

Match-Day Plan – Information

Date: 13 November 2022

Game Duration:

70 Minutes

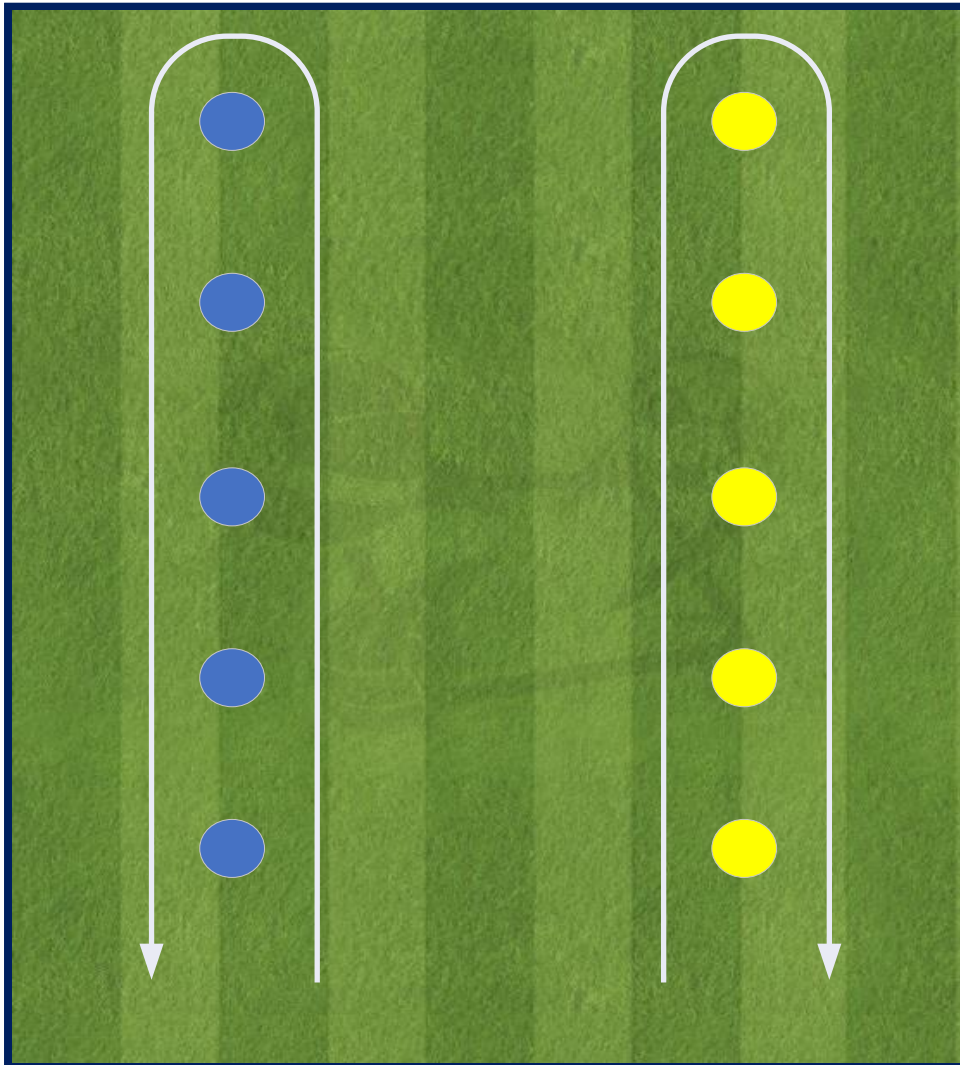
Opposition: Wells City - Away

Kick-Off Time:

11:00

Arrival Activity/Warm-Up

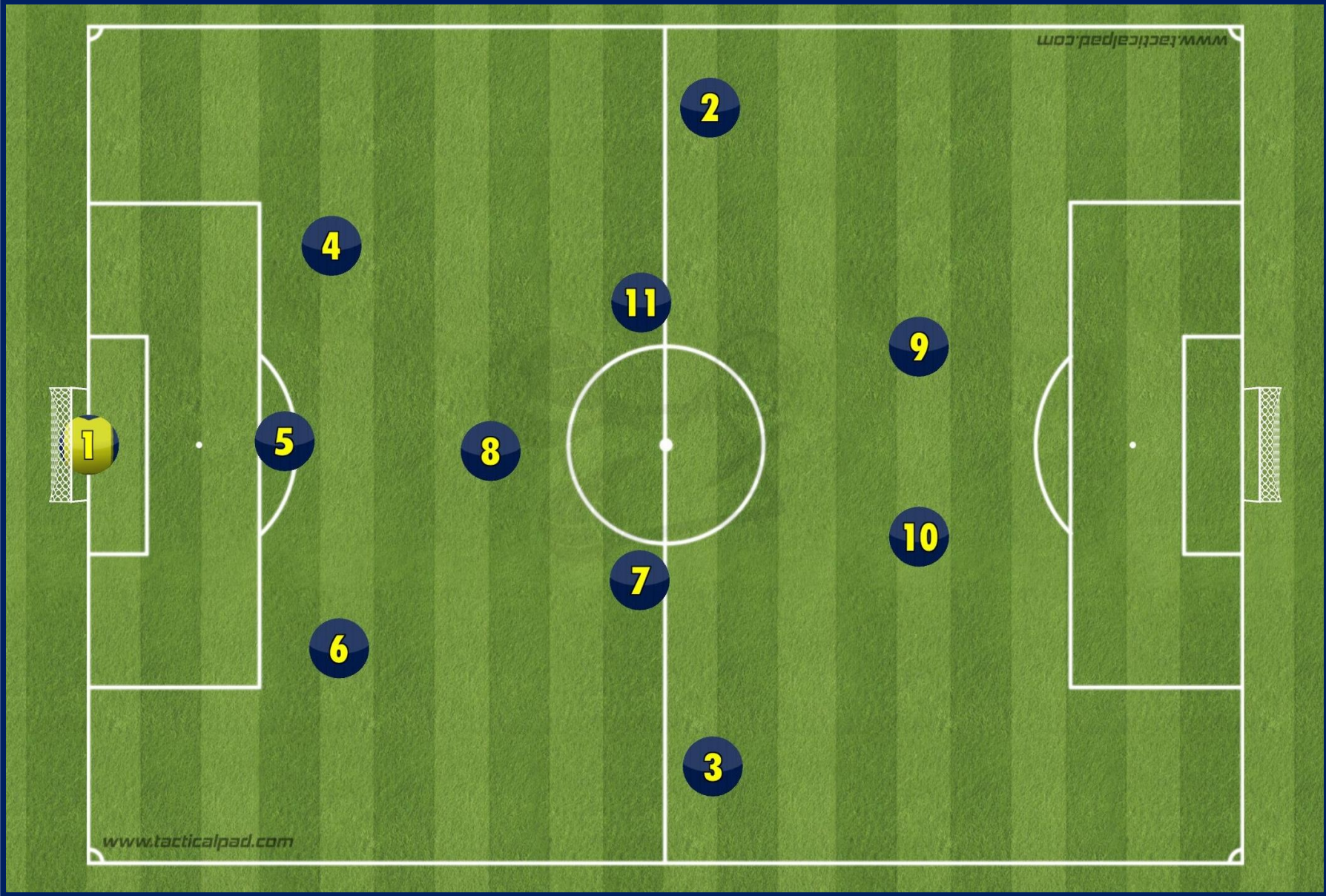
Squad List



- 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:

- **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

A lot of good positive play down our right hand side. Goalkeeper seems to prefer playing out on that side.

Goalkeeper continued to be vocal today.

Wing backs positioning was better by getting wider when we had the ball to give us space an options.

The space between the defence and midfield was good again this week.

We are improving on being compact when out of possession.

Forwards taking on shots a lot earlier now which resulted in 5 goals.

The space between centre backs was small this week again.

Good communications again today.