

# Match-Day Plan – Information

**Date:** 26 February 2023

**Game Duration:**

70 Minutes

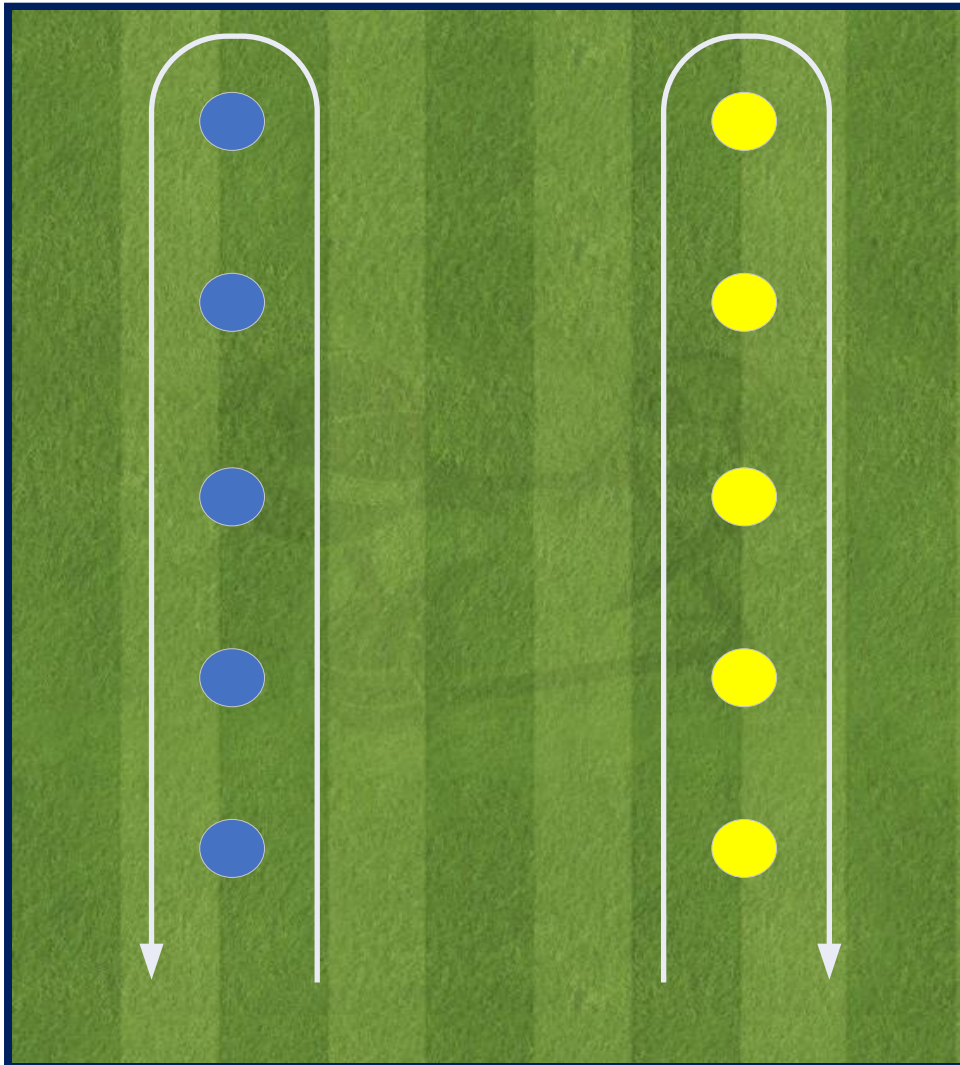
**Opposition:** Wells City - Home

**Kick-Off Time:**

14:30

## Arrival Activity/Warm-Up

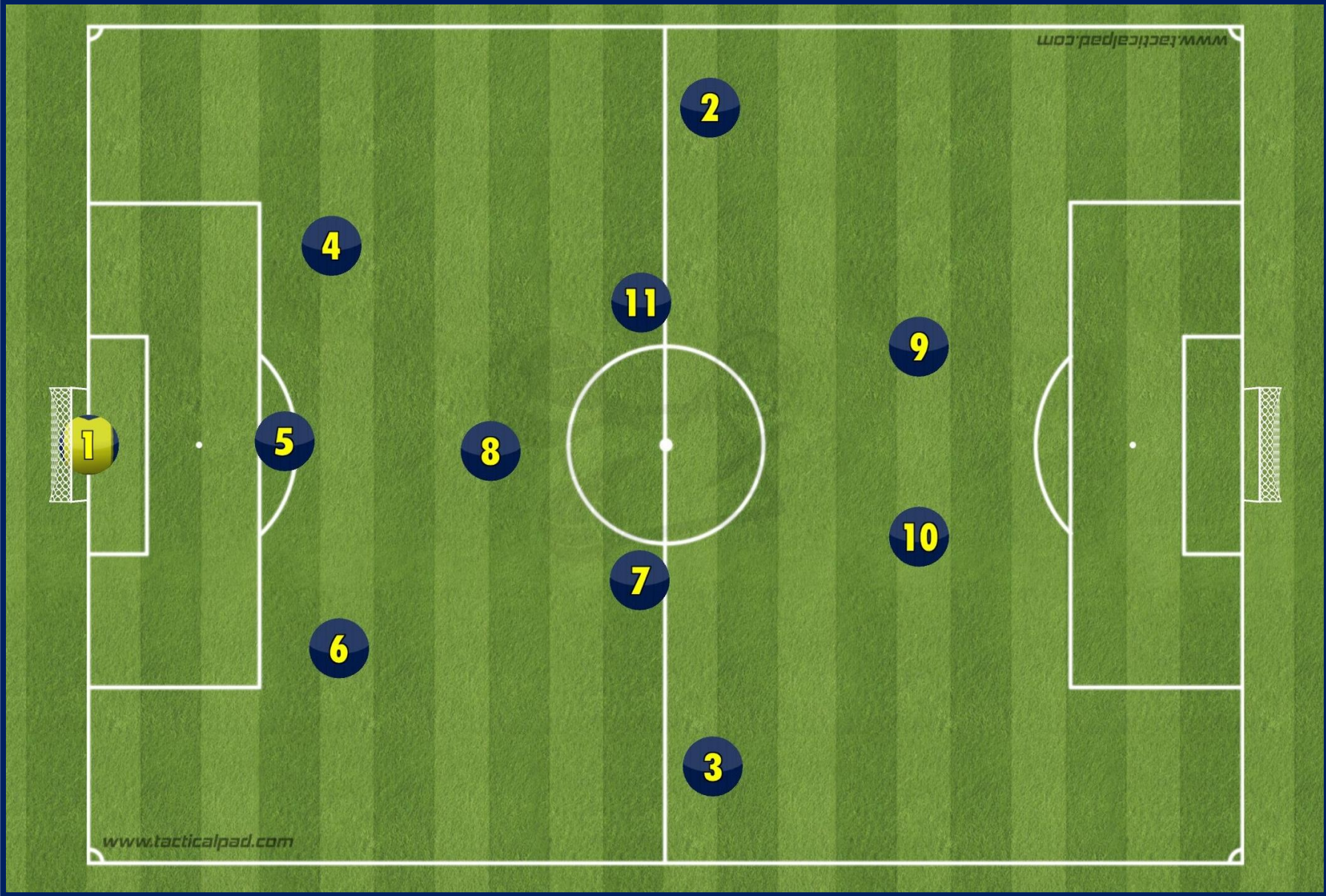
## Squad List



- 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:

- Be more aggressive in pressing the ball
- Ensure you are scanning and know what is around you
- Communicate effectively with your team mates
- Be creative in the attacking third
- Forwards to get their shots off early before keeper can set
- Be aware of your team mates positions, especially when defending

## Team Objectives:

- If the opposition play out from the GK, we will press high
- If the GK kicks long, we will retreat and look to win the ball in midfield
- Look to win the ball back quickly when we are out of possession
- Can we utilise our wing backs when attacking to create overloads
- Implement the work we have been doing – moving into space - IP
- Implement the work we have been doing – defensive compactness - OOP

# Match-Day Reflections

## Reflections

The squad didn't seem on it today. They did a poor warm up and didn't seem to have the right attitude which is unusual for them.

For the first 3 quarters of the match we were poor. We didn't seem to want to press or win the ball back enough. The players looked tired.

We were 1-0 down for 50 minutes, the first time we have been behind all season.

The opposition moved the ball more efficiently and more intelligently but we allowed this to happen.

We played quarters in this match, 4 x 17.5 minutes so at the final break we asked the team to play with more energy, intensity and aggression to win and press the ball. We made 3 changes and these impacted the game.

We scored 4 in the final quarter by working harder and pressing the opposition more.

We were the better side but we were lacking in the psychological corner. Definitely an area for us to work on going forwards.

This game reflected the saying – Hard work beat talent when talent doesn't work hard.

We won the game 4-1 but the lesson today is about how your attitude and approach can effect a performance.