PRE-RECEIVING SCANNING AND ORIENTATION

Scan early -> recognise pressure -> open the body -> receive for the next action

SESSION OVERVIEW

SESSION AIM

Develop players who scan before receiving, recognise pressure early and orient their body to see and play into the next action.

THEME	PRACTICE 1	PRACTICE 2	END GOAL
Scanning & Orientation	**Scan Before Receive**	**3v1 Awareness**	**7v7 Free Game**

ACTIVITY 1 | SCAN BEFORE THE BALL ARRIVES

ORGANISATION

Work in groups of three with one ball. Place two passers 12-15 yards apart and one receiver in the middle. Add two different-coloured reference markers behind the receiver.

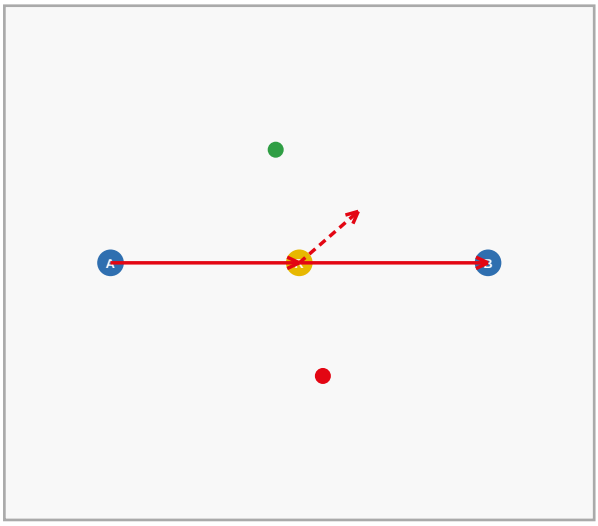
HOW IT WORKS

The receiver moves away, checks both shoulders and then comes toward the ball at an angle. Before the pass arrives, one of the outside players points to a coloured marker behind the receiver. The receiver must identify the colour, open the body and play to the opposite side in one or two touches. Rotate the receiver every 45-60 seconds.

COACHING POINTS

- Scan before the pass and again while the ball is travelling.
- Check both shoulders rather than only looking one way.
- Move into a side-on position before receiving.
- Use the first touch to take the ball away from imagined pressure.
- Let the information gathered before receiving determine the next action.

DIAGRAM



Look before receiving, identify the picture and orient the body for the next pass.

PROGRESSIONS

1. The passer shows a number of fingers instead of a colour; the receiver calls the number before the first touch.
2. Add a passive defender behind the receiver to influence the direction of the first touch.

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ACTIVITY 2 | 3V1 SCANNING RONDO

ORGANISATION

Mark out a 12 x 12-yard area. Play 3v1 with the three possession players around the outside and one defender in the middle.

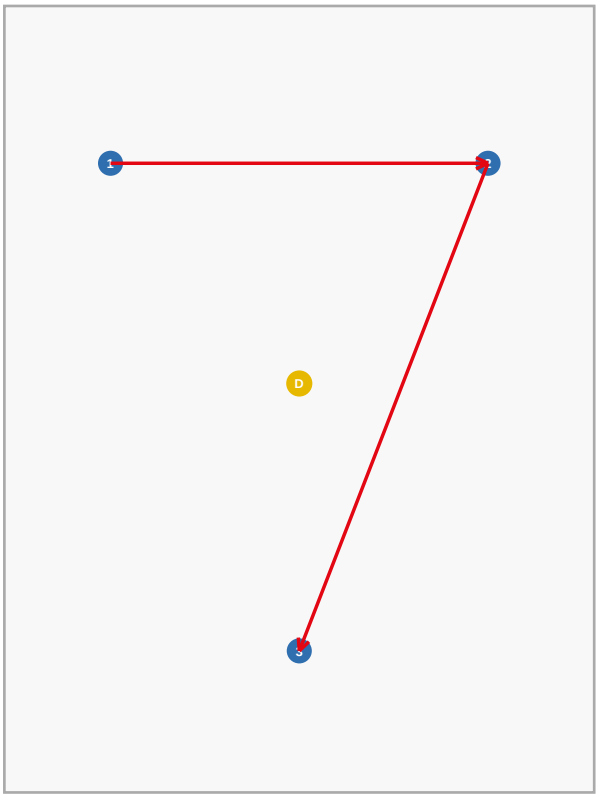
HOW IT WORKS

The possession players keep the ball with a maximum of two touches. Before receiving, each player must scan the defender and the next passing option. Encourage players to adjust their body before the ball arrives so the next pass can be played quickly. If the defender wins the ball, switch roles.

COACHING POINTS

- Scan the defender before the ball arrives.
- Stand at an angle that keeps more than one option visible.
- Receive on the back foot when possible.
- Use one touch when the next pass is already clear.
- Move after passing to improve the next receiver's picture.

DIAGRAM



Scan the defender, open the body and keep the next option visible before receiving.

PROGRESSIONS

1. Award a bonus point for three consecutive one-touch passes.
2. Reduce the area slightly to increase the speed of scanning and decision making.

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ACTIVITY 3 | 4V4 + 2 NEUTRALS

ORGANISATION

Use a 25 x 35-yard area. Play 4v4 with two neutral players who support the team in possession.

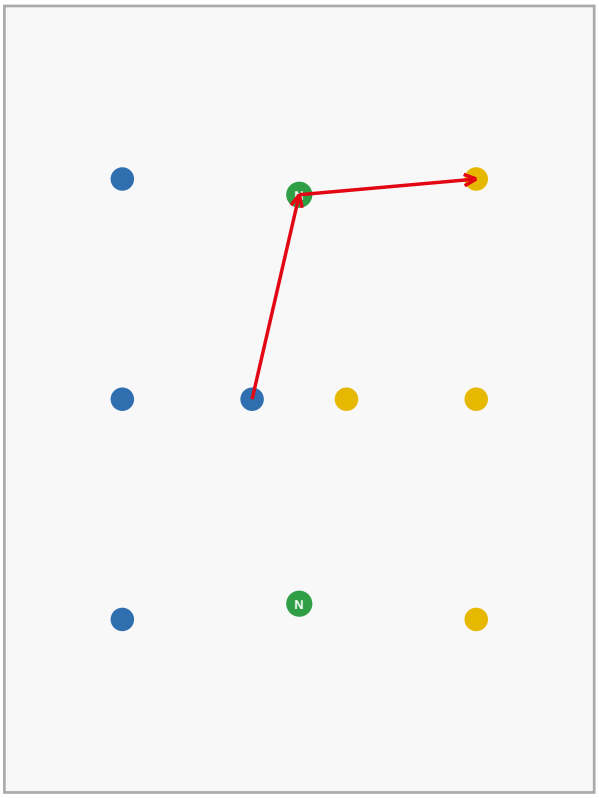
HOW IT WORKS

Teams maintain possession and try to connect through the neutrals. Before receiving, players must scan for pressure, support and space. Encourage players to receive on an angle that allows them to play forward or switch the point of attack. Neutrals are limited to two touches to increase the tempo.

COACHING POINTS

- Scan before moving into the passing line.
- Arrive with an open body shape, not square to the ball.
- Recognise pressure early and receive away from it.
- Use the first touch to improve the next action.
- Communicate information to teammates before they receive.

DIAGRAM



Use scanning and body orientation to receive away from pressure and connect forward.

PROGRESSIONS

1. Limit all players to two touches for short blocks.
2. Award a bonus point when a player receives between opponents and plays forward with the next action.

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FINAL GAME | 7V7 + GOALKEEPERS

ORGANISATION

Play 7v7 plus goalkeepers on an appropriate pitch with normal rules and no fixed zones.

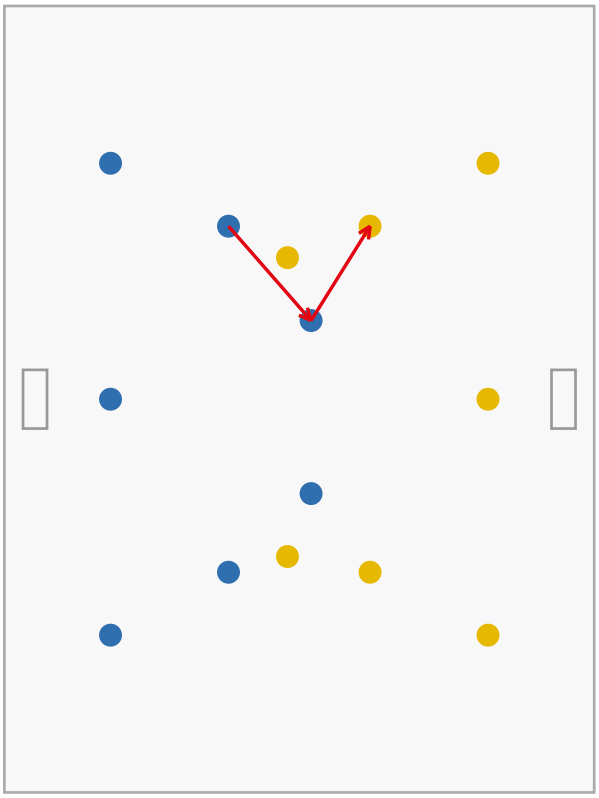
HOW IT WORKS

Play freely and challenge players to transfer the scanning habits into the game. Players should check shoulders before receiving, recognise pressure and space early, and orient the body so the next action can be played quickly. Coaching interventions should focus on what the player knew before the ball arrived.

COACHING POINTS

- Scan before every central or pressured reception.
- Check both shoulders to build a complete picture.
- Receive side-on whenever the game allows.
- Use the first touch to protect the ball or move forward.
- Play quickly when the information gathered makes the decision clear.

DIAGRAM



Final game to transfer pre-receiving scanning and orientation into realistic match play.

PROGRESSIONS

1. Award a bonus for goals created after a player scans, receives on the half-turn and plays forward.
2. Finish completely unrestricted and observe whether the scanning habits remain.