

FORESIGHT

EA FC 26 // Weekend League Performance Tracker // User Guide

This tracker is a **behavioural research instrument**. Its purpose is to build a personal dataset detailed enough to answer a question that raw win/loss numbers never can:

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: you cannot cleanly separate those two things from the outside. But you can get close — if the data is collected correctly, at the right moments, before post-match emotion has a chance to rewrite what actually happened.

PLAYER FATIGUE

Performance dropping across a long session. 10 games in one sitting produces a different curve than the same 10 games split across days.

PLAYER PSYCHOLOGY

Tilt, expectation bias, pressure responses. Pre-match state must be logged before the result exists — not after — to keep this reading clean.

SYSTEM BEHAVIOUR

Matchmaking influencing opponent quality at specific win thresholds. The residual pattern that remains once your own variables are accounted for.

WHY THE MATCHMAKING QUESTION EXISTS

In 2017, EA filed and was granted a patent for **Engagement Optimised Matchmaking (EOMM)**. This is not a skill-based system. It is a retention system. It analyses behavioural data — win/loss streaks, session length, rage-quit tendencies — and adjusts matchmaking to keep players engaged for longer, not to produce fair matches.

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.

VARIANCE AS COVER

A misplaced pass could be concentration dropping, server input lag, or matchmaking — simultaneously. The system does not need to be obvious.

SELF-BLAME AS RETENTION

A player who thinks they lost due to their own mistakes trains, returns, and spends. Self-blame keeps you engaged. The system relies on this.

THE GLIMPSE

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

SETTING UP THE TRACKER

The workbook has three tabs: **Setup**, **Match Log**, and **Dashboard**. Every formula in the workbook pulls from the Setup tab. Fill this in first before logging anything.

FIELD	WHAT TO ENTER	WHY IT MATTERS
Gamertag	Your PSN or EA username	Labels your data. Especially useful if multiple people share the same template.
Win Target	The wins you are aiming for — e.g. 10	Every pressure ratio, zone classification, and dashboard metric calibrates around this number.
Aspiration Target	A stretch goal beyond your target — e.g. 12	Unlocks the Aspiration zone for tracking whether a higher goal reactivates pursuit-level performance.

UNDERSTANDING EACH FIELD

Every field is logged at a specific moment — before the game, at half-time, or immediately after. The timing is intentional. Logging at the wrong moment introduces bias that corrupts the data in ways you will not notice until several weekends in.

FIELD	WHEN	WHAT IT CAPTURES
WKD	Before session	Which weekend number this is. Enables multi-week pattern comparison.
Game #	Before session	Overall game number across the full 15. Auto-populates — do not edit.
Sitting #	Before session	Which block of play this is. Increments each time you fully stop and return. Resets to 1 each new weekend.
Game in Sitting	Before session	Your position within the current sitting. Resets to 1 each time you sit down. Separates within-session fatigue from overall record effects.
Time of Day	Before session	24hr format. Reveals whether session timing affects performance independently of fatigue.
Wins / Losses Before	Auto-calculated	Your record entering this specific game. Drives all pressure ratio and zone calculations.
Pressure Ratio	Auto-calculated	Wins needed divided by games remaining. Flagged at 0.7 or above — the window where tilt and system resistance are most likely to coincide.
Zone	Auto-calculated	Pursuit, Threshold, Beyond Target, or Aspiration — assigned automatically from your record vs your targets.
Pre-Match Expectation	BEFORE game loads	How you expect this game to go. Must be logged before you see the opponent. Dropdown selection.
Confidence (1-5)	BEFORE game loads	How confident you feel going in. 1 = very low, 5 = very high. Log before the match screen appears — not after.
HT Input Flag	AT HALF-TIME — Yes / No	Did inputs feel off in the first half? Binary only — no elaboration. The only in-game data point. Logged before the result exists.
Goals For / Against	Immediately post-match	The final scoreline. Feeds score margin automatically.
Result (W/L/D)	Immediately post-match	Dropdown: Win, Loss, or Draw.

Who Quit	Immediately post-match	Did you or your opponent abandon early? Distinguishes rage quits from standard losses.
Discipline (1-5)	Immediately post-match	Reactive metric — did you stay emotionally regulated? 1 = complete tilt, 5 = fully composed.
Concentration (1-5)	Immediately post-match	Anticipatory metric — were you mentally present given the stakes? Tracked separately from discipline as they frequently diverge.
Notes	Immediately post-match	Optional. One sentence only. Something specific — not a general verdict on the game.

THE THREE ZONES

The tracker automatically classifies every game into a zone based on your current wins versus your targets. Zones matter because the same win rate means different things in different psychological contexts. A 60% win rate in Pursuit is baseline performance. A 60% win rate in Beyond Target tells you something very different about whether your ceiling is real or psychological.

PURSUIT Games 1 to one below target	Full stakes. Both discipline and concentration active. This is where your true baseline performance lives. Watch for: Is your win rate here consistent with your overall record? If not, session fatigue is a variable worth isolating.
THRESHOLD Exactly one win from your target	The highest pressure game of the entire set. A single game that deserves more analytical attention than any other. Watch for: Do discipline and concentration drop here specifically? Does the HT input flag activate more often at this point?
BEYOND TARGET Past your win target	Lower personal stakes. Risk of mentally checking out even when ahead. Tests whether your ceiling is real or psychological. Watch for: Does win rate collapse here despite stable discipline and concentration scores? That points away from psychology.
ASPIRATION Past your aspiration target	Upper stretch ceiling. Rarely reached. Tests whether a higher goal reactivates pursuit-level engagement. Watch for: Does concentration recover when a new goal becomes live? This is the ceiling-as-psychology test.

HOW TO LOG — STEP BY STEP

01 COMPLETE SETUP FIRST

Enter your gamertag, win target, and aspiration target in the Setup tab. Every formula across the entire workbook pulls from those three cells. Do not skip this.

02 LOG PRE-MATCH FIELDS BEFORE THE GAME LOADS

Pre-match expectation and confidence must be entered before you see the opponent or the result. This is the most important rule in the entire methodology. Once a result exists, your memory of how you felt going in becomes contaminated by the outcome. That contamination is invisible and cannot be corrected retroactively.

03 SET YOUR SITTING AND GAME IN SITTING

Every time you sit down to play, increment your Sitting # by one and reset Game in Sitting to 1. A short break does not count — only returning after fully stepping away. This field separates within-session fatigue from matchmaking effects.

04 FLAG AT HALF-TIME — NOTHING MORE

At half-time: did inputs feel off? Yes or No. That is all. Do not write notes, do not elaborate, do not reach a verdict on the match. The simplicity is intentional. Elaboration at half-time introduces post-rationalisation before the result is confirmed.

05 COMPLETE THE ROW WITHIN TWO MINUTES OF FINAL WHISTLE

Score, result, rage quit, discipline, concentration. Do this immediately. Memory bias degrades quickly — leaving it until after your next game introduces errors you will not notice but that will show up as noise in your patterns weeks later.

06 REVIEW THE DASHBOARD AFTER YOUR FULL 15

Not during. Not at game 8. After the complete set. The dashboard updates automatically. One weekend of data is directional only — real patterns require 3 to 4 weekends of clean, honest logging.

WHAT TO LOOK FOR IN YOUR DATA

After 3 to 4 weekends of clean logging, these are the questions your data should begin to answer. None of these can be answered from a single weekend. The value is in the pattern across time, not the result of any individual game.

FINDING	WHAT IT MEANS IF TRUE
Do losses cluster above a specific win count regardless of session length?	The ceiling is not fatigue-driven. Something is compressing your win rate at a threshold independent of how fresh you are.
Does concentration drop after hitting your win target?	The ceiling is at least partly psychological. Beyond Target mentally disengages before your opponent has done anything.
Do high pressure ratios correlate with lower discipline scores?	You have a measurable tilt threshold. This is a player-side variable — it is within your control to train around.
Does pre-match expectation have no correlation with outcome?	Your psychological state going in is less influential than assumed. Something else is driving results — not your mindset.
Does your win rate differ significantly between sittings?	Session management — when you play and for how long — is a larger variable than matchmaking or skill.
Does win rate hold in Beyond Target despite stable discipline and concentration?	The residual cannot be explained by your psychology. This is the closest the data gets to pointing at the system.

THE ONLY RULE THAT MATTERS

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 — it actively corrupts the pattern you are trying to find. 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. Log honestly. That is the entire methodology.