

6. Developing attacking vision – “scanning”

Objective

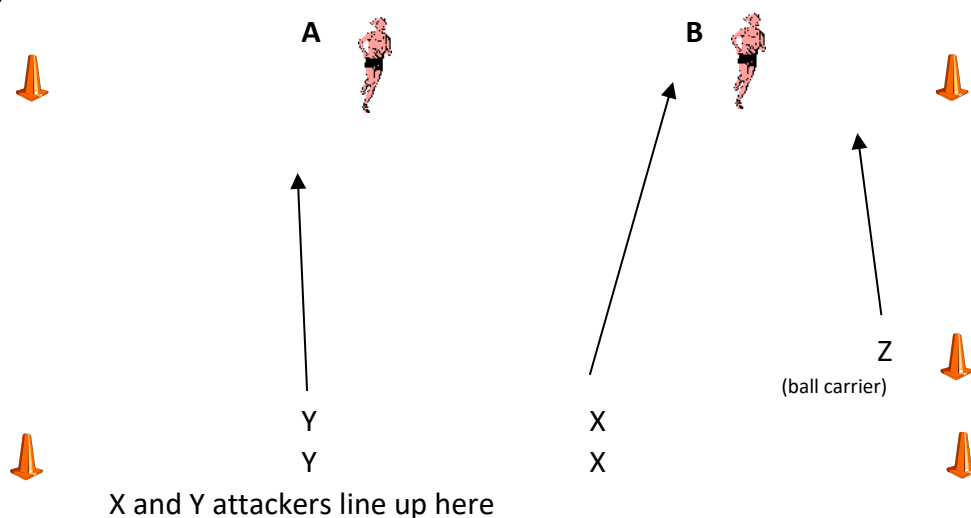
To develop a player’s ability to read play by scanning the game environment.

Definitions & Coaching Points

Scanning relates to the process by which an attacking player scans for cues presented by defenders in order, to take the best attacking option available. To develop attacking vision, players must be trained to identify the cues being presented which then makes selection of options more effective. (Note – at Foundation level we coach players in the “what to look for”)

Set Up

Basic ‘Scanning’ drill.



Set up & Execution

Drill area is 20m wide by 10m out from score line.

Players play a 3 v 2 game. Rules are – no touches, the ball carrier decides which support player is the best position to receive the pass based on defender’s actions, and they can also score themselves. The coach can control the actions of the defenders at first. E.g. stand behind the ‘A’ defender and tell them which support player (X or Y) to attack. The ‘B’ defender should simply take the ball carrier in the early stages of the drill.

The Coach can then progress to having players making their own decisions. The Coach should debrief what the ‘Z’ attacker needs to do in the scanning process - i.e. what cues are we looking for as an attacker? E.g. defenders feet, hips, shoulders turned inward, the distances between defenders etc.

PRIORITY 6 DRILLS

Progression

After basic level of scanning done above, try the modified game below.
Field dimension is 30m wide by 15m from score line.

- Game is 4 v 4
- Attacking middle starts with ball 8m – 10m from score line
- Defensive middle (LM) starts near attacking middle and must run around the cone to become alive in the drill. The cone is approx.4m away towards the sideline of the Grid – this simulates a defender out of play and arriving late (*see set up below*)
- Coach stands behind the attackers (so that attackers have their backs to the coach and cannot see the directions being given to defenders)
- On 'go' play begins and attackers attempt to score – Coach holds up a card to indicate to the defenders how they will respond in defence (attackers cannot see these directions and accordingly must respond to the cues being given by the actions of defenders)
- **"H"**: H stands for half as in Acting or Dummy Half. The Defence mark-up man on man. Ball runner (middle) enters in goal and attempts to find a player open. His defensive middle turns and runs around entry cone before he can chase ball carrier, thereby giving the half runner time with the ball
- **"M"**: M stands for Middle. The Saver (Defensive onside Middle) shuts down the half (ball carrier) whilst the link marks up man on man, as does the winger leaving a short hole open for attacking middle.
- **"L"**: L stands for Link. The Middle and Link shut down half and short hole whilst the winger marks up (man on man) on their winger, leaving link hole open.
- **"W"**: All defenders shut down leaving winger open on a direct cut out pass.

Language/ Terminology

Ensure you use the following terms throughout and explain clearly what is meant by each.

- ✓ scan
- ✓ cues

(Note – Coaches should take every opportunity to reinforce other principles in the drills and make the link between concepts e.g. correct lines to exploit the best possible opportunities etc.)

PRIORITY **6** DRILLS

Set up – 30m x 15m

