



HOME TEAM

AWAY TEAM

DATE & TIME

Your job: A true player is a lifelong student of the game. Don't just watch the ball — watch the decisions.



How to tally: Draw 4 vertical lines, then a diagonal across for 5. Start a new group and keep going. ✓ = good X = poor

1 DEFENSIVE DELAY

A good defender does NOT dive in. They stay side-on, jockey the attacker away from goal and towards the sideline, and wait. They only commit when the attacker stops, changes direction, turns, or makes a mistake.

Defender stays patient (delay)

✓

Wins the ball cleanly ✓

Dives in & gets beaten X

2 SCANNING

Pick a central midfielder and watch their head. Before the ball arrives, do they look left, right, over their shoulder? Each check means they already know their next move. Players who don't scan always look rushed.

Scanned before making decision ✓

Caught under pressure, no scan X

MIDFIELDER YOU WATCHED — NAME / NUMBER

3 PASSING

A great pass arrives at the right weight, to the right foot, on time. Too heavy and the receiver is stretched; too soft and the defender intercepts. There are upwards of 600 passes in a match — watch carefully and tally fast.

Successful ✓

Unsuccessful X

4 RECEIVING

Does the player take the ball on their front foot — the foot closest to the opponent's goal — so they face forward immediately and attack? Or do they receive on the back foot, turning away from goal and losing ground?

Progressive — front foot, faces goal ✓

Regressive — back foot, turns away X

5 1v1

The purest test in football. Does the attacker commit with a move and get past, or do they hesitate and lose the ball? Watch for: low centre of gravity, disguise, a sharp change of pace or direction to unbalance the defender, then a clean exit.

Successful — beats defender

✓

Unsuccessful — loses the ball

X

FAVOURITE MOVES — LIST WHAT YOU SAW

6 FIRST TOUCH

A great first touch moves the ball away from pressure and into space in one movement, buying time and keeping the team moving forward. A poor touch means the player is chasing their own ball while defenders close.

Successful ✓

Unsuccessful X

WHY UNSUCCESSFUL? LIST WHAT YOU NOTICED

7 DRIBBLING

Dribbling is beating a player with control and intent — not just running with the ball. Watch for close touch, disguise, and a sharp change of pace or direction. Dribbling in your own half is a risk — note when it happens.

Successful — beats defender

✓

Unsuccessful — loses the ball

X

Risky dribble in own half Δ

MATCH DETAILS

HALF-TIME SCORE

BEST FORWARD

FULL-TIME SCORE

GOAL SCORER — ASSIST

BEST DEFENDER

GOAL SCORER — ASSIST

BEST MIDFIELDER

GOAL SCORER — ASSIST

★ STAR MOMENT — ONE THING I WANT TO TRY

WHAT I SAW

HOW I'LL PRACTISE IT