

# Match-Day Plan – Information

**Date:**

30 April 2023

**Game Duration:**

70 Minutes

**Opposition:**

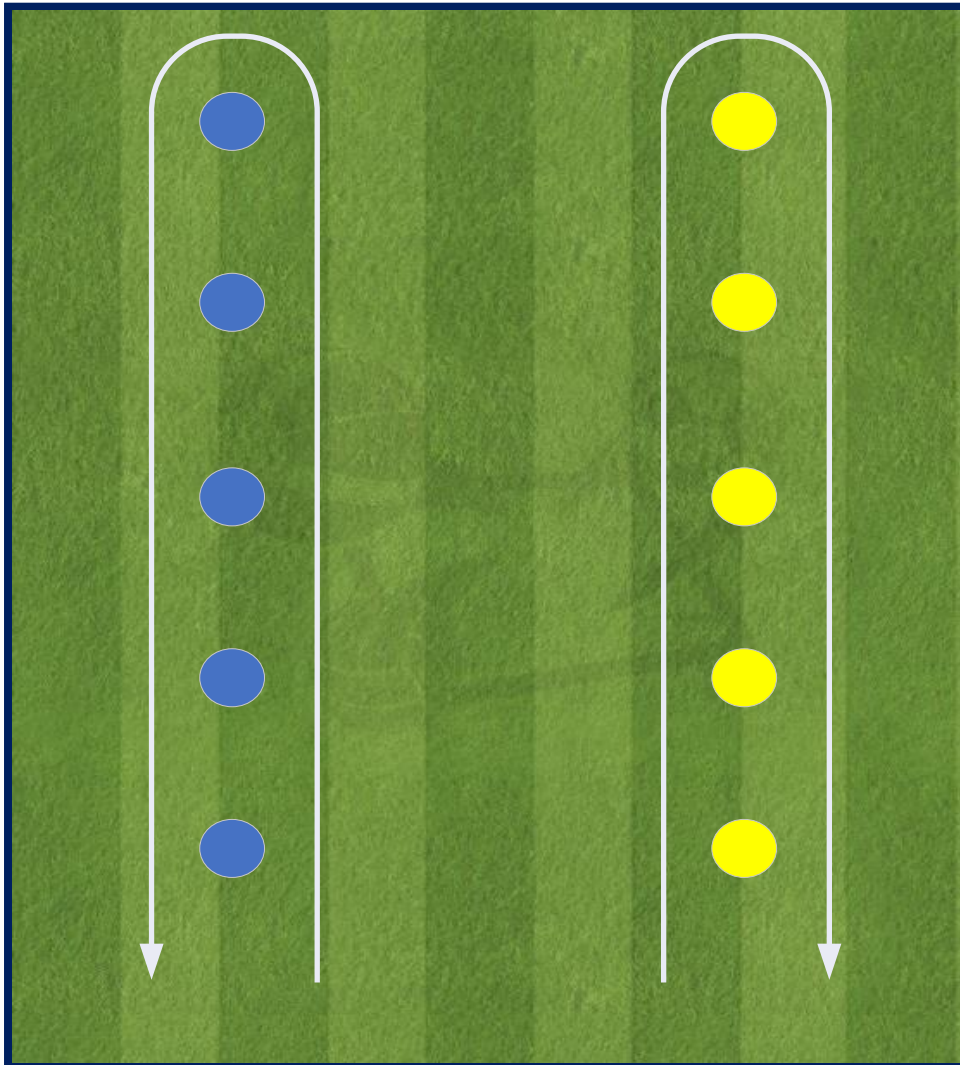
Wells City - Home

**Kick-Off Time:**

12:00

**Arrival Activity/Warm-Up**

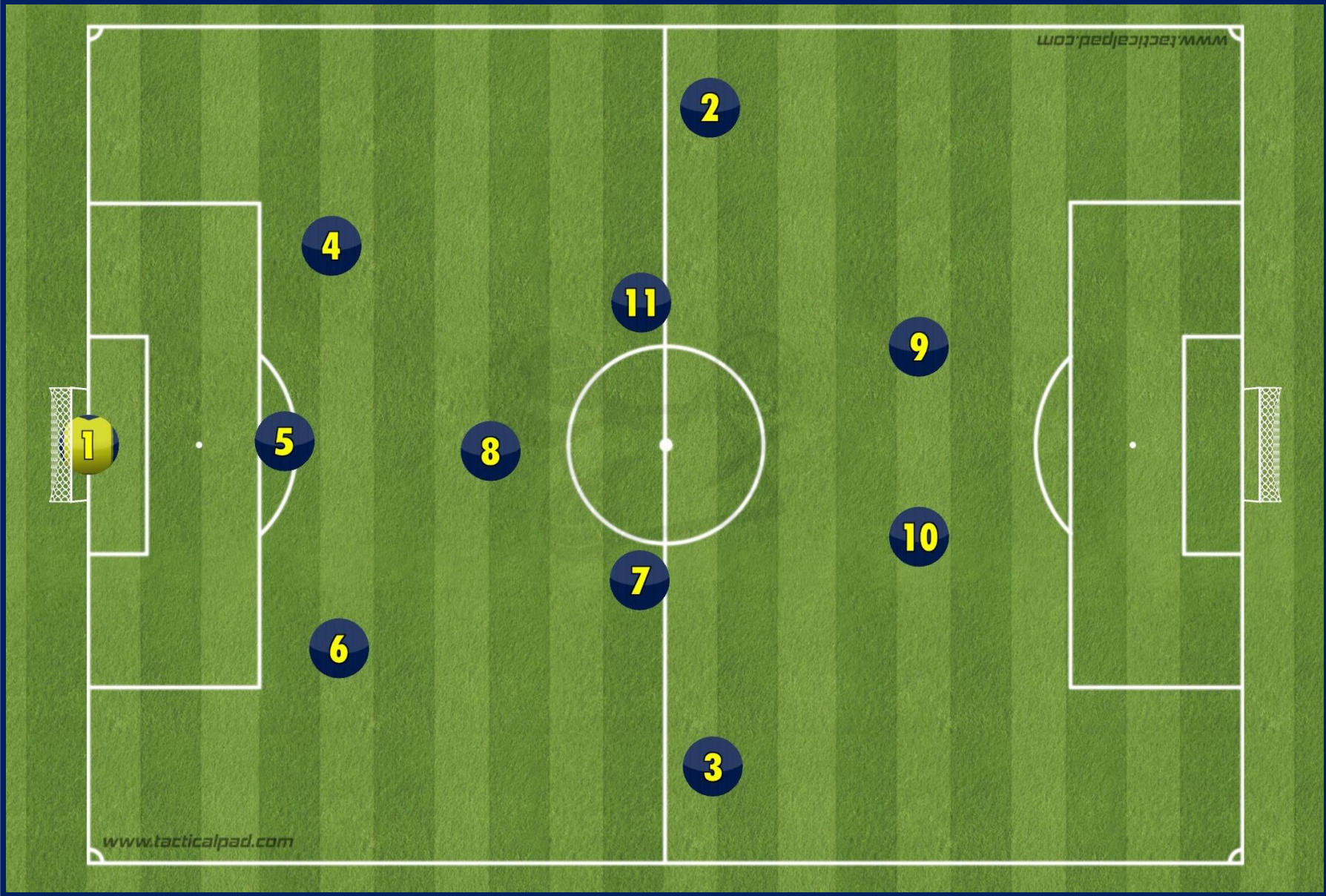
**Squad List**



- 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

Today we set up in our usual starting formation of 1-3-5-2. We know the opposition well as we have played them 3 times already during the season.

We asked the players to implement the work we have been doing recently in training. This has been focused on communications, scanning and having the correct mindset.

The squad arrived and were focused and did the warm up really well.

Our strategy today was to be better at moving the ball out to the wide areas to utilise our fast wing back against a low compact block. This worked really well and the team put in their best performance of the season. Some really good combination play to get the ball wide and lots of ball mastery skills on show.

Confidence was high in the group.

The communications were also very good. A massive improvement since we started working on this area.

We used the Veo camera for this game and the analytical info showed that we had 60% possession, 23 shots on goal, scoring 7 – conversion rate of 1 goal per 3.3 shots. 149 passes completed and possession won 143 times.

The team shape was very good both in and out of possession. The players are really starting to understand and implement the 3 and 5 lanes that we have been working on a lot recently.

Very few negatives today. The only one was failing to press a second ball on the edge of our area which resulted in an unpressurised shot for the opposition which went in off the bar. We will chat to the squad at training this week about this but the players in the central defender positions were not the usually players as we switched positions due to the score and how dominant we were in this game.