



Scanning- Keeping Your Head Up

Category: Technical: General
Difficulty: Moderate

Big Country Soccer Association, BCSA, Canada

Description

GOAL: Teaching the Importance of Scanning

PLAYER ACTIONS: To be able to scan the grid and get out of the grid to an open cone.

KEY QUALITIES: Head Up, Quick Reaction

SKILL ACQUISITION: **Vision:** Being able to look up and see the player movements then react; **Learning to read the players;** **Movement:** Quick reactions after reading the players' movement and intentions on the outside.

Scanning Drill (15 mins)

OBJECTIVE: Player in the center of the grid is trying to get to a corner cone before the outside switching player gets to it.

PLAYER ACTIONS: Player inside the grid is to continually scan what is going on with the players on the 4-corners to try and get to a corner cone before a switching player gets to it.

ORGANIZATION: Set-up a grid around 6 x 6 meters with a cone on all four corners. Position players on the outside cones and 1 player inside the grid standing in the center.

Activity: Play starts where the players on the outside will use feinting movements to try and distract the player in the center. 2 players on the outside will signal to each other when they feel that can switch cones while the player in the center is not looking. Player in the center, upon seeing the switch, will try and get to the open corner before the switching player reaches it. If the player is successful, the switching player goes in the center and the play starts again. If not successful, the center player stays in the center to try again.

RULE: Players on the outside can switch with any square player but cannot go diagonal through the grid.

Additionally, players on the outside can use gestures i.e. hand signals to signal a switch with another player. The player in the center should be having their head up always looking around to see who is committing to a switched run. If after 3-tries the player in the center has not been successful at getting out of the grid, switch the player.

KEY WORDS: "Scanning" the playing area.






GUIDED QUESTIONS: If players are able to get a switch, why were they successful?

ANSWERS: a) Player in the center may not have been focusing on scanning all areas. b) Player in the center developed a pattern of scanning that allowed the players on the outside to detect and use to their advantage. c) Slow reaction.

Note: After this drill is complete, have a brief coaching moment to discuss how this drill applies to the game and why it is so important to scan always, even when not in possession of the ball. ALL PLAYERS should be scanning during games to be able to read the field and see what is happening and where there may be a risk in the game.



Learning Objectives

	Technical (20%) - Positioning with head up; - Players on the outside learning non-verbal gestures for communication.
	Tactical (20%) - Being able to be observant and read the players and their intentions; - Looking for cues with the players that help identify the pending movement.
	Physical (20%) - Quick reaction; - Running; - Balance; - Coordination.
	Psychological (20%) - Being focused; - Looking for signs/ gestures of the outside players; - Not staying in the center of the grid long; - Successful reading of the movement.
	Social (20%) - Players on the outside working as a team to develop hand gestures; - Competition for the player on the inside; - Have fun.

Animation 2

Note: Remember that to be successful in this drill, players need to play with their head up. Both the player in the center, and the players on the outside.

