

Match-Day Plan – Information

Date: 30 October 2022

Game Duration:

70 Minutes

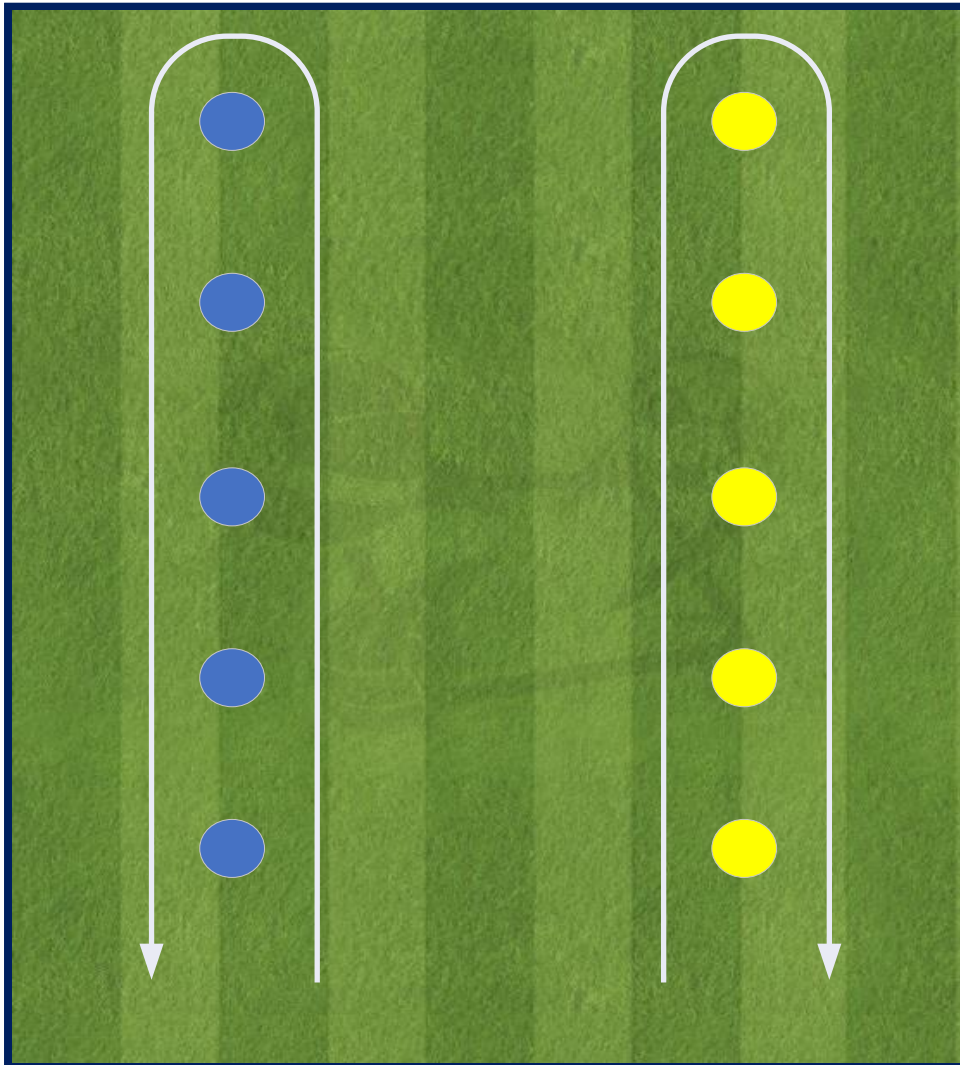
Opposition: FTU U13 Harriers (Friendly)

Kick-Off Time:

14:30

Arrival Activity/Warm-Up

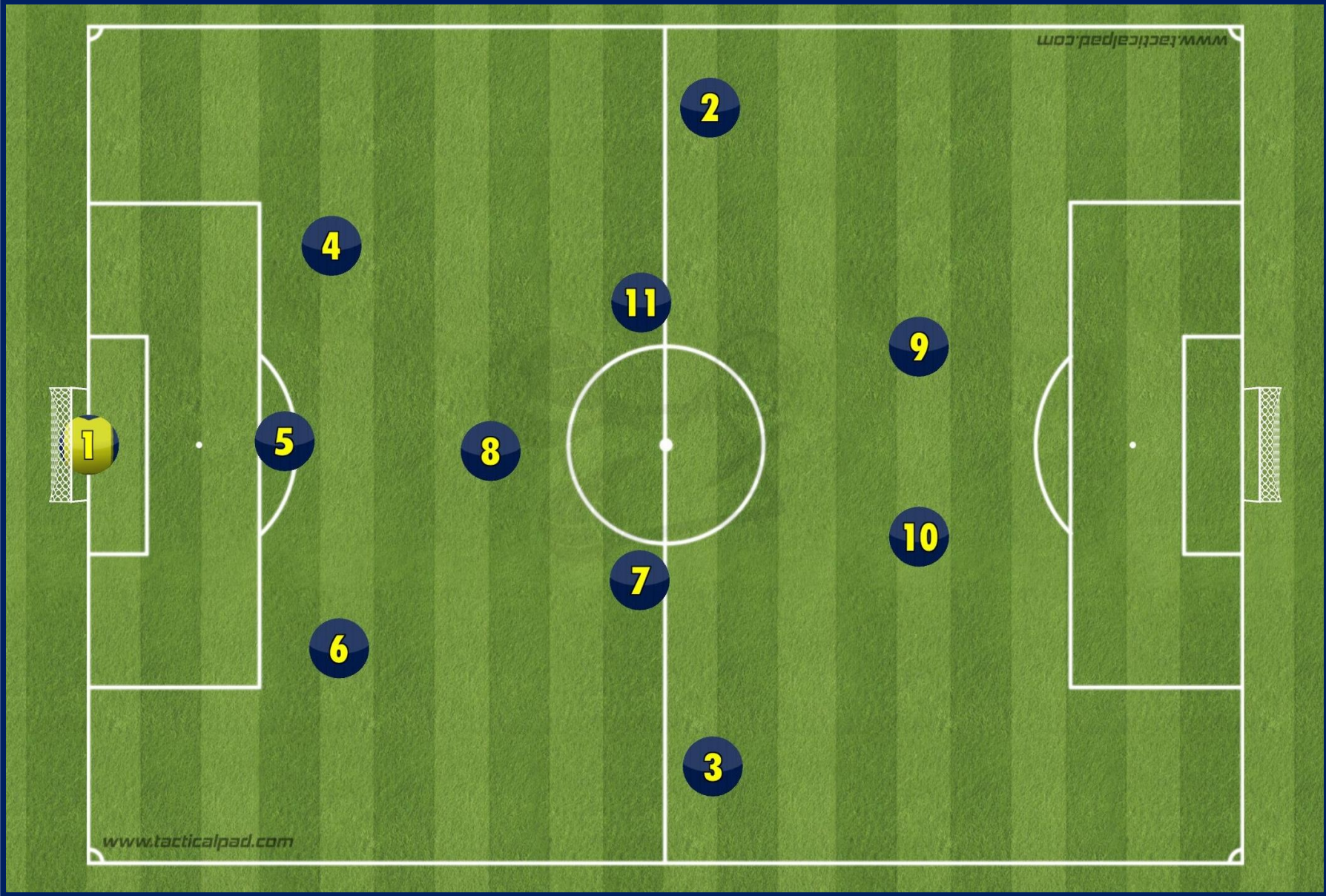
Squad List



- 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

The team played the ball wide as instructed on a number of occasions to utilise our fast wing backs which resulted in 2 of our 4 goals.

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

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

At times, when out of possession, the space between the defence and midfield was too big.

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

We had a lot of chances but didn't convert enough of them. Forwards taking too long to finish which resulted in getting pressed and breaking down the attack.

The space between centre backs was too large at times.

At times, the space between defence and midfield was too large when out of possession.

Improved all round communications today.