



# Reading the Game

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**Duration:** 45 min | **Focus:** Training to read the game and cover space | **Level:** Medium

## Key Focus Area

Improve positioning and space coverage

## Training Plan

### Sweeper Shuttle Drill

Duration: approx. 10–15 min

React to coach's direction by sprinting to cover zones marked by cones.

### Line Read & Step Drill

Duration: approx. 10–15 min

Time your step forward to break the line or intercept a ball.

### Diagonal Recovery Runs

Duration: approx. 10–15 min

Sprint diagonally to cut off through balls or long passes.

### Zone Awareness Drill

Duration: approx. 10–15 min

Stand between two attackers. React and adjust based on coach's call.

### Visual Scan & Cover

Duration: approx. 10–15 min

Start by scanning field (cones), then drop into position based on simulated threat.

