

Match-Day Plan – Information

Date: 05 February 2023

Game Duration:

70 Minutes

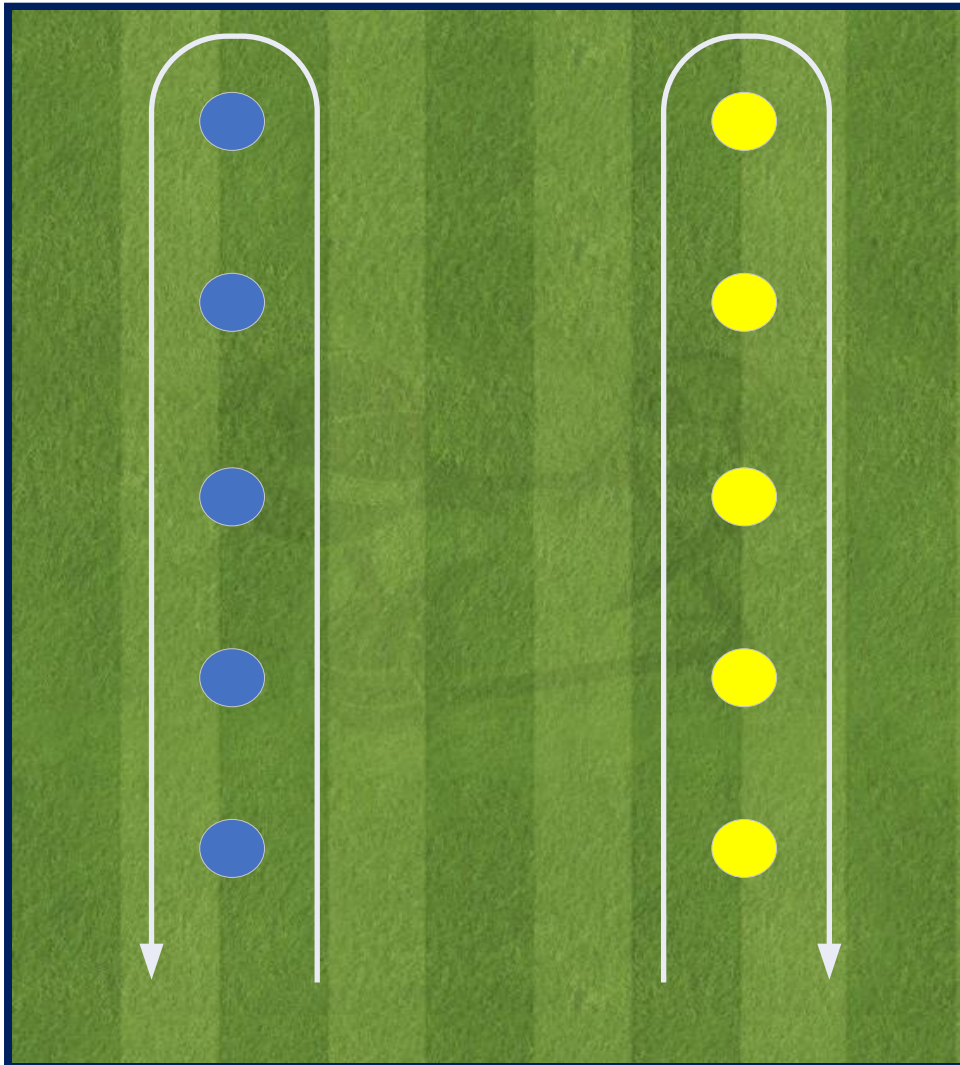
Opposition: Freshford - Home

Kick-Off Time:

14:30

Arrival Activity/Warm-Up

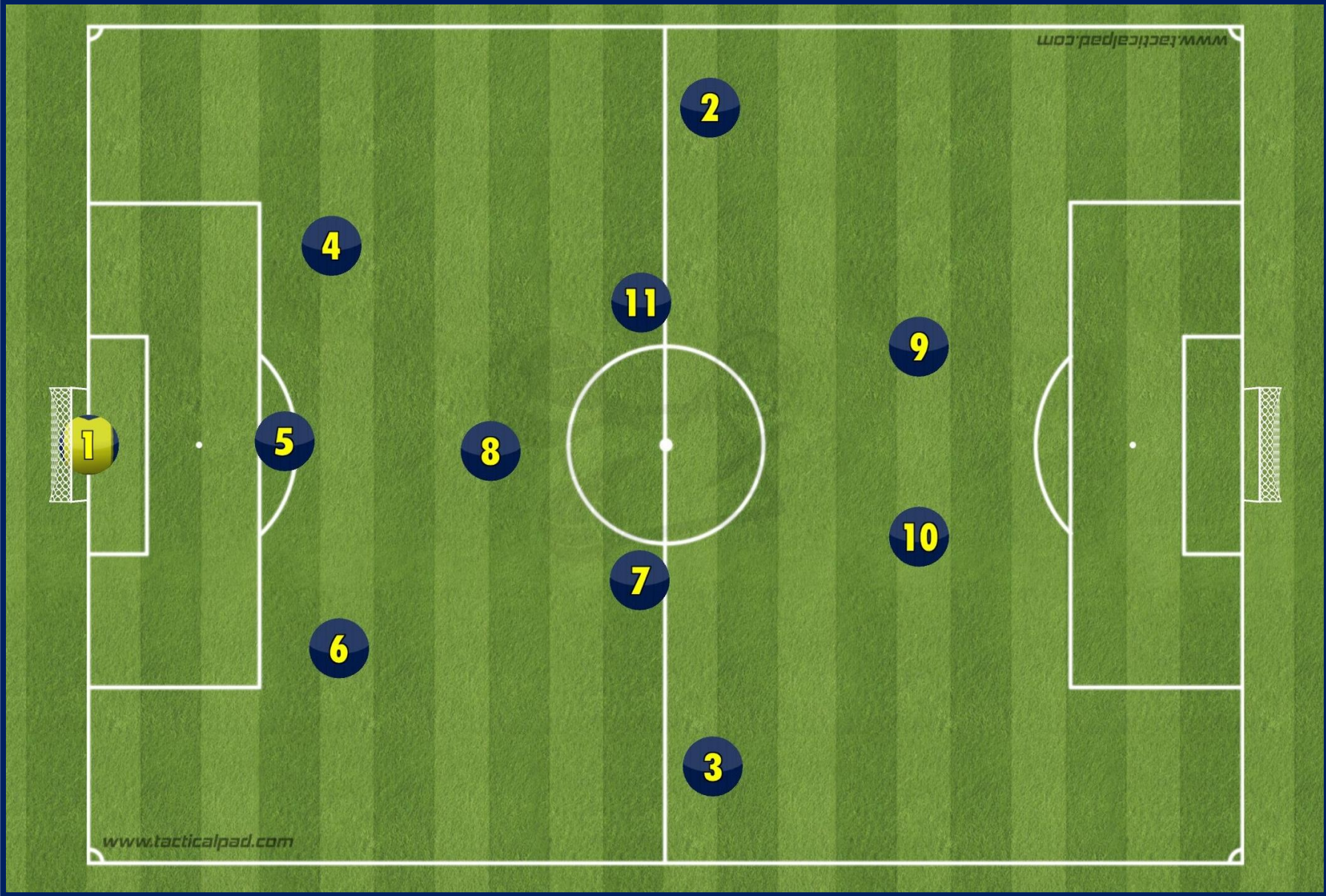
Squad List



- 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 teams mates positions, especially when defending**

Team Objectives:

- **This opposition always play out from the back so press high up the pitch**
- **They also use a very low block so play out from the keeper**
- **Look to win the ball back quickly when we are out of possession**
- **Can we utilise our wing backs when attacking to create overloads**
- **Its likely we will win this game heavily so respect the opposition**

Match-Day Reflections

Reflections

We expected to be quite dominant in this game as we won 12-2 against them last time.

We set up as usual in our 1-3-5-2 formation. The opposition did not press at all when we had goal kicks so we instructed the players to play out from the back and look to get the ball out to our wing backs. The opposition played a very low block which allowed us a lot of space in front of them.

The players were a lot more aggressive when we were out of possession, something we did not do well in the previous game.

The difference in ability was clear to see and we took to the lead very early on and continued to score a lot of goals and the first half finished 10-0.

A mixture of us playing well and the opposition struggling allowed us to be creative in the final third. Some good play around the box. One-Two's and some individual skill opened them up on numerous occasions.

In the second half we changed everyone's position. Defenders played in attack and vice versa. The players responded well to this. We asked the players to continue to respect the opposition and to play normally.

A much better attitude and performance following a poor performance in the previous game.