



Character  
Commitment  
Development  
Family  
Involved

## One Knox SC Team Sheet: Saturday 2 March 2024

#1 GK	Charlie Farrar
#5 RB	Roger Sanguinetti
#7 CF	Michael Wilkerson
#11 RAM	Seth Hammond
#13 CAM	Rinta Takagi
#21 LCB	Emilio Figueroa
#23 CM	Xander Naguib
#25 RCB	Benian Yao
#29 LAM	Pablo Obrador
#33 LB	Myles Edmondson - Captain
#34 CM	Edvin Grolimund

### Subs

#2 Heath Flathau  
#6 Louis Beckett  
#8 Jack Steel  
#14 Aysa Hamid  
#22 Jackson Minneci  
#35 Nathan Montini  
#45 Ian McGill





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## Out-of-Possession

### Principles/Tactics:

- High Press with no central lanes available or open

## In-Possession

### Principles/Tactics:

- Change point of attack
- Attack in behind to open up spaces to play
- Ball speed – do not let it die

## Transition

### Principles/Tactics:

- Counter-Press: Positive reactions
- Quick & Kill v Calm & Composed

## Match Goals

- ✓ Attacking: Create two chances each half from overloads in wide areas
- ✓ Change point of attack three times each half
- ✓ Defending: Allow no more than 5 shots each half
- ✓ Set Piece Clean Sheet – every 10 minutes
- ✓ Transition: positive reactions – DEFEND TO CREATE

Be Positive – Believe – Do the Work: Strive for Excellence





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## Lipscomb Team Sheet: Saturday 2 March 2024

<b>#2 RB</b>	<b>Heath Flathau - Captain</b>
<b>#6 CM</b>	<b>Louis Beckett</b>
<b>#8 CM</b>	<b>Jack Steel</b>
<b>#12 LB</b>	<b>Miller Hayden</b>
<b>#17 CAM</b>	<b>Keegan Peat</b>
<b>#20 LAM</b>	<b>Sergio Báguena</b>
<b>#21 RCB</b>	<b>Emilio Figueroa</b>
<b>#22 RAM</b>	<b>Jackson Minneci</b>
<b>#28 LAM</b>	<b>Isaac Wetzel</b>
<b>#35 LCB</b>	<b>Nathan Montini</b>
<b>#45 GK</b>	<b>Ian McGill - Captain</b>

### Subs

#5 Roger Sanguinetti  
#14 Aysa Hamid  
#16 Jaden Berman  
#23 Xander Naguib  
#25 Benian Yao  
#29 Pablo Obrador  
#30 Adrian Najarro  
#31 AJ Bengds  
#34 Edvin Grolimund

Starting XI

1-4-2-3-1





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## Transition

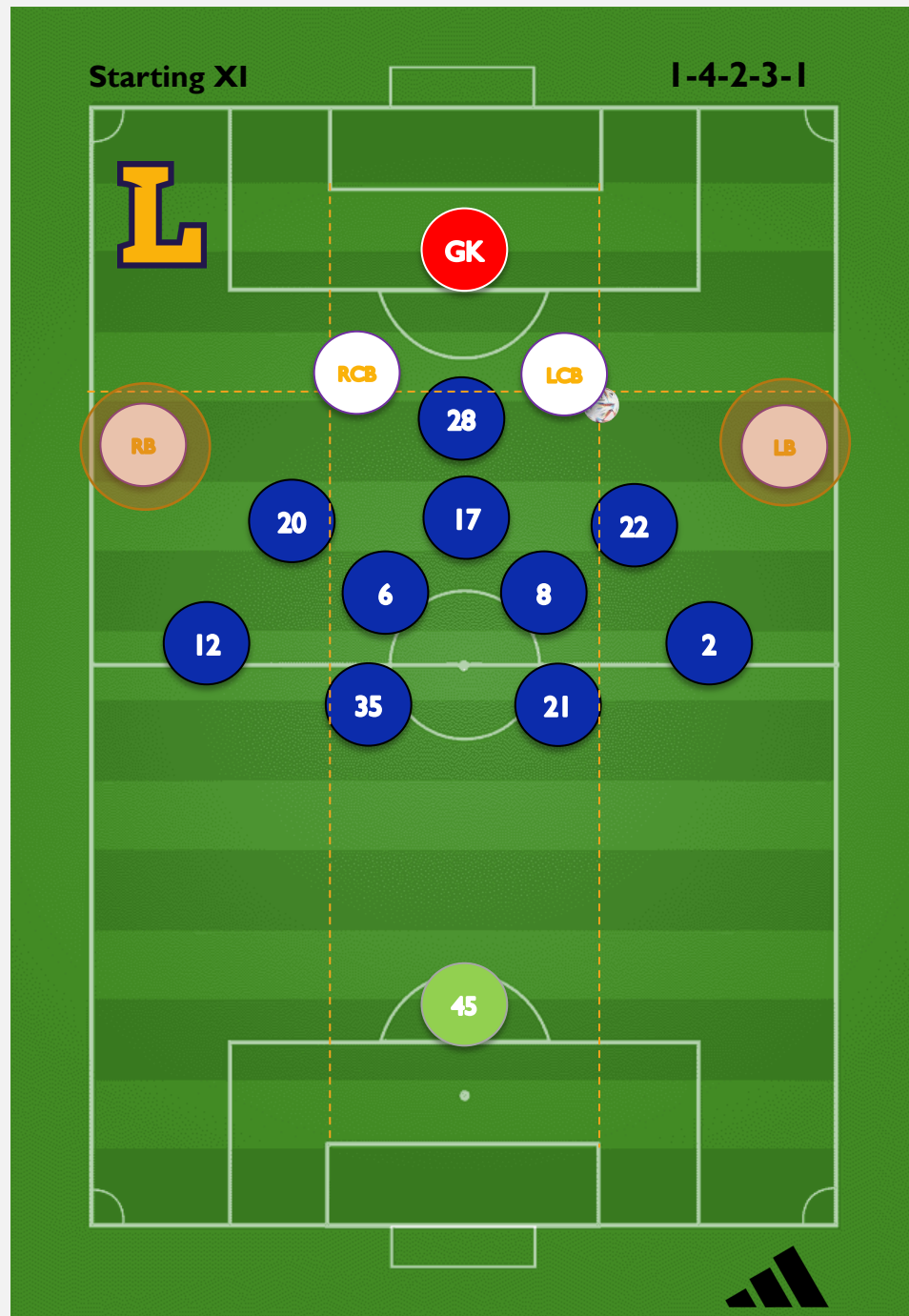
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# Final Ideas

## Attacking – In Possession

- **AGGRESSIVENESS** to attack
- Be simple and stick to basics in attacking – want the ball and be positive
- Bravery - shorten the passing lanes when under pressure to get it moving quicker out of pressing moments - show intent with playing forward then **ATTACK THE GOAL: THE BALL WON'T TIRE**
- Good CPOA

## Defending – Out of Possession

- **INTENSITY** to run
- **DEFEND TO CREATE:** Line 1: 5-8 yards off the top of the 18 – High Press
  - Reduce space between our lines
  - Pressing Triggers: Throw-ins, Outside backs – correct moments
- Communicate and win 1v1 moments
- Adapt shape, jump press moments, and defending based on opposition & their shape

## Transitional Moments

- **REACTIONS** to win the transitional moments
- **COUNTER-PRESS** – Positive Reactions to get after them – nearest three to the ball go right away - **KEY TO THE GAMES**
- Connect our first pass in a transitional moment – good shape to have possession and rotate it out of pressure to retain possession

## Set Pieces

- Attacking – good service and aggressive runs to attack the ball
- Defending – **FIRST CONTACT & FIRST TO THE BALL – MASSIVE KEY TO THE GAMES**

“One person in pursuit of excellence raises the standards of everyone around them. And as they strive for greatness, they bring out the greatness in others. Be that one person today.”

**Be Positive – Believe – Do the Work: Strive for Excellence**