

CURATED TEAM ANALYSIS FOR PEAK PERFORMANCE

01



### Who are we?

A Venture by 3Lok football Fitness Hub, focused to providing professional match analysis to grassroot teams and academies.

02



### What do we do?

Procure professional standard match footage of your matches using our high end AI cameras.

03



### What happens next?

Our analysis team tags all the important phases of play and provides you with feedback so that you identify problems and plan towards correcting them- Objectively.

[WWW.3LOKFOOTBALL.COM](http://WWW.3LOKFOOTBALL.COM)



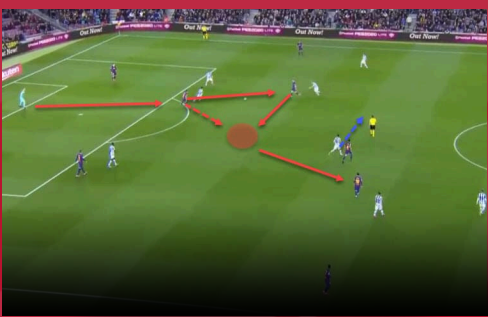


# EAGLE EYE

CURATED TEAM ANALYSIS FOR PEAK PERFORMANCE

## In Possession

01



### Build up

process of gradually progressing the ball from a defensive 3rd towards the opponent's goal in an organized manner. Goal is to move up the pitch methodically and create goal-scoring opportunities without losing possession.

## In Possession

02

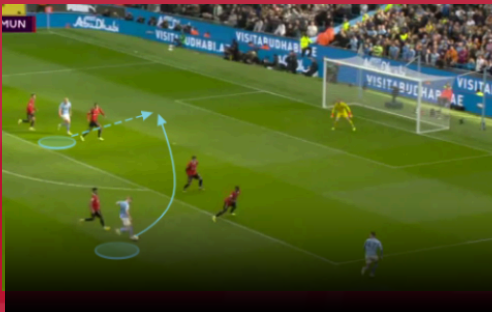


### Midfield Progression

Refers to the process of advancing the ball from the defensive areas through the midfield to the attacking third of the pitch. Is crucial as it bridges the gap between defense and attack.

## In Possession

03



### Chance Creation

Refers to the process of producing opportunities for a team to score a goal. The effectiveness of chance creation is crucial for a team's success, as converting these chances into goals can determine the outcome of a match.



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## Out Possession

01

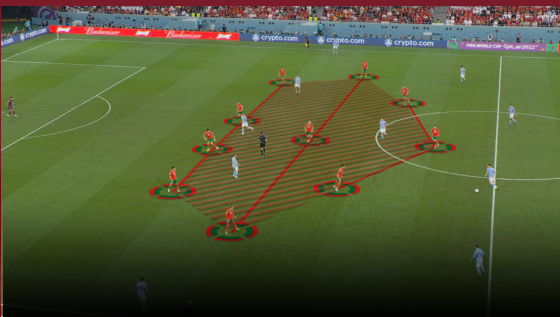


### Defending High (Pressing)

defensive tactic used to regain possession of the ball by applying pressure to the opposition players, especially during opponent's Build up

## Out Possession

02

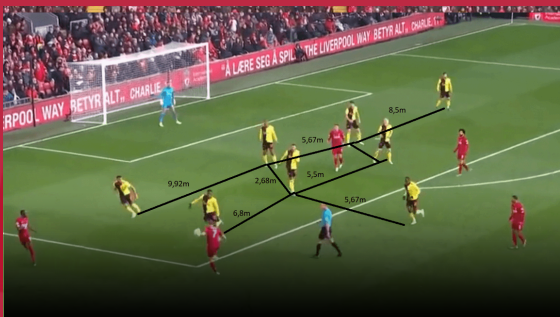


### Defending Middle

refers to the actions and responsibilities of midfield players when their team is out of possession and needs to prevent the opposition from advancing the ball or creating scoring opportunities.

## Out Possession

03



### Defending Low

Opt for low, hard shots to capitalize on the smaller goal size, increasing the likelihood of beating the goalkeeper.



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## Transition to Attack

01

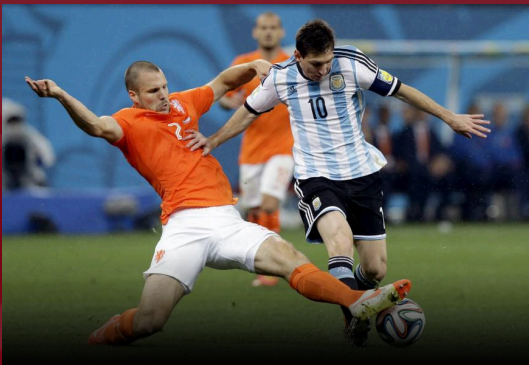


### Attacking Transition

phase of play that occurs when a team quickly shifts from a defensive position to an offensive one after regaining possession of the ball.

## Transition to Defend

02



### Defending Transition

Refers to the phase when a team shifts from an offensive posture to a defensive one after losing possession of the ball.

## Set Pieces

03



### Set Pieces

Refer to specific situations where the game is restarted from a stationary position rather than open play. (Corners, Freekicks, throwins, penalties)