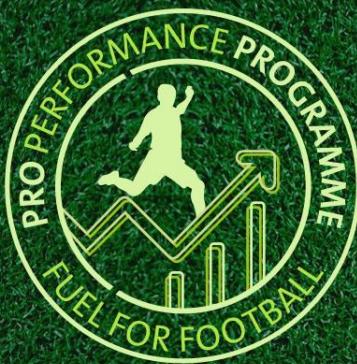




# KYLE DEGELMAN





## FUEL FOR FOOTBALL

*Change The Game*



**Kirivong 0 – 2 National Defence**

(25/10/2025)



## OVERVIEW

On a personal level, you had a performance that improved as the game went on and you got more comfortable, although you were also mostly strong after coming on.

Offensively, we can mainly suggest certain actions to continue applying as consistently as possible in order to have the biggest impact possible. For example, when you drive out and take up space in front, you have shown the comfortability on the ball to break down the opposition. Whether finding a forward option, or cutting back on yourself to change the angle before playing, you were able to cut through their midfield line successfully on many occasions. You also made a good impression with your balls into the half-spaces, which were mostly successful. The only pass that needed work was that of the one spun down the side of the defence. Of course, at times it was your striker's lack of movement leading to the loss. It is possible to be more consistent with the trajectory and spin on these personally too. Defensively, you made some important blocks on both crosses and shots, as well as tracked runs correctly down the sides too. Issues generally came from distances, where you can still tweak your decision-making to better close opponents down and without compromising yourself. Overall, with an improvement to your footwork, you can be very effective on this side of play too. Then, finally, the aerial duels continue to be an area for improvement. These looked better than previous games, but still require some work to get to the level required.

## STRENGTHS & AREAS FOR IMPROVEMENT

- *Tracking runs down the sides*
- *Blocking shots*
- *Long balls*
- *Playing through the half-space*
- *Aerial duels*
- *Defensive distances*
- *Footwork in duels*





## ► GAME ANALYSIS

### ***FOOTWORK & DISTANCES***

With the goal conceded, while not directly your fault or particularly bad defending, the aim is to close distances as best as possible so that you do not allow shots and block as many as physically possible. On closer inspection, there is a footwork tweak that can allow you to do this and speaks to a larger biomechanical issue. Although not uncommon to see, it is fixable and the best do it less often. Currently, on a change of direction, you plant your back foot behind you before pushing off.



While this gives a nice natural accelerative position, it is slower to cover short distances than simply falling into the next action. You can work on this in the gym with exercises like unilateral and bilateral deceleration, as well as various plyos and change of direction drills. On the turn, keep your weight on the front foot and fall forwards, catching yourself with steps. This will allow you to get that bit tighter in a moment like this to be able to get the block in.



## ► GAME ANALYSIS

### *FOOTWORK & DISTANCES*

There was one other dangerous shot that could have been prevented in this way. It is important to have you accelerative mechanics as fine-tuned as possible, as there is always a faster opponent to contend with where these details make all the difference.



In part, there was a slight delayed reaction here that could also have made a difference. The main focus was the backward plant step though, in place of bringing the corresponding hip around the corner to fall into the step going in the correct direction. Both in combination can at minimum allow you to get tight enough to use your arms and body, at which point you will have no issue in the strength battle to get back in front and tight to opponents where tackles or blocks are easier.



## ► GAME ANALYSIS

### BLOCKING SHOTS

Considering the other situations where you were able to get important blocks in on shots, we can see that you have a good crossover step and drop step. The crossover step is where you bring your back leg across the front to efficiently generate power while being able to open at the hip after. The drop step is where you take a shorter stride inbetween while moving to contain and protect against the change of direction while still retaining energy for continuing in the same direction.



Although it is important to continue developing your ability to generate power physically from pushing through the ground, the strides themselves are fairly efficient on these and hence led into good blocks.



## ► GAME ANALYSIS

### ***COVERING SPACE***

For your tracking of runs and covering space in behind the defence, we were really pleased with the reading of play in all other situations. You dropped at the right points and covered teammates adequately.



This was another important block, made by getting back and covering around. Notice the difference once the distance had been closed. Against these opponents, you have no issues making the regain given their panicked play under pressure, such as here forcing it where you could easily stop the ball.



## ► GAME ANALYSIS

### ***OVERCOMMITTING***

Despite this, your only major mistake in the game came after tracking a run down the side. In attempting to block a cross, you went to ground unnecessarily and was therefore baited by the feint and taken out of the game.



For sure, in hindsight you would take a different approach, however it was important to read the situation live anyway. Having closed the distance, the same approach of drop steps and crossover steps if necessary, would have done the job without overcommitting to one action. You can get bigger without putting too much weight into the steps or going to ground.



## ► GAME ANALYSIS

### AERIAL DUELS

Aerially there is still room for improvement, although you are doing a greater job overall. The main example to consider is the one below where you did enough to make contact and affect the ball, but should not allow anything going back towards your own goal as an end result.



Firstly, you did a good job gaining the ground position while nudging the opponent forward, although could have done more with your arms at the end. To avoid fouling, this does not need to be a full arm extension, but an elbow or forearm push to get the separation and most importantly to make it difficult for them to make contact on the ball is important. Waiting until the last moment for that final extra push or shove takes them away from the line of the ball. The other point here is just to keep your eye on the ball until the very last moment. Sometimes you are taking your vision off it early and hence do not get as clean a contact as necessary.



## ► GAME ANALYSIS

### AERIAL DUELS

You do have good use of your body and arms in other situations, especially against opponents that are often not adept in the use of their own. Making this consistent and knowing which tricks to use for each scenario will allow you to win the ball more often.



Although the initial balance was off and could improve at your base, the upper body hold was good. Turning this into a stiff arm after was even better, while the touch against the motion showed great composure. This of course led into a great pass up the pitch to turn a defensive situation into a great attacking one in only a few moments.



## ► GAME ANALYSIS

### ***CREATING NEW ANGLES***

Offensively, it was pleasing performance, with multiple well executed forward passes breaking lines. Continue to play assertively and with confidence in this direction. For the most part, it is just looking at what you did well and continuing to take opportunities to execute on these.



Whenever you have space ahead and have not already identified a passing option to play out, start driving forwards with the ball at your feet. As we can see, even if the gaps ahead close off, something as simple as a cut on the ball or dragback can be enough to then find the passing line.



## ► GAME ANALYSIS

### DISTRIBUTION

In addition to this, keep breaking lines with impunity as your passing technique combined with the fact that gaps are always there to be exploited either early, or with a simple change of direction, mean that you are a primary offensive threat.



Overall, you made mostly strong passes with both good selection and execution. These could instantly turn playing out into potential second assists. The one ball that required improvement was the one spun down the side. Although your striker not moving was to play with some of these, a more direct trajectory with good internal spin is needed too. Avoid floating it in where possible as that makes it twice as hard to hold up for your forward and much less likely to turn into a drive down the side.