



AFC Breakers Match Day Preparation



Mark Christie

6 pillars for match preparation

Preparing the Body

1. Nutrition
2. Technique Preparation
3. Individual Tactical
4. Team Tactical
5. Mental Skills
6. Social Skills

→ Long Term Goal

Players take full responsibility

→ Short Term Goal

Parent support and guide slightly

Preparing the Body

Foam Roll 10 minutes

<https://www.youtube.com/watch?v=IBctHKU2KPA>

<https://www.youtube.com/watch?v=Yk2OzLLtrpw>

Mobility Exercises

<https://www.youtube.com/watch?v=A5pZbUI5Uuk>

<https://www.youtube.com/watch?v=PZ1kSj7is6Q>

Yoga 10 to 15 minutes

https://www.youtube.com/watch?v=P2BO0d_IhIA

<https://www.youtube.com/watch?v=IviVpGL2zjQ>

Nutrition

What foods will help me? What food will hinder me?

Go to Parent foods on a pre game night?

Fish or Chicken

Brown Rice or Pasta

Vegetables

Desert can be Fruit

Drink more Water

Technique Preparation

1

THE PLANT FOOT

Plant your foot in a vertical line slightly away from the ball and slightly behind. Knee slightly Bent. Secret weapon (activate glut)

2

ARM OUT FOR BALANCE

The Plant foot should be linked with an outstretched arm to aid balance

3

HIP OPEN

Make sure the hip is completely open and horizontal

4

TOE POINTED SLIGHTLY UP

almost horizontal but a slight lift up



5

PUNCH THE MIDDLE OF THE BALL

Tip

If working on shooting the night before a game. Remember it's the most explosive action in soccer so keep reps to around 10 to 20 max. Then make sure to warm up and warm down / stretch after.

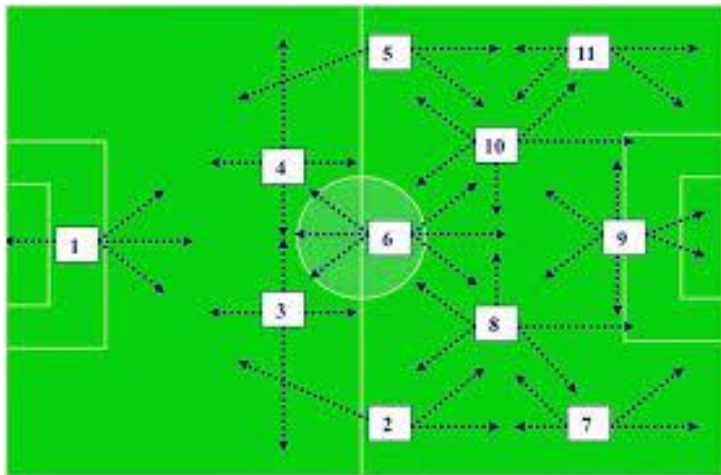
1. 5 minute reminder on passing technique
2. 5 to 10 minutes of dribbling with a small ball for brain to foot micro speed

<https://www.youtube.com/watch?v=NMfLJynwyTk>

3. Juggling or soccer tennis to sharpen touch

Positional Work

Create a small 11v11 field and think about the area in the field you will likely play?



Find players that play in your son's position and encourage him to study clips and to think about movements, decisions they make and mimic them on a Friday in a controlled way.

Tip

Think about your role when we have the ball at other positions.

For example, where do you stand at a Goal Kick.

What type of movements can you make?

Who could you pass to next?

Where is the defender likely to be?

Rehearse Mental and Social Skills

Rehearse Focus in the Warm Up (Listening to the Coach in the warm up and taking that info into the Game) **Eyes on Coach. Write down notes in your notebook. Become a learning machine**

- Did you Focus in the Warm Up?
10 Points

Rehearse making unselfish runs for the team on a friday night. Dragging defenders away to create space for others.

- Did you make any unselfish runs for the team today?
20 points

Rehearse working back to prevent the opposition from scoring or helping support your keeper or defense.

- Did you run back and help stop an attack?
20 points

Rehearse being stronger than your opponent in 1v1 duels and using all of your body to win those 1v1 battles. Especially at Corners, Throw Ins and Free Kicks.

- Did you stay focused and remember to always battle against your direct mark?
30 points

Motivation and Goal Setting

- Are you motivated for tomorrow's game?
- What are your personal goals for the game?

Rehearse what positive body language looks like to a coach and teammate

- Did you show enthusiasm, positive body language and a willingness to get each drill started?
10 points

Rehearse moving into space and shouting clearly for the ball at the right time?

Practice communication and confidence

1 Shout of pass, ball or cross at the right time is better than 10 random shouts all the time.

Alternatively you can calmly let teammates know with concise information. I'm back if you need, I'm on your left etc...

- Did you shout for the ball at least 20 times today?
20 points

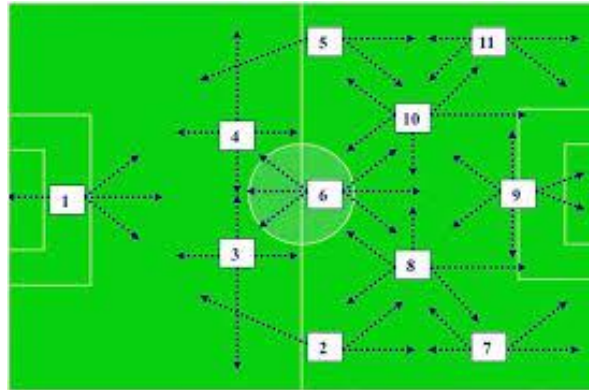
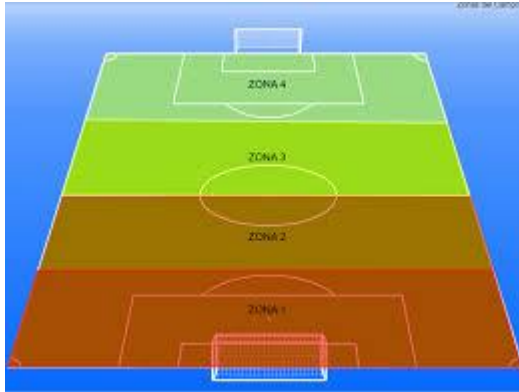
Rehearse 5 to 10 phrases that could build your teammate up?

- Did you build players up today and praise their effort?

10 points

Team Tactical Plan

Typically this will be done by the Coach on the field or in Zoom session. Players should bring a notebook and pen/pencil to the session.



5 moments of the game

We Have the Ball

Which zone? 1 near
Goal, 4 near their
Goal

They Have the Ball

Which zone ? 4
Near their Goal?
1 Near Us?

We have it then lose it?

Which zone?

Set Pieces for them

Which zone?

They have it and then we win it back

Which zone?

TEAM TACTICAL CONCEPTS that will continually be part of our Style

Pressing

Red - High Aggressive Press

Blue - Midfield Drop / Keeper and Defense check before you press (check who is with you and who they might pass to behind you)
Step. Compact unit waiting for a mistake

Yellow - Everyone drops deep into our half to defend

In Possession

Fake Outside then Play Inside
Play Outside At Speed
Play inside to switch Field
Find Other Side
Play Inside to Goal
Play inside then Reset
Play Inside then Back Outside on same Side

Individual Mindset

Do the simple things quickly. If there is an open player in a good position play in minimal touches with High Quality Execution.

Be confident and unpredictable. If there is no open player be confident to beat your direct opponent, dribble back, dribble laterally or disguise your pass.

TEAM TACTICAL CONCEPTS Continued

Set Pieces

4 Ways to Beat an Opponent

Always be looking for opponents weakness (Team and Individual)

- ★ Over the Top
If they play a high line
- ★ Around them
If they have weak full backs
- ★ In front of them
If there is space to dribble diagonally in front of back 4
- ★ Through them
If they leave space between the back 4

SHORT - Always watch out for Short corners.
Always 2 v 2

SIZES - Always be ready to man mark someone your size at a set play. Leave no one free.

BALL, MAN, GOAL - Always know where the ball is, make contact with your man in a crouched, ready to move position, know where the goal you shoot into is.

MAKE CONTACT - always be ready to push and make impact. Think ahead. Where is he likely to move to.

3, 4 or 5 MAN WALL - When Defending Freekicks. Make Wall Quickly. Always get the Line of Defence in line with the wall so the Keeper has a clear space to come out and attack the ball. Keep Best Headers of the Ball in the Central most dangerous area.

Throw-Ins

Sandwich key players - one in front and one behind of WInger, Striker and Best AM.

ATTACKING CORNERS

Always 2 v1

ATTACKING THROW INS

Always Width, Depth and Decoys