

MATCH FOOTAGE BREAKDOWN

VIDEO ANALYSIS

PROFESSIONAL TACTICAL & TECHNICAL ASSESSMENT

*Your game through a professional's eyes — moment by moment,
pattern by pattern.*

PREPARED FOR

MARCUS DELGADO

POSITION
CMMATCH
VS. NORTH VALLEY FCDATE
12 APRIL 2026FOOTAGE
FULL 90

01 OVERALL PERFORMANCE RATINGS

SCORED 1–10 • BENCHMARKED AGAINST PROFESSIONAL STANDARD

Each rating is a professional-eye assessment of specific elements of your game in this footage. A 6 is solid — you're competing at your level. A 7 means you stood out. An 8+ means the opposition had to plan around you.

7 /10

TECHNICAL EXECUTION

Ball control, passing accuracy, first touch, technical proficiency under pressure.

6 /10

TACTICAL POSITIONING

Positioning without the ball, reading play, occupation of key zones.

7 /10

DECISION MAKING

Speed and quality of decisions in possession under pressure.

8 /10

PHYSICAL PERFORMANCE

Sprint volume, distance covered, intensity maintenance.

6 /10

DEFENSIVE CONTRIBUTION

Pressing effort, duels won, transition defending, tracking runners.

7 /10

ATTACKING CONTRIBUTION

Runs in behind, link-up play, creativity, chance creation.

SESSION AVERAGE

6.8 /10

A 7.0 session average means you're performing at a high level for your competition. The notes on the following pages break down exactly where to push next.

02 FOR YOUR NEXT ANALYSIS

HOW TO SUBMIT FOOTAGE THAT GETS THE SHARPEST ANALYSIS BACK

FULL MATCH FOOTAGE

At least a full half. Close-ups miss positioning and movement off the ball.

WIDE CAMERA ANGLE

The camera should show at least half the pitch — so your decisions are visible in context.

STABLE + CONSISTENT

Tripod if possible. Shaky handheld footage loses detail on body shape and angles.

IDENTIFY YOURSELF

Tell us your jersey number and position. Saves review time and sharpens the analysis.

03

DETAILED OBSERVATIONS

SPECIFIC MOMENTS — WHAT HAPPENED, WHAT IT MEANS, WHAT TO DO WITH IT

STRENGTHS — WHAT TO BUILD ON

02:14

PRESSING TRIGGER

Excellent pressing trigger off opponent's heavy touch. Forced the turnover and immediately played forward. This is a high-level read.

18:40

TRANSITION SPEED

Recovery run after losing the ball was outstanding — covered 35m in under 5 seconds. Professional-level defensive transition.

34:22

COMBINATION PLAY

Third-man run timed perfectly off the second pass. Created a dangerous situation. Need to see this 5x per game.

67:08

SET PIECE DELIVERY

Corner delivery was whipped with pace and landed in the target zone. 3 of 4 set pieces were deliverable. Strong.

AREAS TO IMPROVE — PRIORITY FIXES

08:32

BODY SHAPE RECEIVING

Received with body closed — forced to play back rather than forward. Open body shape here turns this into an attacking situation.

23:15

WEAK FOOT AVOIDANCE

Three consecutive passes avoided the left foot when the left option was clearly better. Opposition will identify this.

41:50

2ND BALL POSITIONING

Lost the second ball three times in this 10-minute spell because position was too close to the first ball. Need 4–5m separation.

79:20

DECISION UNDER PRESSURE

Held the ball 3 seconds too long — the forward run died. Decision should be made before the pressure arrives, not after.

04 TACTICAL PATTERN ANALYSIS

RECURRING BEHAVIOURS IDENTIFIED ACROSS THE FULL FOOTAGE

POSITIVE

HIGH FREQUENCY

PRESSING COORDINATION

Player consistently presses as the second defender when a teammate engages the ball. Compresses space effectively and forces backwards play. This is a professional-level defensive habit.

POSITIVE

MEDIUM FREQUENCY

FORWARD BODY SHAPE

In 70% of receiving situations, opens body before the ball arrives. Allows forward progression rather than forced backward pass. Target is 90% consistency.

IMPROVEMENT

CRITICAL

WEAK FOOT USAGE

Weak foot used in only 12% of passing situations where it was the better option. Opposition will press toward the strong side once they identify this pattern. Must be addressed immediately.

IMPROVEMENT

HIGH PRIORITY

SECOND BALL POSITIONING

Consistently too close to the action when the team does not have possession of the second ball. 60% of duels were contested rather than received cleanly. Stay 4–5m back from first ball.

05 POST-ANALYSIS ACTION PLAN

PRIORITIES FOR YOUR NEXT TRAINING BLOCK

IMMEDIATE — THIS WEEK

01

Daily 10-min weak foot circuit added to every individual session.

02

Cone drill for second-ball positioning — practice repositioning trigger.

SHORT-TERM — 2–3 WEEKS

01

Target 25% weak-foot usage in passing situations. Track in self-analysis.

02

Film 2 additional sessions looking specifically at second-ball positioning.

ONGOING — THIS BLOCK

01

Maintain pressing coordination as a non-negotiable standard every session.

02

Build set-piece variation — introduce two new delivery trajectories.

THE ROAD AHEAD

KEEP GOING.

"You're a 7 today, but you have a 9 inside you. The numbers don't lie — your physical output was elite, your pressing reads were professional. The next step is the weak foot. Every great CM I've played with had one that didn't let them down. You'll get yours. This month."

— ALBERT ARAMAYO

Professional footballer • National team • Founder, FP by Aramayo

YOUR NEXT STEPS

- 01** Watch the footage again with this report open — find the timestamps yourself.
- 02** Add the immediate action items to this week's individual training.
- 03** Submit your next match footage within 7 days for momentum.

PLATFORM

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INSTAGRAM

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