

SCANNING AND INFORMATION

THE IMPORTANCE OF GATHERING INFORMATION

When playing the game we are either in possession of the ball or out of possession of the ball. Many players think they are only playing the game when they have the ball in their feet. The truth is we have more responsibilities and bigger tasks when we are off the ball.

Video link - Frank Lampard Scanning - <https://youtu.be/KHhbsEQ81gs>

What is scanning?

Scanning is a gathering of information visually on the field to aid the player in playing quicker and make better decisions when on the ball.

Why is scanning important?

Scanning the field is important to gather vital information to help a player make better and more progressive decisions.

What information do we scan for?

1 - **The Ball** - The player must always track the movement of the ball in order to focus their decision on their next action.

2 - **Space** - Always scan your space so when you receive the ball you know where you can take your first touch how quickly pressure will come in and where from.

3 - **Your Teammates** - Always know where your teammates are and the space they have. Do they have a good position we can help them attack quicker.

4 - **The opponents** - Know where the other team is, whether are they out of shape, and if you have to press or how quick pressure will be applied to you.

5 - **Your Position** - Beware of your position on the field. Are you moving in your positions roles and responsibilities

6 - **Create An Attacking Opportunity** - When you get the ball can you make something happen or maintain possession.

Ask yourself this question -

When is it easier to gather this information, on the ball or off the ball?

