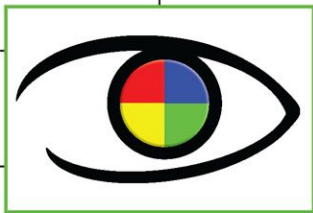


KEY ASPECTS OF SCANNING (LEVEL 1)

SCANNING = Take eyes off the ball and look around the playing area to access information

LEVEL 1 = This lowest level of awareness is only about accessing information

LOCATE = Locate the ball, teammates, opponents, and space



CREATING HABITS
= Force the players to look around all the time to improve an essential skill

PANORAMIC POSITIONING = Open up (body shape) to see as much as possible

INCORRECT AND CORRECT READING THE GAME SITUATION (ATTACK)



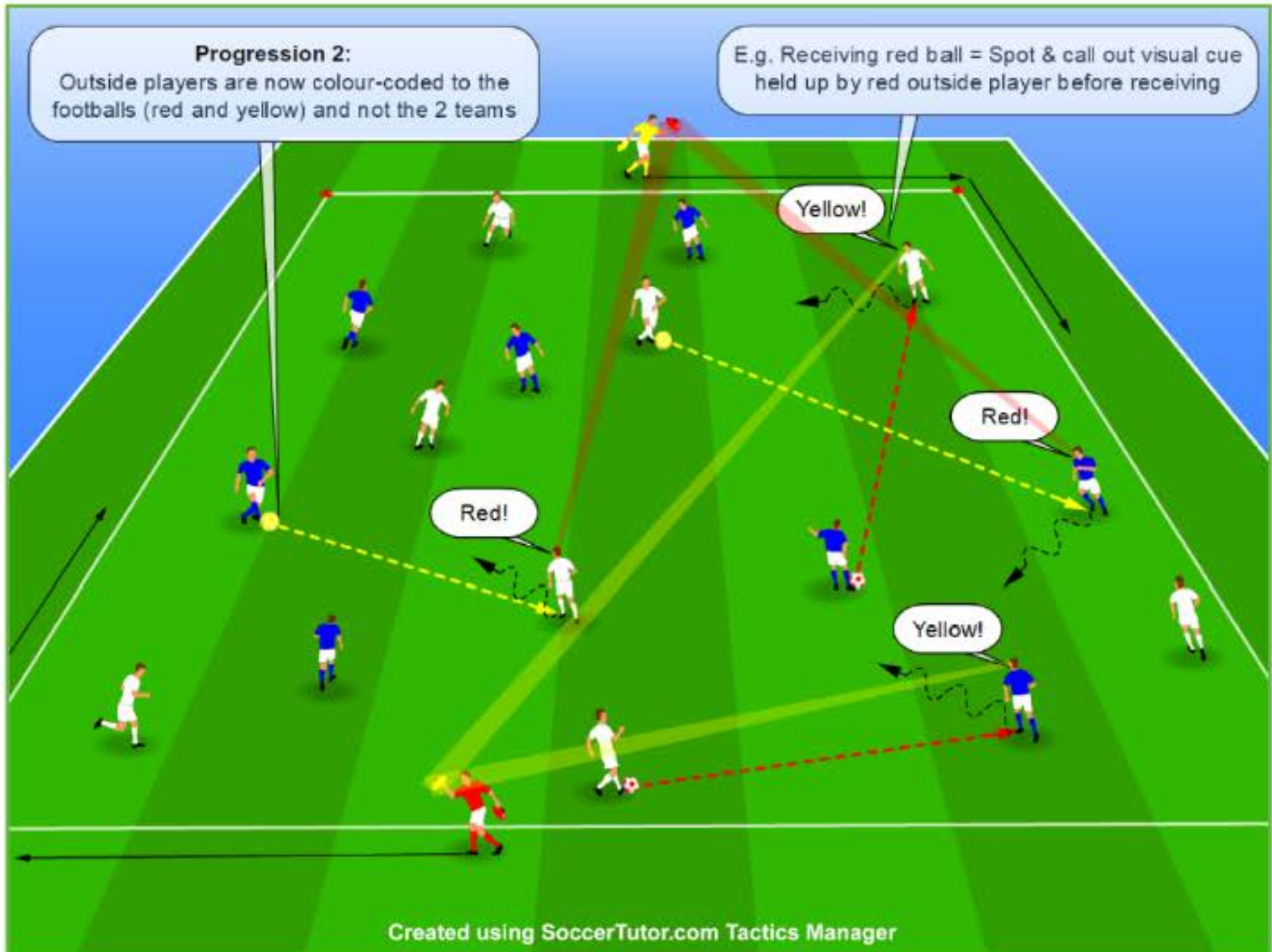
Lets' consider the positioning of the defensive midfielder (**DM**) in these two diagrams.

In diagram 1, we can see the player's body shape is oriented in such a way that only really allows him to play the ball back towards the centre back.



In diagram 2, the **DM** is positioned in a way that allows him a much wider view of the pitch (see highlighted area). He sees he has space to turn and can then play the ball forward and through the opposition's midfield line, which is the most effective play in this situation.

PROGRESSION 2: Coloured Balls + Visual Cues (Outside Colour-Coded Flashers)



Practice Description

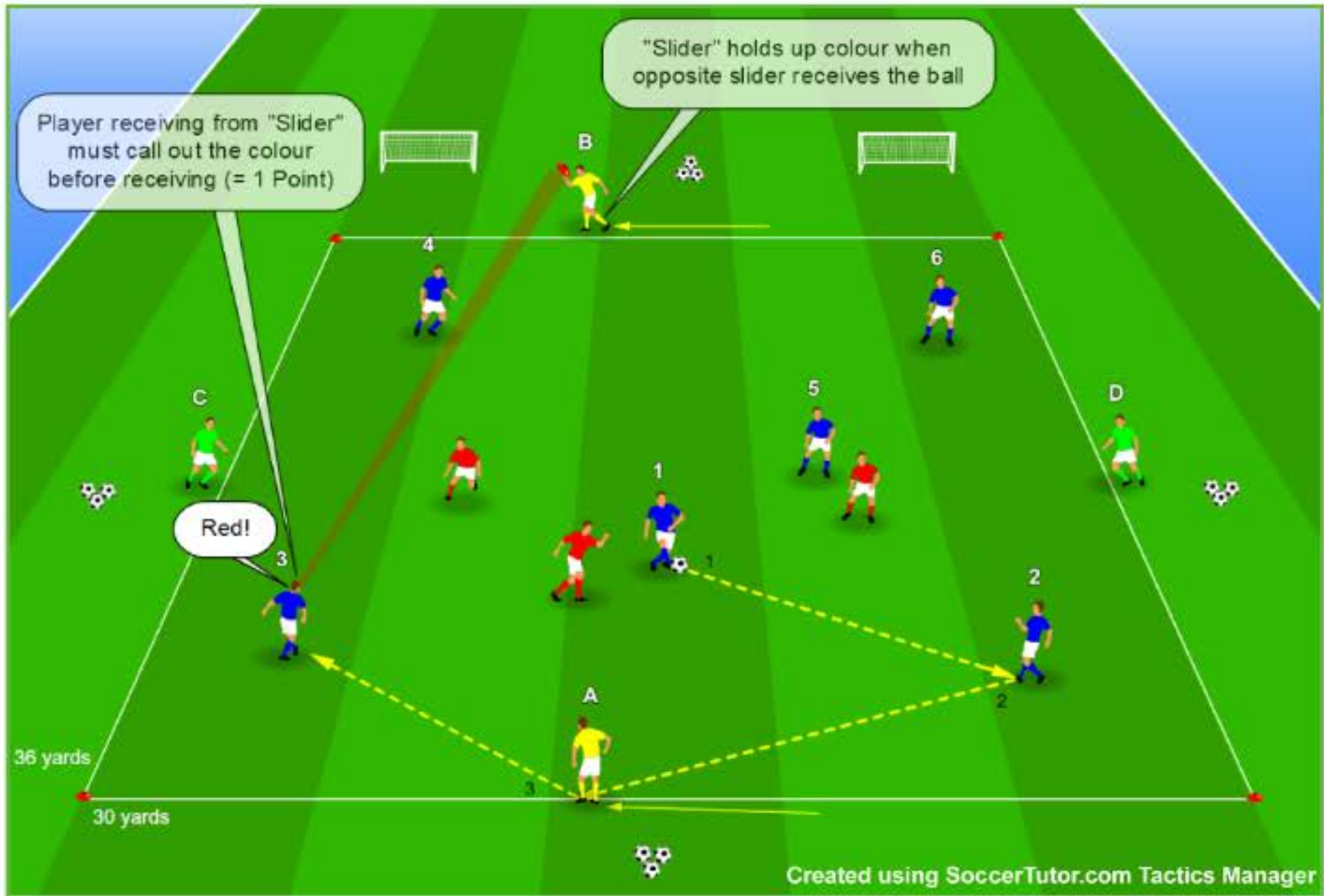
- To progress the practice further, we use coloured footballs (red and yellow) and the flashers on the outside are now colour-coded to the balls (not the team). The red ball = red flasher and the yellow ball = yellow flasher. These players are constantly on the move and holding up a visual cue (cone or glove).
- Players continue to pass to a player in the opposite colour and they do not pass to the outside flashers. Players receiving a pass must spot and call out the visual cue held up by the flasher colour-coded to the ball they are

receiving e.g. When receiving the red ball, they call out the visual cue held up by the red flasher and vice versa with the yellow ball and flasher.

Practice Analysis for Coach

- What is the different challenge for the players now?** The players now have 2 players to think about on the outside of the playing area, not just one team flasher. While they could previously concentrate on the position of just one player, they now have a red player and a yellow player to consider (depending on the ball colour).

PROGRESSION 1: Opposed 6v3 (+4) Practice with Scanning and Positioning



Objective: To improve body shape and develop scanning in an opposed practice.

Practice Description

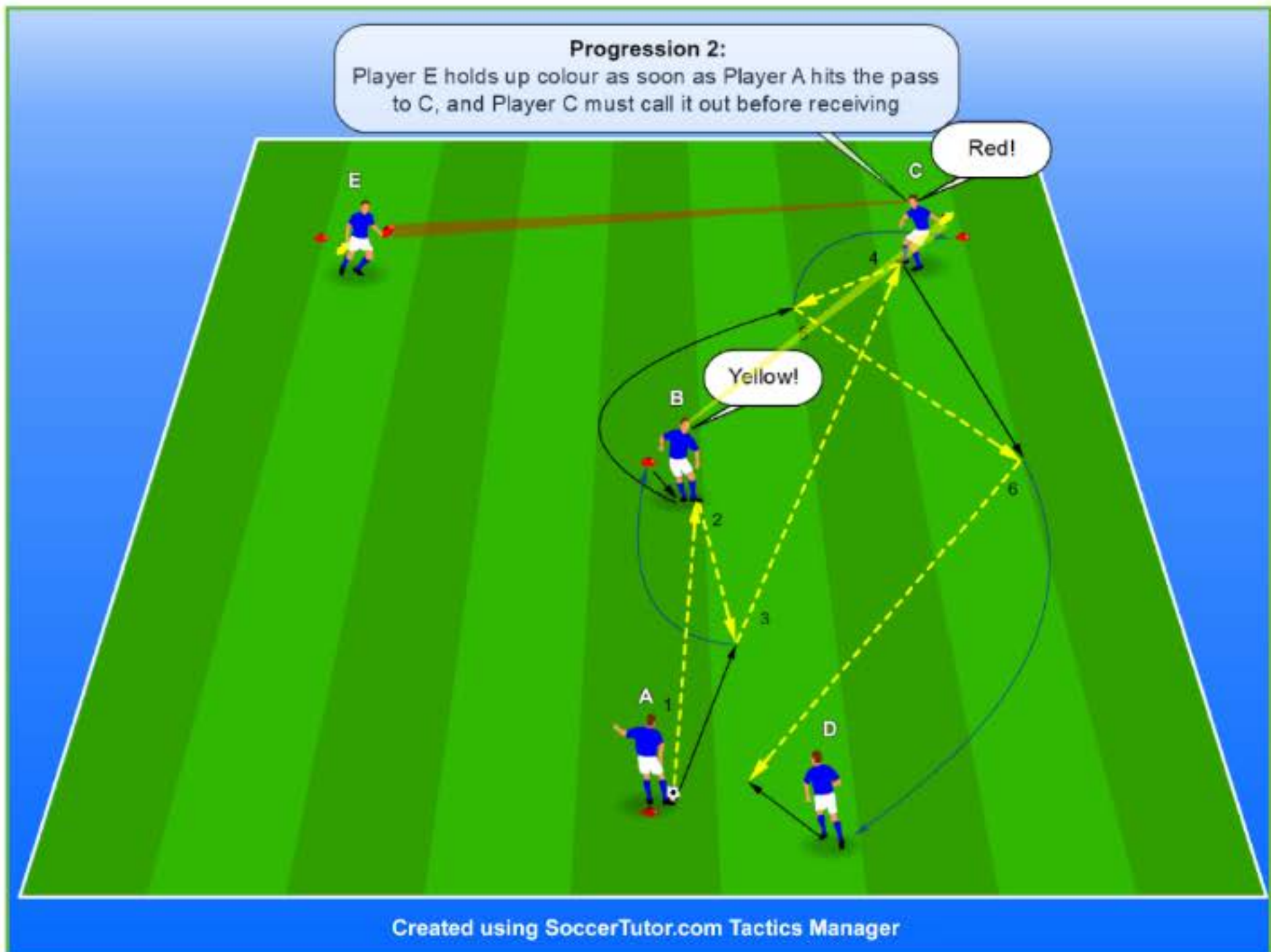
- To progress and force the player receiving from the slider to engage in scanning and promote better body shape, we modify the scoring method.
- Now, when the ball is played to a slider, the opposite slider holds up a visual cue. To score, the player receiving from the slider must spot and call out the colour the opposite player is holding up (after the pass and before his first touch).
- For example, when the ball is played to Slider A, Slider B holds up a visual cue (red or yellow).

- **Diagram Example:** As the ball is being passed from Slider A to Player 3, he must spot and call out the colour held up by Slider B.
- If Player 3 does not do this after the pass and before his first touch, then the goal does not count, and the team continue to play and try to score somewhere else.

Practice Analysis for Coach

- Introducing this simple constraint has an instant impact on player behaviour. Almost immediately you will see some of the **players starting to have a quick look "up the pitch" and likely see a better body position** from the receiving player.

Adding the Soccer eyeQ Method - Progression 2



What have we added?

- **NOTE:** All components of Progression 1 on the previous page remain.
- The extra component added for Progression 2 is that the end player (Player C in diagram) must spot the visual cue held up by the other end player (E) before receiving.

Why have we added it?

- We are now forcing two players within this passing drill to scan and locate a teammate flashing a visual cue.
- We also again force scanning as the ball is travelling towards them, so they can spot and call out the colour (visual cue) before taking a first touch.

How does it improve game awareness?

- Now we have two players who must look away from the ball, and who have improved body shape to get a full picture of all the players' positioning.
- In addition, the player not previously involved in the pattern (Player E) now has a role and must stay concentrated to lift the visual cue at the correct time.

What benefit will the players get?

- The benefits are exactly the same as Progression 1 (see previous page), except now all players are involved throughout the practice - and must demonstrate good awareness.