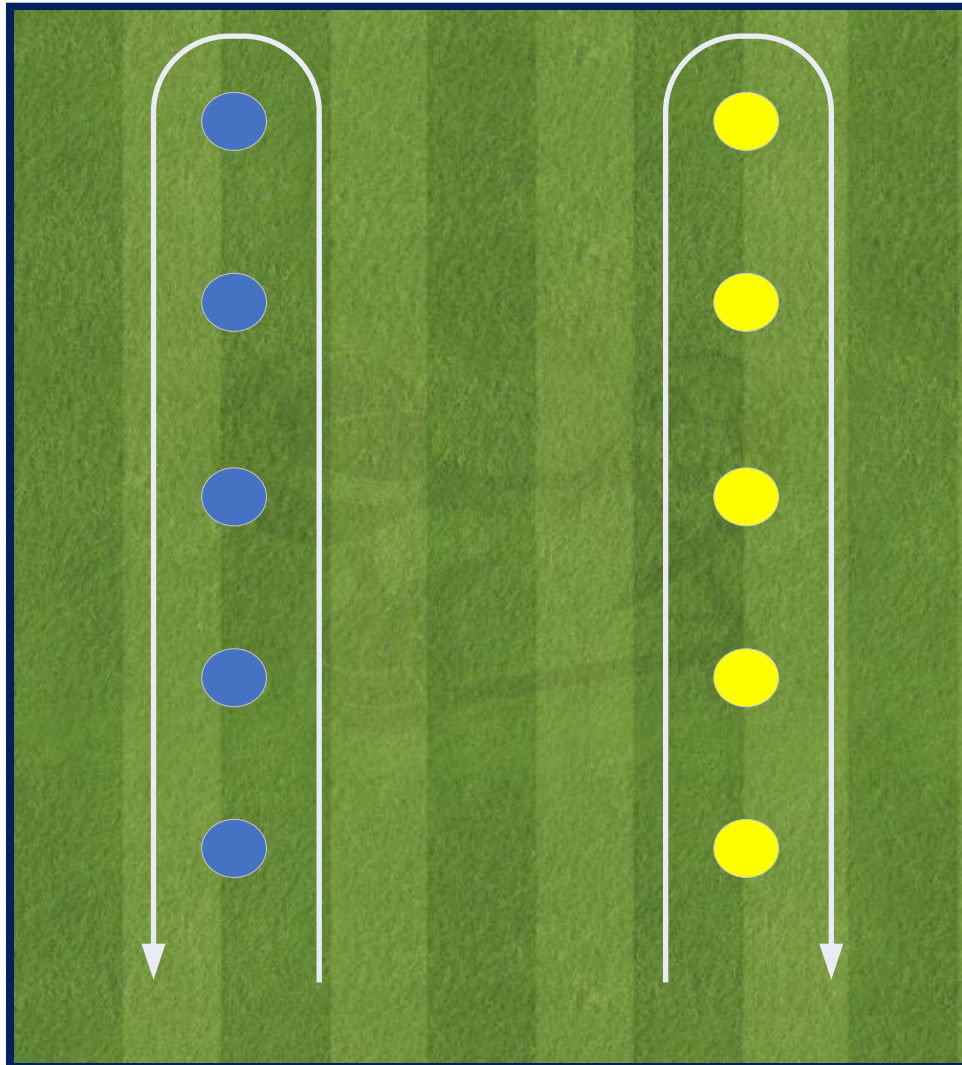
Opposition: Holcombe - Home

Kick-Off Time:

13:30

Arrival Activity/Warm-Up

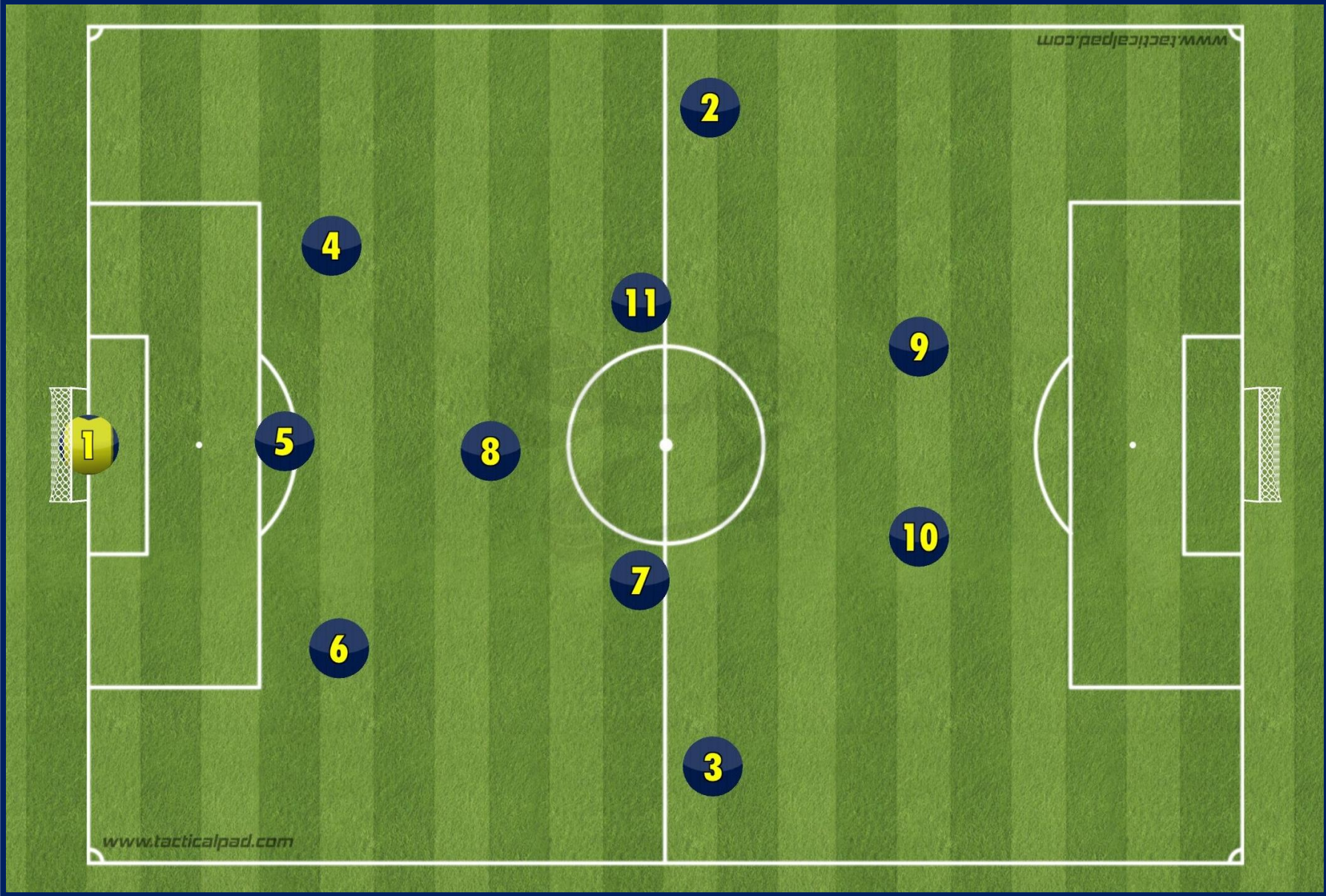
Squad List



- 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:

- We need more intensity from all players in pressing the ball
- Our first touch last week was poor so we need to improve on this
- Be focused and react correctly when in and out of possession
- Scan always to inform you of your next decision
- Communicate efficiently – help inform your team mates
- Can we move the ball quicker to minimise the chance of being pressed

Team Objectives:

- When in possession, ensure we spread out across the whole pitch
- When out of possession, ensure we are compact and hard to play through
- Look to utilise the runs of our wing backs in wide areas
- Press high if the opposition play out from the back
- Drop back if the GK kicks out everytime

Match-Day Reflections

Reflections

Today's performance was much better than last weeks.

The team worked very hard and pressed the opposition hard and gave them very little time on the ball.

This resulted in our first goal within a minute of the kick off and set the tone for the match.

We took an extra sub this week so that we could make changes regularly when the players got tired.

There were a few occasions where we played some really good combination football which nearly resulted in a few goals for us but these moves broke down in the final third due to the opposition playing a low block and our forwards taking a little bit too long to shoot or play a pass.

We played the ball into wide areas on a number of occasions for our wing backs to run onto and to drive into the penalty area.

Our corner routine worked well and resulted in two headed goals.

Overall a much better performance this week and it was good to see the players respond to our instructions of working harder to press and win the ball back.

Their attitude was good and resulted in a comfortable win for us. A mindset change from last week helped us solidify their understanding of Psychology in the game.