Opposition Analysis Report

MATCH & PERFORMANCE ANALYSIS - COACH GUIDANCE

MATCH & PERFORMANCE ANALYSIS

PREPARE | REVIEW | IMPROVE

WHY THIS RESOURCE MATTERS

Opposition analysis helps coaches prepare with greater clarity by identifying likely strengths, weaknesses, habits and tactical patterns before a match.

1 PURPOSE

Use the report to organise relevant information about the opposition and turn observations into a small number of practical coaching points for your own team.

- Focus on information that could genuinely influence your preparation.
- Separate confirmed observations from assumptions or reputation.

2 WHEN TO USE IT

Use it before a scheduled match when you have access to previous observations, video, reports, recent results or trusted information about the opposition.

- Complete it early enough for the findings to affect training or match preparation.
- Update it if new information becomes available.

3 HOW TO USE THE FORM

Complete each section with concise evidence rather than lengthy descriptions. Identify patterns in how the opposition build attacks, defend, restart play and react in transition.

- Highlight only the most important threats and opportunities.
- Convert observations into clear messages players can remember.

4 WHAT TO LOOK FOR

Look for recurring behaviours: preferred build-up routes, pressing triggers, defensive shape, dangerous players, space they leave, set-play habits and how they respond after winning or losing possession.

- Consider what changes when they are leading or trailing.
- Avoid judging the whole team from one isolated moment.

5 WHAT TO DO NEXT

Select two or three priorities for training and the pre-match briefing. Decide whether they require a tactical adjustment, an individual responsibility or simply greater awareness.

- Keep the final player messages simple.
- Review after the match whether the analysis proved useful.

COACH TIP

Good opposition analysis should prepare your team, not overload them. Give players the information they need to make better decisions, not a long list of everything the opposition might do.

TFE Club Hub resources are provided as general club-development guidance and working templates. Clubs should adapt them to suit their own environment, age groups, coaching philosophy, safeguarding procedures and local requirements.

Match Objectives Sheet

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Clear match objectives give players a small number of purposeful targets and help coaches judge performance on more than the final score.

1 PURPOSE

Use the sheet to define what the team and, where appropriate, individual players should focus on during the match. Objectives should connect directly to recent training and development priorities.

- Make objectives specific and observable.
- Keep the number of objectives manageable.

2 WHEN TO USE IT

Use it before matches when you want to reinforce a tactical principle, behavioural standard or developmental theme. It is particularly useful when results are not the main measure of success.

- Complete it after the final training session or on matchday.
- Share the key objectives with players before kick-off.

3 HOW TO USE THE FORM

Write objectives in simple language that players understand. Link each objective to a behaviour the coach can actually observe during the game.

- Prefer “create width quickly after regaining possession” to vague goals such as “play better”.
- Include individual objectives only when they are genuinely useful.

4 WHAT TO LOOK FOR

Look for evidence that players understand the objective and attempt to apply it, even when execution is imperfect. Consider decision making, consistency, communication and response after mistakes.

- Judge process as well as outcome.
- Avoid changing objectives simply because the score changes.

5 WHAT TO DO NEXT

Use the objectives as part of the post-match conversation. Identify which were achieved, which need more work and what should carry into the next training cycle.

- Record one or two follow-up actions.
- Revisit recurring objectives over several matches.

COACH TIP

Objectives are most useful when players can remember them without looking at the sheet. A few clear priorities usually produce better learning than a long checklist.

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Post-Match Analysis

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Post-match analysis turns a completed game into useful learning by helping coaches separate the result from the quality of the performance.

1 PURPOSE

Use the form to review what happened, why it happened and what should influence the next training or match preparation.

- Capture strengths as well as problems.
- Link observations back to the match plan and objectives.

2 WHEN TO USE IT

Complete it soon after the match while key moments are still fresh, then refine it later if video or additional feedback is available.

- Avoid making the whole review immediately in an emotional state.
- Use it consistently across the season.

3 HOW TO USE THE FORM

Work through the game in themes rather than simply retelling events chronologically. Consider possession, defending, transitions, chances, set plays, game management and team behaviours.

- Use examples to support conclusions.
- Record what the team should continue, stop or improve.

4 WHAT TO LOOK FOR

Look for patterns rather than isolated mistakes. Ask whether issues came from decision making, technical execution, positioning, communication, physical demands or the opposition’s actions.

- Compare the performance with the agreed objectives.
- Notice positive behaviours that should be reinforced.

5 WHAT TO DO NEXT

Choose a small number of priorities for the next training cycle. Decide what needs team work, unit work or individual follow-up.

- Communicate feedback constructively.
- Track whether the same issues appear again in future matches.

COACH TIP

The purpose of analysis is improvement, not blame. A useful review should leave coaches and players clearer about what to repeat and what to work on next.

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Individual Match Performance Revie

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WHY THIS RESOURCE MATTERS

An individual match review helps a coach assess one player within the context of the game and connect match behaviour to longer-term development.

1 PURPOSE

Use the form to record a balanced picture of a player's technical, tactical, physical and psychological performance during a specific match.

- Consider the player's role and position.
- Include positive evidence as well as development needs.

2 WHEN TO USE IT

Use it when a player is being monitored, working toward an individual development goal, returning to competition or when a more detailed review would be useful.

- It does not need to be completed for every player after every match.
- Use repeated reviews when tracking progress over time.

3 HOW TO USE THE FORM

Base ratings and comments on observed actions. Consider what the player attempted, the decisions they made and how effectively they performed their role.

- Give examples where possible.
- Keep the assessment appropriate to age, experience and position.

4 WHAT TO LOOK FOR

Look for consistency, decision making, reactions under pressure, movement away from the ball, communication, work rate, response to setbacks and contribution to team objectives.

- Avoid allowing one mistake or one outstanding moment to dominate the whole review.
- Compare against the player's own development needs.

5 WHAT TO DO NEXT

Agree one or two realistic development actions. These might become an individual training focus, a positional coaching point or something to monitor in the next match.

- Share feedback in an age-appropriate way.
- Review progress rather than repeatedly starting from zero.

COACH TIP

A strong individual review answers two questions: "What helped the team today?" and "What is the most useful thing for this player to improve next?"

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Coach Match Review

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A coach match review encourages reflection on the coach's own decisions, communication and preparation rather than analysing only the players.

1 PURPOSE

Use the form to evaluate your match preparation, team selection, tactical decisions, communication, substitutions and overall management of the game.

- Review both what worked and what you would change.
- Focus on decisions you could influence.

2 WHEN TO USE IT

Use it after matches where reflective learning could improve future coaching. It can be particularly useful after difficult games, major tactical changes or important competition periods.

- Complete it once the immediate emotion of the match has reduced.
- Revisit recurring themes over several games.

3 HOW TO USE THE FORM

Assess the quality of your preparation and whether your messages were clear. Consider how you reacted to the game, whether substitutions supported the plan and whether players understood adjustments.

- Record the reasoning behind key decisions.
- Be specific rather than simply writing "good" or "poor".

4 WHAT TO LOOK FOR

Look for patterns in your own coaching: too much information, late adjustments, unclear roles, effective interventions, strong preparation or moments where you could have allowed players more ownership.

- Consider player responses to your communication.
- Separate hindsight from information you actually had at the time.

5 WHAT TO DO NEXT

Choose one or two coaching actions to take forward. This could involve training design, briefing style, communication, substitution planning or how you gather information during matches.

- Review whether the change helps in future games.
- Use reflection as part of normal coaching development.

COACH TIP

Coach reflection should be constructive rather than self-critical. The aim is to become more deliberate, consistent and effective from one match to the next.

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