IMPROVING VISION & DECISIONS

Scan -> support -> space -> forward play -> independent decisions

SESSION OVERVIEW

SESSION AIM

Improve players' vision and decision-making by encouraging scanning, support, movement and forward thinking before the ball

THEME	PRACTICE 1	PRACTICE 2	END GOAL
Decision Making	**CHECK-OUT PASSING**	**PARTNER TAG**	**Transfer decisions into game play**

PRACTICE 1 | CHECK-OUT PASSING

ORGANISATION

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

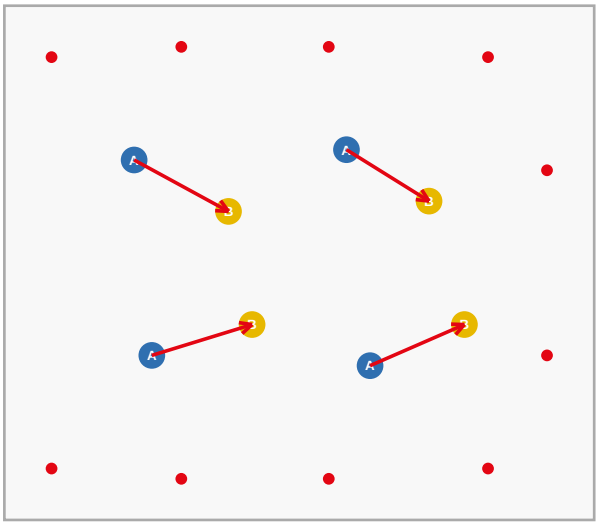
HOW IT WORKS

Partners pass, dribble and move continuously. After every pass, the passer checks out around one of the perimeter cones before re-entering the area. Encourage players to read whether a teammate wants the ball to feet or into space and to make eye contact before passing.

COACHING POINTS

- Scan before and after receiving.
- Pass to feet when the receiver is coming toward the ball.
- Pass into space when the receiver is moving away.
- Use eye contact to confirm the receiver is ready.

DIAGRAM



Pass, move around a cone and re-enter with better vision.

PROGRESSIONS

1. Reduce the space or limit touches.
2. Ask receivers to open their body so they can see more of the field.

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PRACTICE 2 | PARTNER TAG

ORGANISATION

Use a 15 x 15-yard area. Players work in pairs with one ball per pair. Two pairs have no ball and act as taggers, holding a bib between them.

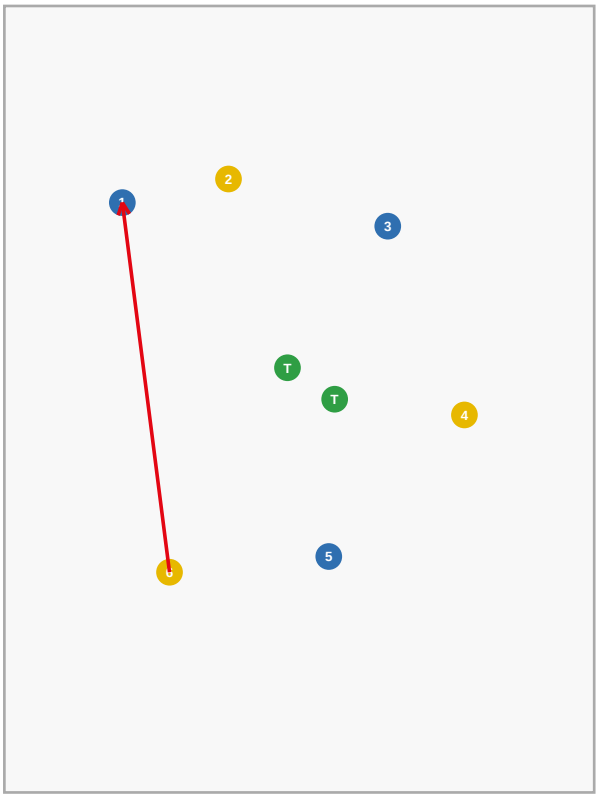
HOW IT WORKS

Pairs with a ball may pass only to their partner. The tag pairs try to catch a player in possession. If a player is tagged, that pair gives up the ball and changes roles with the taggers.

COACHING POINTS

- If the ball carrier is under pressure, move to support.
- If the ball carrier has time, move into space.
- Pass to the foot that keeps the receiver involved in the next action.
- Keep checking shoulders and adjusting position.

DIAGRAM



Partners must recognise whether the next movement should be support or space.

PROGRESSIONS

1. Reduce the grid size to increase pressure.
2. Limit the passing pairs to two touches.

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PRACTICE 3 | 3V1 PLAY FORWARD

ORGANISATION

Mark out a 10 x 10-yard area. Put a cone in the middle with a ball balanced on top. Three attackers play around one defender with a second ball.

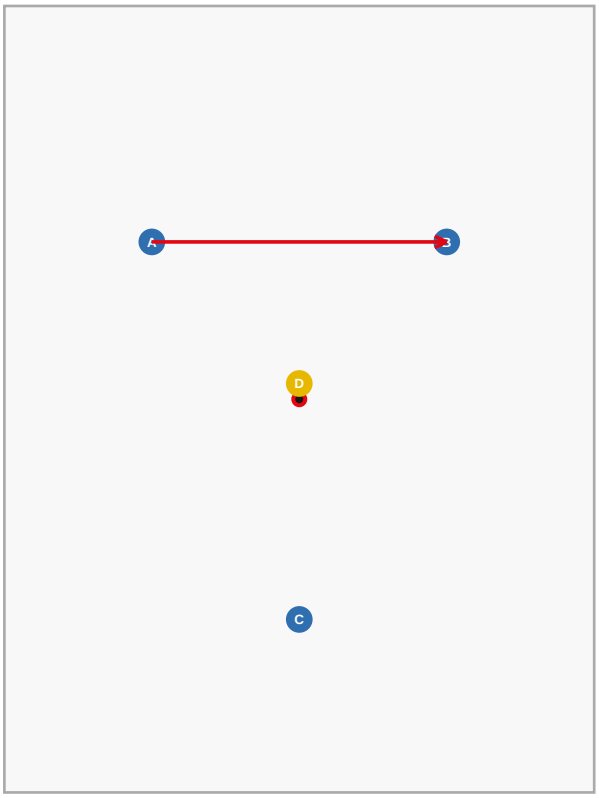
HOW IT WORKS

The attackers circulate the live ball and try to knock the ball off the central cone. The defender protects the cone and can tag a player who tries to pass or shoot. A successful attacker or tagged player rotates into the middle.

COACHING POINTS

- Move the defender with quick, accurate passing.
- Receive open so you can see forward and sideways.
- Move into support before the pass arrives.
- If you cannot play forward, find a teammate who can.

DIAGRAM



Move the defender and recognise when the forward option is available.

PROGRESSIONS

1. Limit attackers to two touches.
2. Award an extra point for knocking the ball off after a one-touch combination.

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FINAL GAME | PLAY TO GOALS WITH RESTRICTIONS

ORGANISATION

Use a 20 x 35-yard area with a goal and goalkeeper at each end. Play 4v4 or 6v6.

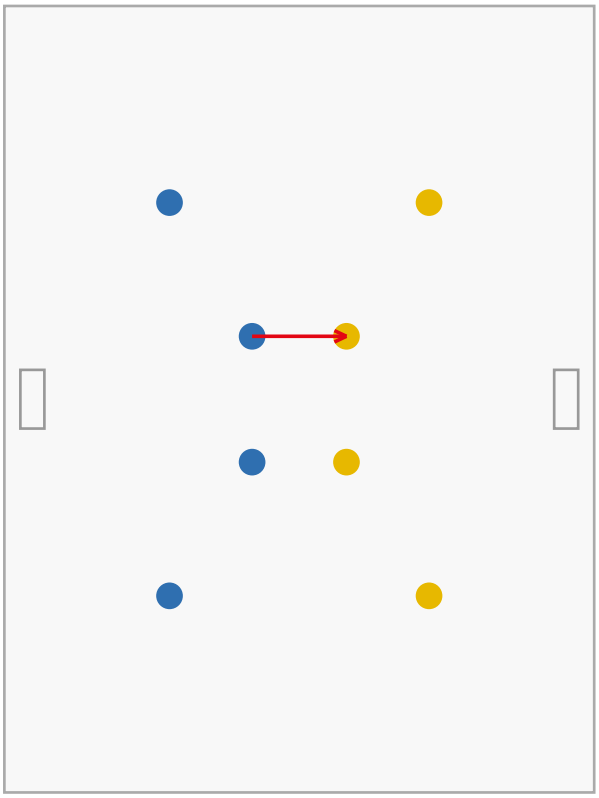
HOW IT WORKS

Play to goal with progressive restrictions: the receiver cannot pass directly back to the passer, then play without verbal communication, then limit players to two touches. These rules encourage scanning, movement and third-player combinations.

COACHING POINTS

- Orient the body toward unmarked teammates before receiving.
- Make runs to help the player on the ball.
- Use movement rather than constant calling to become visible.
- Think about the next action before the ball arrives.

DIAGRAM



Restrictions encourage vision, off-ball movement and quicker decisions.

PROGRESSIONS

1. Use each restriction separately before combining them.
2. Finish with unrestricted play and observe whether scanning habits remain.