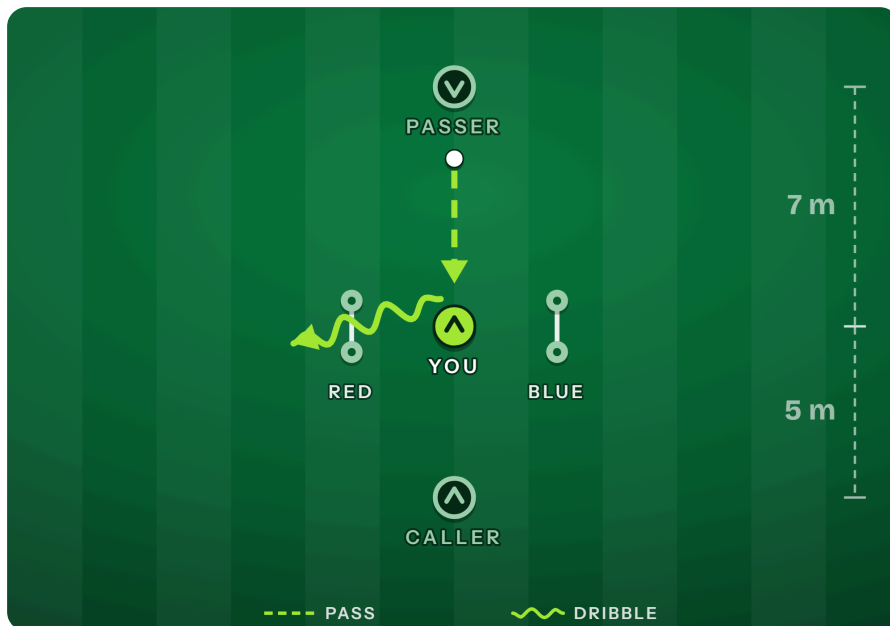




Scan before it arrives

TECHNICAL & TACTICAL · SCANNING · 3 PLAYERS (YOU, A PASSER AND A CALLER) ·
AGE 9+

Set up

Passer, 7 m in front

Caller, 5 m behind

2 coloured gates

Dose

3 blocks of 10 receives

1 min rest between

3 blocks of 10 receives, 1 minute rest between (the Football Reach target, not an FA rule or a dose from a study).

What it trains

Scanning: checking over your shoulder before the ball arrives, so your first touch goes into space. In a study of Premier League players, more scanning went with more completed passes, but the effect was small. A 5-week programme raised scanning in players aged about 17.

How it works

- 1 Set two 1.5 m cone gates in different colours, about 3 m to your left and right. Your passer stands 7 m in front of you, your caller 5 m behind with a cone of each colour.
- 2 The passer plays the ball to your feet. As they pass, the caller holds up one colour (or points to that gate).
- 3 While the ball is travelling, check over your shoulder, spot the colour, then look back to the ball.
- 4 Take your first touch towards the called gate and play out through it. Bring the ball back to the passer and go again.
- 5 Do 3 blocks of 10 receives with 1 minute rest between. Swap roles after each block.

Coaching points

- 1 **Look before it arrives**
Check over your shoulder while the pass is on its way, not when it reaches you. Spot the colour, then look back to the ball in time to receive it.

- 2 **Through the called gate**
Take your first touch towards the gate that was called and play out through it, so what you saw decides your touch.

× **Not this:** Watching only the ball as it travels. You see the colour too late, or not at all, and your first touch becomes a guess.

MY NOTES

➤ HARDER

Say the colour out loud before your first touch. Then the caller shows it later, when the ball is nearly with you, so the look has to be quicker.

➤ EASIER

The caller shows the colour before the pass, and the passer rolls the ball in gently, until the look and the touch feel clean.

🛡️ Safety

- The caller stands still, well behind you and clear of both gates.
- Flat, dry grass with space around the gates. Never on a road or a driveway.
- Warm up first. Stop if anything hurts and tell an adult.

📅 Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



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