

# Positional Profiles - 4 Pillars - #6 Defensive Midfielder

## Technical

- Aerial duels
- Ball striking
- Range of passing
- Quality of receiving
- First touch
- 1v1 defending
- Tackling  
intercepting

## Tactical

- Association
- Creation of space
- Intelligent
- Anticipation
- Reads ball  
pressure
- Positioning
- Switch play
- Manage tempo

## Physical

- Quickness
- Strength
- Endurance
- Agility
- Balance
- Body orientation
- coordination

## Mental / Psychological

- Communication
- Organization
- Leadership
- Manage risk
- Mental speed
- Competitive
- patience