EA FC 26

WEEKEND LEAGUE PERFORMANCE TRACKER

A data-driven framework for understanding your own performance patterns inside a matchmaking system designed to resist that understanding.

THE QUESTION WE ARE TRYING TO ANSWER

> Do losses cluster after certain win thresholds — and if so, is that a reflection of my own fatigue and psychology, the matchmaking system working against me, or both at once?

The honest answer is: we cannot cleanly separate those two things from the outside. What we *can* do is build a personal dataset detailed enough to see patterns that a raw win/loss count will never reveal. That is what this tracker is for.

WHY THIS EXISTS — THE SHORT VERSION

EA filed and was granted a patent in 2017 for something called **Engagement Optimised Matchmaking (EOMM).**

EOMM

Engagement Optimised Matchmaking

Patent filed: 2017

Published: EA / Electronic Arts

EOMM is not a skill-based system. It is a **retention system.** It analyses behavioural data — win/loss streaks, playstyle, rage-quit tendencies — and manipulates match outcomes to keep players engaged for longer.

The patent explicitly describes pairing high-performing players with weaker teammates, or serving easy matches to break losing streaks, based on when a player is psychologically most at risk of quitting.

> **The key point:** The system does not need to cause all your mistakes. It only needs to introduce enough friction at the right moment that your own frustration does the rest. You tilt, your decision-making deteriorates, and the performance drop becomes genuinely yours by the end.

WHY IT IS HARD TO PROVE — AND WHY THAT IS THE POINT

Football games have enough natural variance that engineered outcomes have perfect cover. A misplaced pass could be concentration dropping, input lag from the server, or both simultaneously. The system does not need to be obvious.

VARIANCE

Your opponent suddenly performing above their level. Passing becoming inconsistent. Losing your read on the game. All of these are normal football variance. Which makes them perfect cover.

SELF-BLAME

A player who thinks they lost because of their own mistakes trains, returns, and spends. A player who believes the game is rigged quits. Self-blame is the retention mechanism.

THE GLIMPSE

You occasionally reach beyond your ceiling. Close enough to believe the next attempt is achievable. That glimpse — not the win itself — is what keeps you playing.

THE THREE ZONES WE TRACK

Every game in your 15 falls into one of three psychological states. The tracker identifies this automatically. Understanding which zone you are in before a game is part of the data.

PURSUIT
Games 1 → 9

Full stakes. Both discipline and concentration active. You are chasing a target that feels achievable. This is where your baseline performance lives.

THRESHOLD
One win from target

Highest pressure in the entire set. The benchmark is one game away. This single game deserves more attention in the data than any other. Watch what your tilt scores do here.

BEYOND TARGET
Past your benchmark

Lower personal stakes. Risk of mentally checking out even mid-game. You have already achieved what feels familiar. This zone tests whether your ceiling is real or psychological.

WHAT THE TRACKER LOGS — AND WHY EACH FIELD EXISTS

WKD / SITTING / GAME
Before first game

Tracks session structure. Whether you play 10 games in one sitting or split across days produces different fatigue curves. The data can separate these.

PRE-MATCH EXPECTATION + CONFIDENCE
Before the game loads — not after

Log this before you see the result. Pessimism and optimism both influence performance. We test whether your psychological state predicts outcome, or whether it has no measurable effect.

PRESSURE RATIO

Auto-calculated

Wins still needed divided by games remaining. When this hits 0.7 or above the tracker highlights it. Your tilt scores around high-pressure ratios are the most important readings in the dataset.

HALF-TIME INPUT FLAG

At half-time only — Yes or No

The only in-game data point. Logged at a fixed moment, before the result exists, to minimise post-rationalisation. Did inputs feel off? Yes or No. That is all that is required.

RESULT + RAGE QUIT FLAG

Immediately post-match

W / L / D from dropdown. The rage quit flag distinguishes a normal loss from a full discipline collapse. A rage quit at game 12 chasing win 11 is a different data point than a rage quit at game 4.

DISCIPLINE + CONCENTRATION

Post-match reflection

Two separate metrics because they operate differently. Discipline is reactive — did you stay emotionally regulated? Concentration is anticipatory — were you mentally present given what was at stake? Both rated 1–5.

HOW TO USE THE TRACKER

01 **SETUP SHEET FIRST**
Enter your gamertag, win target, and aspiration target. Every formula in the workbook pulls from these three cells. Your targets are yours — do not edit anyone else's Setup sheet.

02 **LOG BEFORE THE MATCH LOADS**
Pre-match expectation and confidence must be logged before you see the opponent. After the result exists, these readings are contaminated. This is the most important discipline in the entire process.

03 **ONE FLAG AT HALF-TIME**
During the break: did inputs feel off? Yes or No. Nothing else. Do not elaborate until post-match. The simplicity is intentional.

04 **COMPLETE THE ROW IMMEDIATELY AFTER**
Score, result, rage quit, discipline, concentration. One or two minutes. Leaving it until later introduces post-rationalisation and memory bias. Notes are optional and should be one sentence maximum.

05 **REVIEW AFTER YOUR FULL 15**
The Dashboard updates automatically. After several weekends you will have enough data to identify real patterns. One weekend is not enough. Patience with the process is part of the methodology.

WHAT TO LOOK FOR IN YOUR DATA

After 3–4 weekends of clean logging, these are the questions your data should start to answer:

Do losses cluster after a specific win count?

If your loss rate rises sharply above 7 wins regardless of session length, that is a pattern worth examining. It could be ceiling, fatigue, or system behaviour.

Does your concentration drop after hitting your win target?

Your recent experience is already a data point. Concentration 1–2 after reaching 10, regardless of what the next opponent is doing, suggests the ceiling is partly psychological.

Do high pressure ratios correlate with lower discipline scores?

When wins needed equals games remaining, does your emotional regulation hold? If discipline drops at 0.7+ pressure, that is a tilt threshold you can train around.

Does pre-match expectation predict outcome?

If pessimism before a game has no correlation with loss, your psychological state going in is less influential than you might assume. That is useful to know.

Does your win rate differ between sittings?

If sitting 1 has a 65% win rate and sitting 3 has 40%, session management is a larger variable than matchmaking or skill.

A note on honesty: The tracker only works if the data is accurate. A discipline score of 5 when you were visibly tilted is worse than no score at all. The goal is not to look good in your own data. It is to understand yourself clearly enough to make better decisions — including the decision to stop playing.

The environment is designed to resist your self-audit. That is not a reflection of your ability to self-assess. This tracker is the counter-measure.