

Positional Profiles - 4 Pillars - #2/3 Full Backs



Technical

- Dribbling
- Passing
- 1v1 defending
- Aerial duels
- 1v1 attacking
- Combination play
- Crossing
- Tackling

Tactical

- Positioning/repositioning
- Anticipation
- Transitional moments
- pressure/cover/balance
- Coordination in line and block
- Sectoral associations and partnerships

Physical

- Speed
- Endurance
- Power
- Quickness
- Agility
- anaerobic/aerobic capacity
- Turning
- Repeatability

Mental / Psychological

- Tenacity courage
- Confidence
- Aggressive
- Concentration
- Competitive
- Disciplined