

Match-Day Plan – Information

Date: 29 January 2023

Game Duration:

70 Minutes

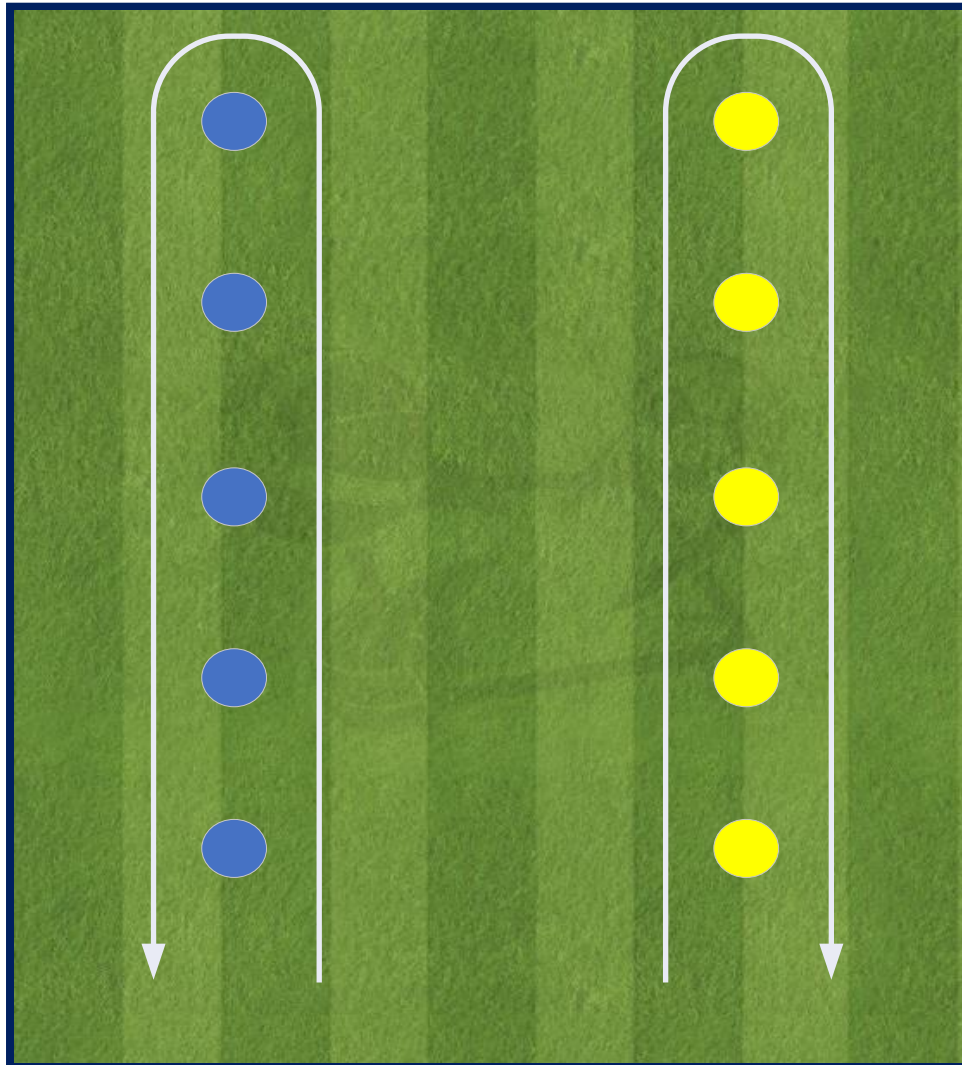
Opposition: Chilcompton - Away

Kick-Off Time:

10:30

Arrival Activity/Warm-Up

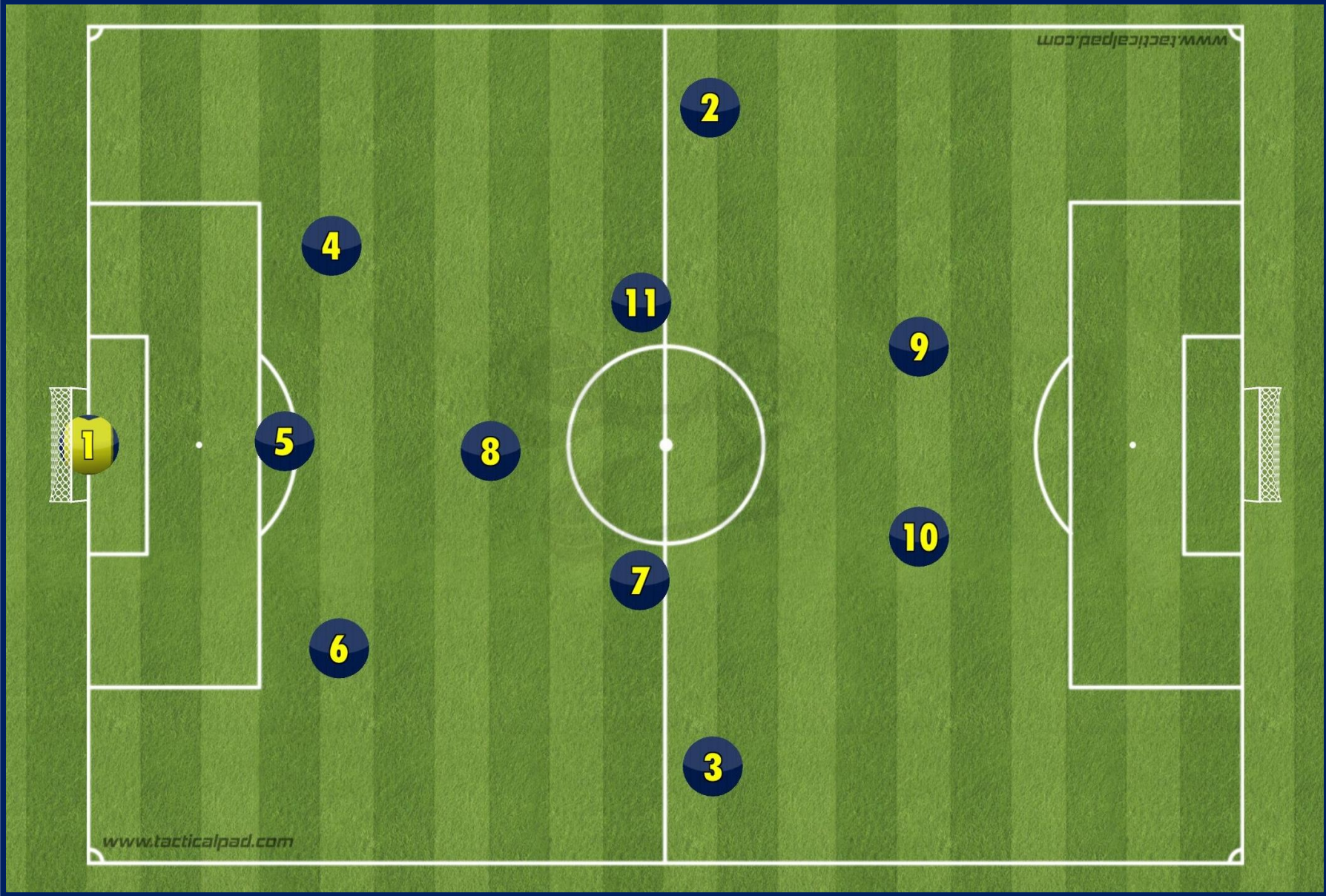
Squad List



- 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:

- Try to keep possession of the ball
- Concentrate on first touch – heavy pitch
- Communicate effectively
- Scan the pitch
- Create passing angles
- Play forwards if there is space to do so

Team Objectives:

- Keep possession – remember, we don't have to always play forwards
- When out of possession, remember to move in units to minimise space
- Look to play out to our wingbacks and create overloads out wide
- Play out from the back if opposition are not pressing too high
- If we are being pressed high, keeper will look to play long

Match-Day Reflections

Reflections

Our first game for a few weeks and it showed. The players were sluggish throughout the game and didn't work hard enough to win the ball back.

Our central defenders seemed timid and were not aggressive in our defensive third.

The pitch was very heavy and our first touch was poor on many occasions which resulted in us being pressed and losing possession regularly.

Our 2 forwards were not working hard enough to keep hold of the ball when it got to the attacking third.

The goal we conceded was down to the defenders not attacking the ball as it went across the 6 yard box and was scored at the far post.

Our first goal was pleasing as we played a fast through ball from midfield to our centre forward who scored with a one touch finish from the edge of the area.

The second goal was also good as we played the ball from the keeper, out to our right wing back who drove into space and played a ball across the goal which was finished by our centre forward.

A difficult match, a long time since we played, heavy pitch, some players unavailable, coming back from one down to win in a top of the table match so on reflection happy but there are things to work on as always.