Opponent analysis sheet

One match watched, one sheet. Note what repeats, and the minute. Finish with three keys.

The match

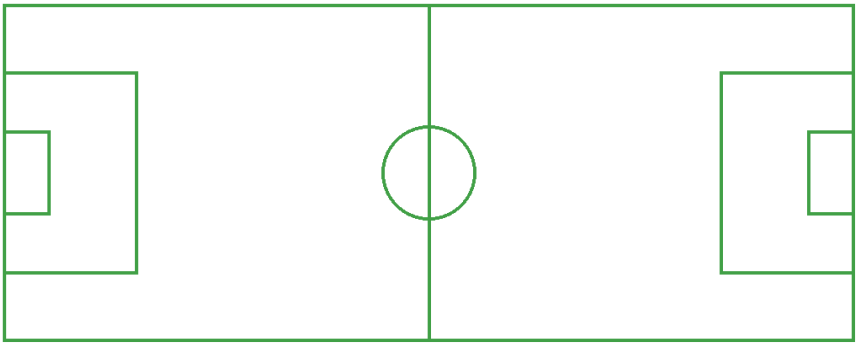
Opponent	
Date, time and pitch (grass or artificial, size)	
Competition and round	
Matches watched (date, opponent, score)	
We play	☐ Home ☐ Away
Sources	☐ Live ☐ Published video ☐ Our last meeting ☐ Results and match reports

Context

Position and last 5 (W/D/L)	
Goals for and against	
Injured and suspended	
What they need from the match	

Formation

Draw their starting formation. Below, what changes with the score or after substitutions.



Variations	

In possession

Build-up	☐ Short ☐ Long
Progression	☐ Through the middle ☐ Down the wings ☐ Direct ☐ Combination play

		Min.
Who starts it (goalkeeper, centre-backs, holding midfielder)		
Finishing (crosses, long shots, runs in behind)		

Out of possession

Block	☐ High ☐ Mid ☐ Low	
Defensive line	☐ High ☐ Deep	
		Min.
Who presses, and what triggers it		
Spaces they leave		

Transitions

After losing the ball	☐ Counter-press ☐ Drop back ☐ Tactical foul	
After winning it	☐ Counter-attack ☐ Build an attack	
		Min.
Who runs		

Set pieces

Defending, marking	☐ Zonal ☐ Man-to-man ☐ Mixed	
		Min.
Attacking: taker and foot, near or far post, targets		
Defending: who stays up; the goalkeeper		

Key players

Shirt	Position	Footed (right / left)	What they do	How we stop them

Three keys

The same day. One line each: if they..., we...

If they...	...we...	We train it on (day)

For the coaching staff only. If the opponent is a youth team, write shirt numbers and positions, not names, and keep this sheet within the staff.

A free template from Soka. The guide and a worked example · soka.app/guides/opponent-analysis/