DECISION MAKING

Scan -> recognise the picture -> choose quickly -> execute with quality

SESSION OVERVIEW

SESSION AIM

Develop faster, more effective decisions by improving scanning, recognising pressure and choosing the best action before and after

THEME	PRACTICE 1	PRACTICE 2	END GOAL
Decision Making	**Colour & Choice**	**4v2 Rondo**	**7v7 Free Game**

ACTIVITY 1 | COLOUR, SCAN & CHOOSE

ORGANISATION

Work in groups of four with one ball. Place one passer, one central receiver and two possible target players beyond the receiver at different angles. Add two coloured markers behind or beside the receiver.

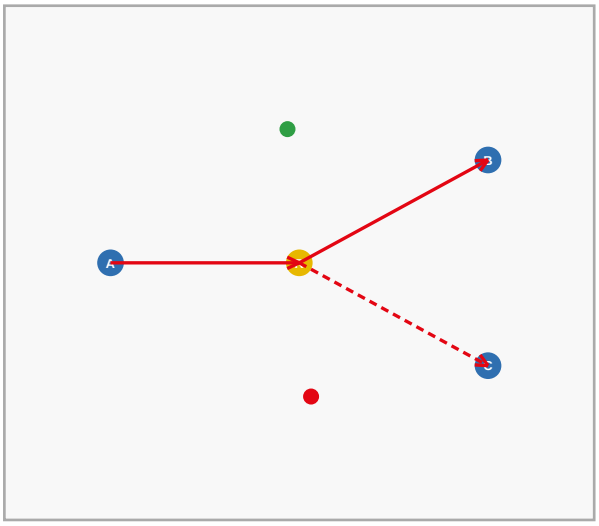
HOW IT WORKS

The central player scans before the pass. As the ball travels, the coach or passer calls or shows a colour. Each colour represents a different target or action. The receiver must recognise the cue, set the body accordingly and choose the correct option quickly. Rotate the central player every 45-60 seconds.

COACHING POINTS

- Scan before the pass and while the ball travels.
- Decide before the first touch whenever possible.
- Use body shape to keep more than one option available.
- Choose the simplest effective action rather than forcing play.
- Execute the chosen pass with the correct weight and accuracy.

DIAGRAM



Scan the cue, recognise the picture and select the correct target before the first touch.

PROGRESSIONS

1. Remove the verbal cue and use only a visual signal so the receiver must scan more frequently.
2. Add passive pressure from behind so the receiver must choose between turning, setting or playing away.

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ACTIVITY 2 | 4V2 RONDO - PLAY OR PROTECT

ORGANISATION

Mark out a 15 x 15-yard area. Play 4v2 with four possession players around the outside and two defenders inside.

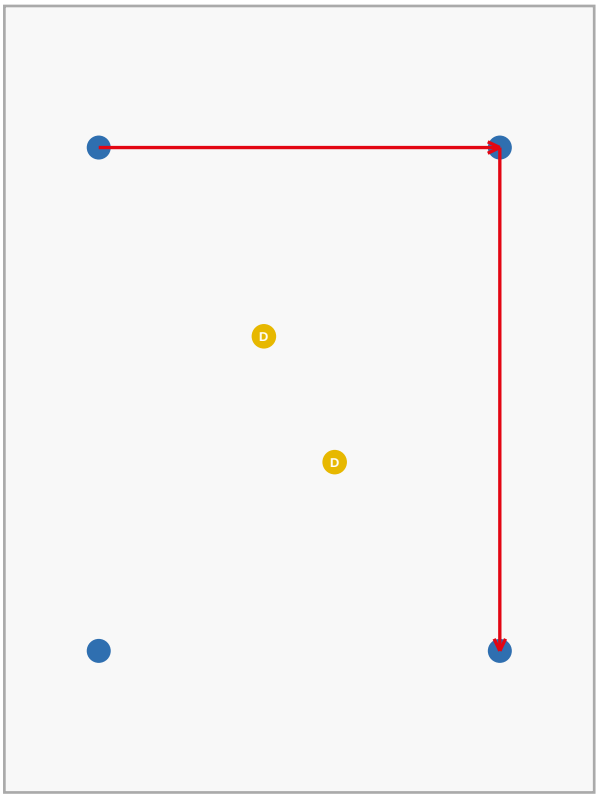
HOW IT WORKS

The outside players keep possession with a maximum of two touches. Before receiving, players must decide whether the best action is to play one touch, take a touch to change the angle, protect the ball or switch away from pressure. The aim is not simply speed of passing, but selecting the right action for the picture.

COACHING POINTS

- Scan defender positions before the ball arrives.
- Recognise whether pressure is tight, late or absent.
- Play one touch when the next option is clear.
- Use two touches when a better angle or safer action is needed.
- Move immediately after passing to help the next decision.

DIAGRAM



Choose between one touch, two touches, protection or switching according to the pressure.

PROGRESSIONS

1. Award two points for a split pass between the defenders.
2. Reduce the area or add a third defender for short blocks to increase decision pressure.

DECISION MAKING

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ACTIVITY 3 | 5V5 + 2 NEUTRALS - OVERLOAD DECISIONS

ORGANISATION

Use a 30 x 40-yard area. Play 5v5 with two neutral players who support the team in possession. Mark end lines or small target zones at each end.

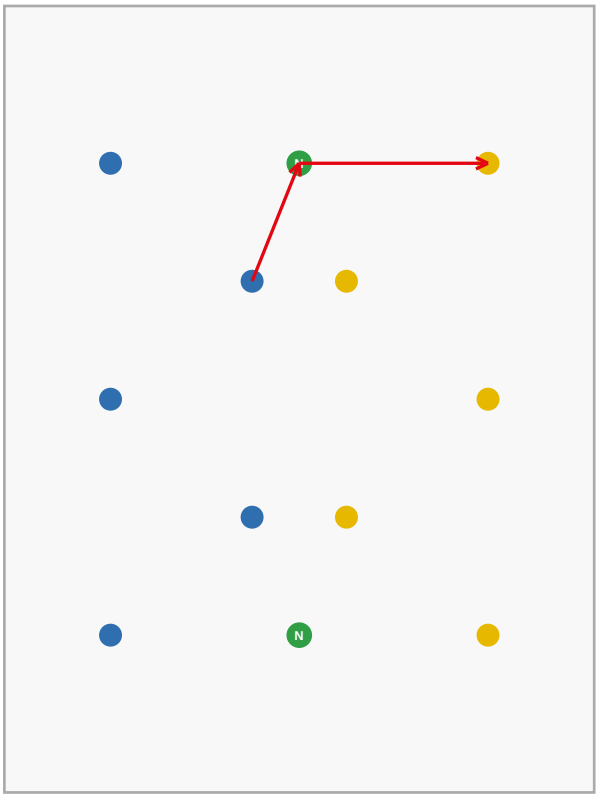
HOW IT WORKS

Teams keep possession and score by progressing into the opposite end zone. The two neutrals create overloads and extra options. Players must recognise when to use the overload, when to play forward, when to switch and when to retain possession. Encourage players to look before receiving so the decision begins before the ball arrives.

COACHING POINTS

- Recognise numbers-up situations early.
- Use forward options when they are genuinely available.
- Switch play when pressure is concentrated on one side.
- Keep the ball when the forward pass is not on.
- Communicate information to teammates before they receive.

DIAGRAM



Use overloads to practise when to go forward, switch play or retain possession.

PROGRESSIONS

1. Limit neutrals to one touch to increase the speed of the decision around them.
2. Award bonus points for attacks that exploit an overload and reach the end zone within three passes.

DECISION MAKING

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FINAL GAME | 7V7 + GOALKEEPERS

ORGANISATION

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

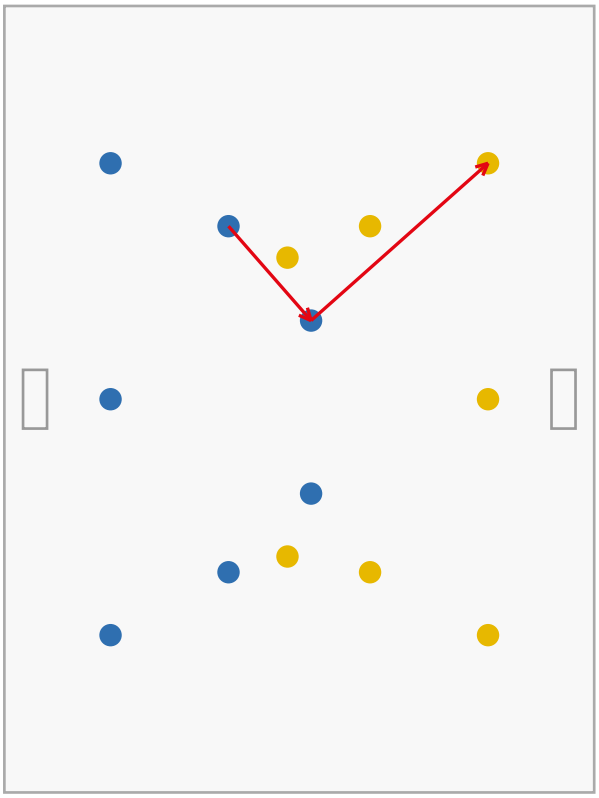
HOW IT WORKS

Play freely and encourage players to transfer the decision-making habits into realistic match play. Ask players to scan early, recognise the pressure and choose the best action rather than automatically playing quickly. Coach selectively and question the player's decision as well as the technical execution.

COACHING POINTS

- Scan before receiving to reduce decision time.
- Recognise pressure, space and numerical advantage.
- Know when to pass, dribble, turn, protect or switch.
- Play quickly when the picture is clear - not simply for the sake of speed.
- Review the decision first, then the quality of execution.

DIAGRAM



Final game to transfer scanning, recognition and decision making into realistic play.

PROGRESSIONS

1. Award a bonus for goals created after a clear positive decision such as a switch, third-player pass or successful overload.
2. Finish completely unrestricted and observe whether the quality of decisions remains.