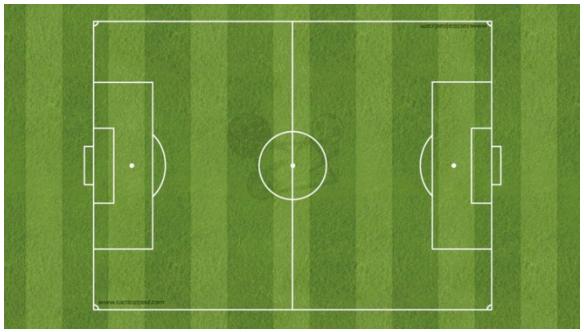
SHFC vs Newbury Forest Blues

Date: 23rd Oct 16
Team: U18
Kick Off: 1400
Location: Hackney Marshes

Pre Match Schedule	
1245	Arrival & Change
1300	Nets & Personal Warm Up
1315	Dynamic Stretches & Short Passing
1325	Line Ups & Tactical Summary
1335	SSG#1 – Medium Intensity
1345	SSG#2 – High intensity
1355	Final Words: 3 Key Point Recap
1400	Kick Off

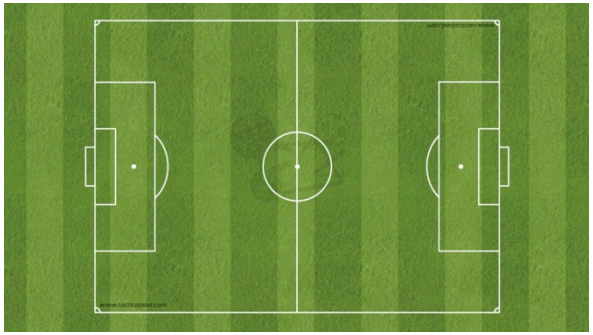
3 Key Points	
1	Defending long balls! a) Stop at source b) Do **NOT** let the ball bounce – any contact will do!
2	Aerial Challenges – challenge even if can't win it… minimum requirement is to make it hard for the opponent
3	Defensive Corners. Post, Post, "Hole" man mark – take **responsibility**

SSG #1
Possession



Replace images

SSG #2
Bank



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Teamsheet: 4-2-3-1	
1	Player 1
2	Player 2
3	Player 3
4	Player 4
5	Player 5
6	Player 6
7	Player 7
8	Player 8
9	Player 9
10	Player 10
11	Player 11
12	Player 12
14	Player 13
15	Player 14
16	Player 15
17	Player 16