

Starting 11

Captain - **R.PARRY**

Corner taker - **J.UNWIN**

D Freekick - **J.UNWIN**

ID Freekick - **J.UNWIN**



Defence

Centre Backs

R.PARRY & C.WELLS are almost entirely focused on defence. You are responsible for marking the middle of the penalty area (Protect the danger area), covering and closing down the opposition's strikers. You have few offensive obligations, help control possession and play the ball out from the back.

- Communicate with your CM and full backs to manage the opponents threats, does our midfield need to sit deeper/higher? If we commit our fullbacks do we need a CM to sit within the defensive line and narrow our midfield?

- Be confident to get on the ball in deep areas. Look for those passes into midfield and wide areas. Do not force play thou, if we need to stretch play turn the opponents Fullbacks

- Remain defensively resilient. Do not get drawn into 1-1 battles, Think, do we need to attack the first ball if its head height with their back to goal.

C.WELLS to attack the first ball with **R.PARRY** effectively sweeping behind.

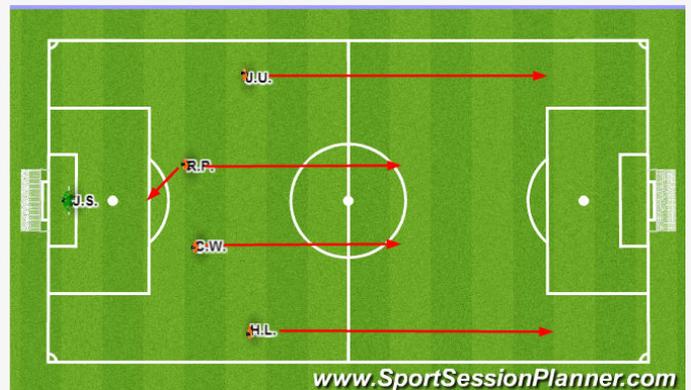
Fullbacks

Unlike **R.PARRY & C.WELLS**, you have a some offensive responsibility, however I firstly want to make sure we are defensively resilient. With prolonged possession, we are looking for **H.LEIGH & J.UNWIN** to press forward to support our wingers in wide play, providing overlapping runs. Think about your forward commitment, if one commits does the other need to remain? We dont want to leave a 2v2 situation.

- Stretch the pitch, providing passing angles from the back. Be confident to get onto the ball, looking for passes into the channels behind the fullback and CM.

- Manage your wingers, do they need to sit deeper to protect overloads? Do you need them off of your toes providing a counter threat.

- In transition of play make sure you recover/retreat at pace to get back into our defensive line. Tuck in tight with **R.PARRY & C.WELLS** minimising the spaces between bodies.



Midfield

Centre Midfield

P.LONG & M.TUTHILL shield and protect the centre-backs, and close down the opposition's more advanced midfielders. Look for opportunities to effectively press the ball and overturn possession.

Offensively, you need to help play the ball out of the back, linking the defence with the attack. Should you be faced with a midfield overload, pull back **L.STAINTHORPE** to cover the deepest lying midfielder CDM.

- Control possession, moving the ball laterally from touchline to touchline and getting the ball forward for the wingers and strikers. Constantly looking for space to receive the ball. Play confidently but keep it simple.

- Play off of each other, looking for angles to support each other.

- M.TUTHILL** to provide forward runs when we have sustained pressure in the attacking 3rd. Be mindful of your recovery runs to support **P.LONG** in CM. Primarily I want you to master your defensive responsibilities, then think about the attack.

Wingers

The formation demands a high energy from both **C.WILSON & R.DIAMOND** as you are required to give our midfield a defensive shape, and offensively you are to support attacks in the wide areas.

- Offensively look to make runs beyond the opposition fullback, with and without the ball

- Can you effectively cut inside to create a direct goal threat? Playing into the channel in the penalty area between the opposing full-backs and centre-backs. Can you link up with your fullback to create 2v1 overloads in the wide areas.

- Firstly master your defensive responsibility. In transition, be quick to get back into the midfield line. We don't defend the full width of the pitch, if the ball is on the touchline of our RM, our LM should be around the centre of the pitch. Think about your positioning.



Strikers

Strikers

L.STAINTHORPE & B.McARDLE working on the last man stretching play to provide a constant threat both to feet and beyond the defence.

- Out of possession work as a pair to lead the team's high press, limiting the defence's time on the ball, think about your positioning in dictating where the opponent can play the ball.

- Remain a central option for balls into space behind the defence. Keep alive to chasing second balls and lost causes to force mistakes.

- Look to take your shots early. If you create a yard of space, take your shot.

L.STAINTHORPE should pull back to cover the CDM and the overload becomes problematic, come in to defend against the deepest lying players.



Defending Corner

H.LEIGH and **J.UWNIN** to take posts

B.McARDLE in centre of the park

L.STAINTHORPE on the half way

It's imperative you 2 stay high to occupy 3 defenders to ensure we aren't overrun by attackers. DO NOT get dragged into the box to man mark, remain positive dictating their defensive shape from set pieces.

Short corner to be managed by man marker, and front post man.

MAN FOR MAN. Take responsibility for your marker on the first delivery, and he doesn't get a clean ball all game.

6 Defending corner man for man. Front post man to take



responsibility for any low driven balls.

Att Corner

Do not leave a 2 v 2 at the back, make sure we have a man over what attack they keep.

H.LEIGH & R.DIAMOND to remain as the first 2 in defence.

Should POOL Commit 2 forward **M'.TUTHILL** to join the defending unit, with one of the ATT players filling the void left at the edge of the box.

L.STAINTHORPE to take mark the keeper.

Wingers, if its one your side, ATT the front of the 6 yard box, the farside winger to remain in the back space between the 6yard and 18, for any overhit balls.

Remainder bunch on the edge of the 18 yard box, and attack the space on the signal of **J.UWNIN**.



Playing from the back

In the last game I felt our default approach to a deadball situation was to play the ball long. This is fine, at times, however it is uncontrollable with a 40/50 yard ball struck by SENIOR with a 50/50 chance of winning possession.

Think about our movement when SENIOR has possession. Look at our starting position, and on a trigger from SENIOR move at pace with your directional arrow. This gives us maximum possibilities to play the ball from the back, before reverting to a 'long ball'. You can not be static, this makes it easy for Kirk Deighton to pick up our men.

