IMPROVING VISION & DECISIONS

Passing, receiving, support and independent decision-making

SESSION OVERVIEW

SESSION AIM

Help players scan, communicate and make better passing decisions by creating practices that reward support, space, awareness and forward play.

THEME	PRACTICE 1	PRACTICE 2	END GOAL
Passing + Vision	**Pairs + support**	**3v1**	**4v4-6v6**

PRACTICE 1 | CHECK-OUT PASSING

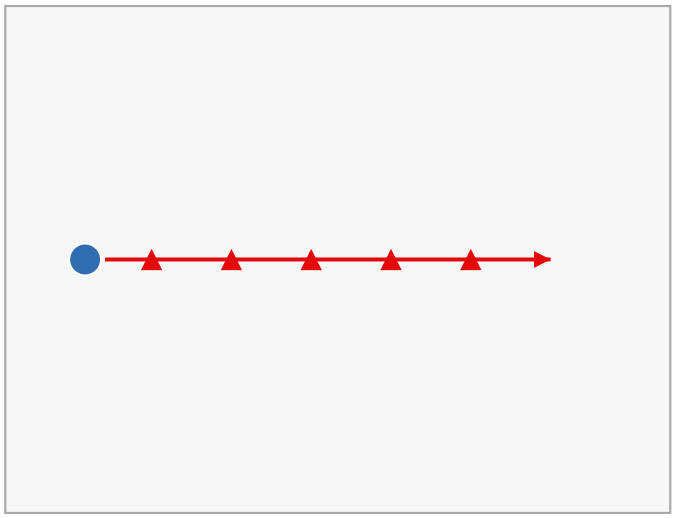
ORGANISATION

Mark out a 15 x 15-yard area with 10 cones around the outside. Players work in pairs with one ball per pair.

HOW IT WORKS

- Partners pass, dribble and move continuously.
- After every pass, the passer checks out around an outside cone before returning to support.
- Use eye contact to confirm the receiver is ready.

DIAGRAM



COACHING POINTS

- Pass to feet when the receiver moves toward the ball.
- Pass into space when the receiver moves away.
- Scan before receiving.
- Move immediately after passing.

PRACTICE 2 | PARTNER TAG

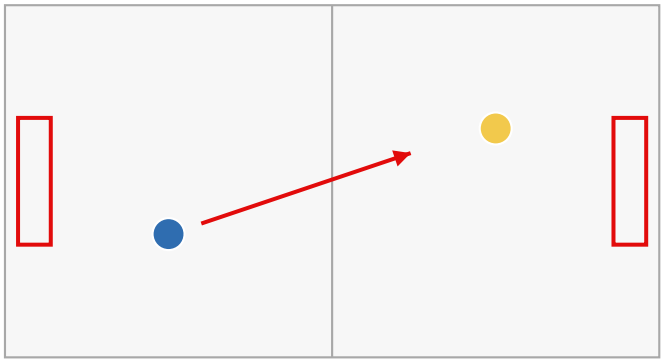
ORGANISATION

Use a 15 x 15-yard area. Most pairs have a ball. Two pairs hold a vest between them and act as taggers.

HOW IT WORKS

- Ball pairs may pass only to their partner.
- Taggers try to catch any player in possession.
- If tagged, that pair swaps roles with the taggers.

DIAGRAM



COACHING POINTS

- If the ball carrier is under pressure, provide support.
- If there is no pressure, move into space.
- Pass to the foot that keeps the receiver in the game.
- Keep scanning for pressure before the ball arrives.

PRACTICE 3 | 3v1 AROUND A TARGET

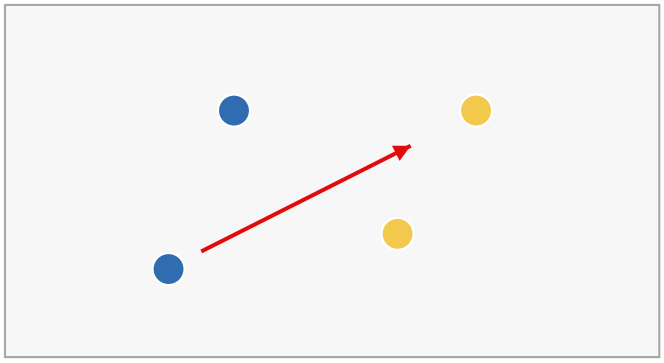
ORGANISATION

Mark out a 10 x 10-yard area with a cone and target ball in the centre. Three attackers keep possession against one defender.

HOW IT WORKS

- Attackers pass around the defender and look for the moment to play through or around pressure.
- Encourage players to open out when receiving.
- Rotate the defender frequently.

DIAGRAM



COACHING POINTS

- Sneak a peek before receiving.
- Receive on the back foot when possible.
- Know the next action before the ball arrives.
- Recognise when to play forward and when to retain possession.

FINAL GAME | 4v4 TO 6v6 WITH RESTRICTIONS

ORGANISATION

Play to goals in a small-sided game. Use simple conditions that reward scanning and decisions rather than constant coach direction.

HOW IT WORKS

- Reward forward passes or goals created after a switch of play.
- Remove touch restrictions once good decisions are being made.
- Coach with questions during breaks rather than instructions during every action.

COACHING POINTS

- Players own the decisions.
- Support the ball at useful angles.
- Create width and depth.
- Encourage confidence to solve problems independently.

SESSION DIAGRAM

