



# KEY QUALITIES OF A PLAYER



## GAME UNDERSTANDING & DECISION-MAKING

Read situations, anticipate & make quick decisions under pressure

- Observes and analyzes the position of teammates and opponents
- Identifies cues and intentions of teammates and opponents
- Recognizes space, time and risk/opportunity
- Processes information quickly, thinks ahead and acts fast (makes the best choice)
- Manages the pace of the game, recognizes when to accelerate or slow-down play
- Understands position and role, based on style of play, team principles and strategy
- Adjusts position and moves into space quickly/ahead of time to provide support/cover, aligns actions with teammates
- Scans continuously
- Adapts body shape
- Versatility and flexibility to play multiple roles or positions in different systems
- Uses creativity to find new and different solutions

## RESPONSIBILITY & INITIATIVE (SELF-REGULATION)

Responsible for own learning, development & performance

- Takes ownership, sets goals, plans, monitors, (re)evaluates
- Takes initiative, is proactive (creative), sees opportunities to take action without being told
- Manages personal lifestyle and environment (rest, recovery, sleep, nutrition, injury prevention/care, mental health)
- Is a role model under all circumstances
- Builds relationships, helps and supports teammates and staff
- Prepares for every game/session
- Reflects on and evaluates one's own performance (self-critical)
- Receives feedback, asks questions (coachable)
- Communicates openly and often (coaches, teammates)
- Creates a personal development plan
- Holds self accountable (no excuses, delivers on agreements and promises)

## GROWTH MINDSET & WINNING MENTALITY

Continuous drive to improve & compete

### FOCUS (INTENSITY)

- Gives maximum effort (work ethic)
- Concentrates, stays on task
- Commits to the process (sacrifice)

### MOTIVATION & DETERMINATION

- Shows passion/enthusiasm
- Challenges self
- Relentlessly pursues goals (desire)
- Never gives up
- Is brave, fearless (not afraid of mistakes)
- Pushes self to limits (body and mind)
- Believes in self (confidence)
- Is a team player, selfless (giver)

### EMOTIONAL STABILITY & CONTROL

- Overcomes adversity & setbacks
- Deals with pressure
- Stays composed
- Behaves maturely
- Is true to self

## TECHNICAL EXECUTION

Ball mastery & skills under pressure

- Comfortable/calm with ball under pressure
- Receiving and playing in tight spaces
- Receiving to play forward
- Ability to play 1 and 2 touch
- Precise passing that sets up the receiver (long, break lines, short, etc. )
- Dribbling/running with ball to create (body feints, change of speed and/or direction)
- Making quick combinations
- Creating chances and finishing (final pass/shot)
- Heading
- Dominating 1 v 1 (take-ons, challenges, regains, tackles)

## PHYSICAL EXECUTION

Movement skills & fitness

- Moves efficiently (agility, coordination, balance)
- Uses body in duels to control or disrupt the opponent and/or protect the ball
- Is explosive, makes quick movements (accelerates) and/or jumps higher (separating from opponent)
- Exudes strength, power and endurance
- Repeats high intensity actions (sprints)
- Has specialized physical qualities and stature for position

## LEARNING ABILITY

Capacity to adapt to a higher level

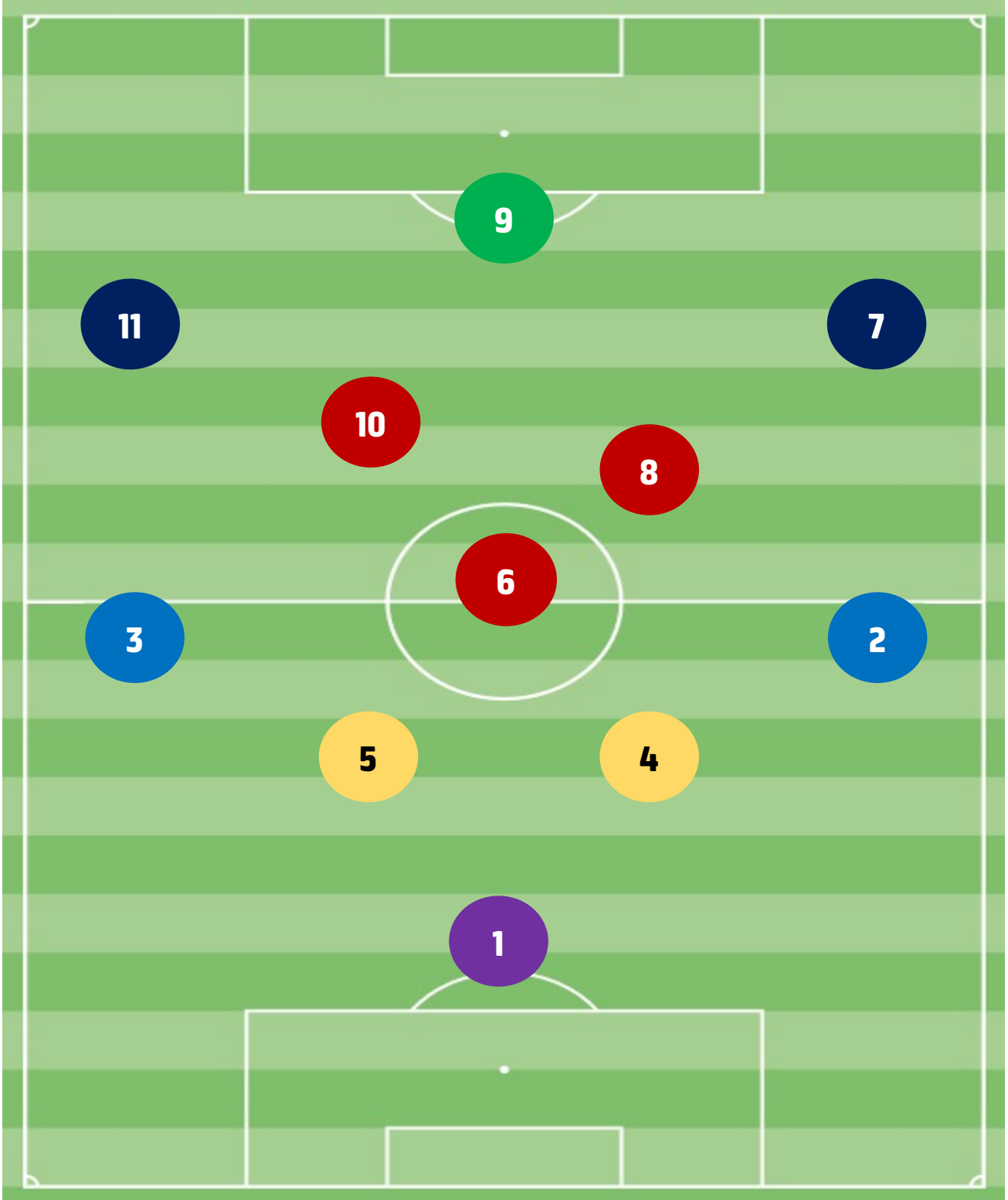
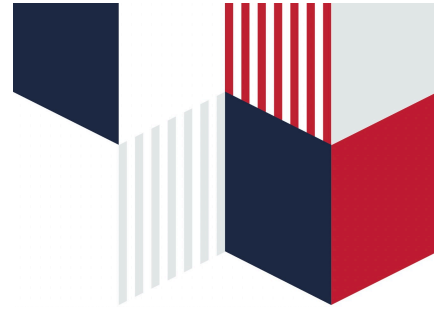
- Shows an ability to excel
- Adapts to new situations quickly
- Absorbs and applies new information quickly

\*Observed over an extended time, includes games and training sessions



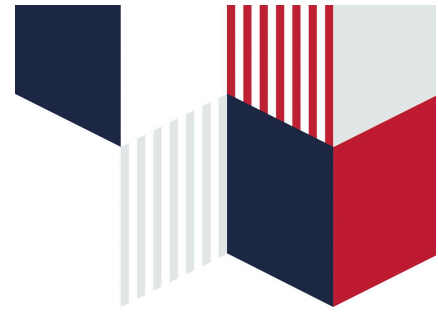
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# POSITION PROFILES





# POSITION PROFILES- TRAITS



## GOALKEEPER (1)



### TRAITS:

- Directing teammates, leading defensive organization (clear communication)
- Anticipating and intercepting crosses and balls behind defensive line (starting position)
- Stopping shots and dominating 1v1 situations (bravery)
- Reading pressure and initiating build-up
- Receiving and passing under pressure (short and long)

### PHYSICAL:

- Strength and power, agility and quick reactions to control the area and protect the goal (air and ground)

## FULL BACKS (2,3)



### TRAITS:

- Continuously adjusting body shape and position to provide support and cover (height and width)
- Dominating 1v1 duels to create or regain the ball
- Receiving, dribbling and making quick combinations to create chances (crossing and shooting)
- Making overlap and underlap runs to create advantage

### PHYSICAL:

- Speed, quickness, agility and endurance

## CENTER BACKS (4,5)



### TRAITS:

- Leading defensive organization
- Dominating 1v1 situations (heading, tackling and intercepting)
- Zonal marking, anticipation and preventive actions (shifting, stepping, dropping, and covering movements)
- Reading and breaking pressure (calm and decisive)
- Range of passing (through, over and around defensive block)

### PHYSICAL:

- Strength and power in duels (jumping), speed and agility

## MIDFIELDERS (6,8,10)



### TRAITS:

- Dominating positionally and individually, controlling and protecting central area
- Positioning between lines (spatial awareness and body orientation) and quick decision making (360° scanning)
- Technically advanced-receiving and turning in tight spaces, passing range including final pass
- Recognizing when to play forward, switch play and keep possession (ball security)
- Breaking down compact defenses and finishing the attack (insight and creativity)
- Providing offensive/defensive balance

### PHYSICAL:

- Agility, endurance, quickness and use of body to protect ball

## WIDE FORWARDS (7,11)



### TRAITS:

- Dominating 1v1, dribbling and running with the ball to take-on opponent, creating chances and scoring
- Shooting and crossing (early, cut-back, etc.) off the dribble, coming inside or wide
- Making aggressive runs with and without the ball
- Reading and initiating pressing moments, closing space with speed and intensity
- Denying penetrations and assisting fullback in wide areas

### PHYSICAL:

- Speed, change of direction and body feints
- Ability to make repeated accelerations

## CENTER FORWARD (9)



### TRAITS:

- Creating chances and scoring goals (foot or head)
- Receiving and holding the ball under pressure
- Making varied runs (movements and timing) to get behind opposition back line and create space for self and teammates
- Anticipating and moving into dangerous positions, untracking from opponent
- Receiving and passing under pressure (short and long)
- Showing advanced levels of focus, determination and control

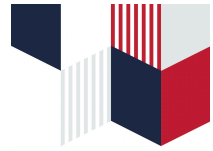
### PHYSICAL:

- Strength to hold off opponent, explosiveness to separate from opponent



# POSITION PROFILES

## GOALKEEPER(1)



ATTACKING	
READING THE OPPONENT'S PRESSURE	<b>RECOGNIZING OPPORTUNITY: SPACE, TIME AND RISK</b>
	Observe and analyze position of teammates and opponent's players
	Identify the intention of opponent's players (pressure)
	Find player with an advantage
INITIATING BUILD UP AND PLAYING FORWARD WITH INTENT: STATIC AND DYNAMIC SITUATIONS (KICK/THROW)	<b>ORIENTING AND RECEIVING (UNDER PRESSURE)</b>
	Read pressure of direct opponent
	Adapt body shape to receive and play quickly
	<b>PLAYING THROUGH</b>
	Play a calculated risk pass: Break lines when possible
	<b>PLAYING OVER</b>
	Play into: Play precise long pass into a player within the defensive block (bypass first/second line)
	Play Onto: Play long pass towards teammate or zone
	Play behind: Play long pass behind defensive block of the opposition (back line)
	<b>PLAYING AROUND</b>
Diagonal pass: Skip a player when possible	
Switch play: Exploit weak side	
ADJUSTING POSITION IN RELATION TO TEAMMATES AND BALL	<b>SUPPORTING</b>
	Push up the defensive line
	Move and support behind the ball: act as an outfield player
	Countermeasures: Take defensive preventive actions, provide cover behind defensive line
	<b>CLEARING</b>
Clear the ball: No risk mentality	

ATTACKING - DEFENDING	
ADJUSTING POSITION, DIRECTING TEAMMATES AND ANTICIPATING THREATS	Adjust position and bodyshape in relation to goal, ball, opponent and teammate
	Track position, movement of opposition supporting players and direct teammates
	Anticipate (intercept) balls played behind the back line ( long or through)
	Provide support for defender (back pass)

DEFENDING	
LEADING DEFENSIVE ORGANIZATION	<b>RECOGNIZING THREATS: UNPROTECTED SPACE, TIME AND RISK</b>
	Observe and analyze position and movement of opponent's players and teammates
	Identify the intention of opponent's players
	<b>ORGANIZING COMPACT DEFENSIVE BLOCK</b>
	Determine/Check position and distances between teammates
	Direct teammates to maintain vertical and horizontal compactness: Push up / Shift / Hold the line / Drop off and/or mark opponent
ADJUSTING STARTING POSITION	Re-Position continuously in relation to ball, teammates and goal
	Adapt bodyshape and stance
CONTROLLING THE SPACE: ANTICIPATING AND INTERCEPTING THROUGH BALLS OR PASSES BEHIND THE BACK LINE	Move into space to intercept and clear the ball when realistic chance of winning the ball
	Move into space to gain possession of the ball
	Hold position: Waiting for the game situation to develop or allow your teammates to challenge
	Recover towards the goal: Allow your teammates time to recover and reorganize
CONTROLLING THE BOX: DEFENDING CROSSES AND 1v1 SITUATIONS	<b>ANTICIPATING AND INTERCEPTING CROSSES AND LONG PASSES</b>
	Intercept low/high - catch-punch - deflect (under pressure/crowded area)
	<b>DOMINATING 1v1 SITUATIONS</b>
	Engage: Close-down space and/or force to one side (timing & create angle)
	Challenge: Use of body to win ball, make save, delay or throw-off opponent (Spread-Block-Smother)
PROTECTING THE GOAL: PREVENTING SCORING	<b>MAKING SAVES (LONG - CENTRAL - ANGLED - CLOSE)</b>
	Set position: Stance, distance, angle
	Secure ball: 1-2 touch(es)
	Move the ball away into safe spaces (Parry/Deflect/Punch/Foot)
	Improvising (whole body)
	<b>REACTING IMMEDIATELY TO RECOVER FOR SECOND PHASE</b>
Recover the ball or make second save	
	Reposition: Adapt body shape and stance

DEFENDING - ATTACKING	
INITIATING THE COUNTERATTACK OR BUILD-UP	<b>INITIATING COUNTER-ATTACK</b>
	Break out from crowded area immediately after securing the ball
	Pass forward (throw or kick) to initiate the attack immediately. Find the player with an advantage
	<b>INITIATING BUILD-UP</b>
	Keep the ball and allow teammates to take attacking positions
<b>TAKING COUNTERMEASURES</b>	
	Push up the defensive line: Keep team connected
	Take defensive preventive action (to counter the counter) (Sweeper- Keeper)



# POSITION PROFILES

## FULL BACK (2-3)



ATTACKING	
SUPPORTING BUILD UP PLAY	<b>READING THE OPPONENT'S PRESSURE</b> Observe and analyze position of teammates and opponent's players Identify the intention of opponent's players (pressure)
	<b>POSITIONING IN RELATION TO GOALKEEPER, DEFENSIVE LINE AND MIDFIELDERS</b> Adjust position (width, height and depth) to provide passing option or create space for teammates
	<b>ORIENTING, CONTROLLING AND TIMING</b> Adapt body shape to receive pass (in order to play forward and play quick) Make first touch forward or use first touch to escape pressure Draw opponent, invite pressure and break it Play a precise pass with appropriate ball speed, create conditions to play forward
RECEIVING AND PASSING UNDER PRESSURE	<b>RECOGNIZING OPPORTUNITY: SPACE, TIME AND RISK</b> Identify free teammate or teammate with advantage <b>PLAYING THROUGH</b> Diagonal pass forward: Play a calculated risk pass - break lines when possible Dribble with ball to create numerical overload/break lines in midfield (and final third) Give and Go: Combine with teammate to receive again
PLAYING FORWARD WITH INTENT (WITH THE BALL)	<b>PLAYING OVER</b> Play long or cross pass to weak zone/ weak side
	<b>PLAYING AROUND</b> Pass forward to find open player or play behind Switch play when unable to progress (center back)
	<b>SUPPORTING FORWARD WITH INTENT (WITHOUT THE BALL)</b> Support and penetrate in middle or final third: wide or inside Make underlapping and overlapping runs Take a higher position in and around the box
	<b>ADJUSTING POSITION IN RELATION TO TEAMMATES, OPPONENT AND BALL</b> Move up with the defensive line Stay connected with wide forward and/or central players Countermeasures: Take defensive preventive actions - move central, identify marking reference, anticipate threat
DOMINATING 1v1	Escape and draw the opponent Dribble: Take on the opponent
CROSSING	Observe and analyze positions and movements of attacking teammates and opponent's players Identify target and timing of the cross Play an accurate cross (air or ground) with appropriate ball speed (early, late, cut-back)
FINISHING THE ATTACK: SCORE OR ASSIST	Finish from distance: come from outside or straight Make aggressive (late) runs in the penalty box Finish or lay off in penalty area: head or foot

ATTACKING - DEFENDING	
READING AND PREVENTING THREATS	<b>PROVIDING ORGANIZATION</b> Recover quickly, to regain defensive position Anticipate the long ball Track movement of opposition supporting players
	<b>PREVENTING AND DELAYING</b> Counter-press to regain the ball Delay the opponent or drop reorganize Challenge when realistic chance of winning the ball: Tackling or intercept When necessary, make a strategic foul to stop the opponent from getting behind

DEFENDING	
READING AND POSITIONING	<b>RECOGNIZING THE OPPONENT'S BUILD-UP</b> Observe and analyze the position of opponent's players and teammates Identify the intention of opponent's players
	<b>CREATING AND MAINTAINING COMPACT DEFENSIVE BLOCK</b> Determine/Check position and distances between teammates Maintain vertical and horizontal compactness: Push-up/Shift/Hold the line/Drop off Stay connected to the center back to close central areas
	Recognize pressing moment Direct wide forward
ANTICIPATING AND PREVENTING THREATS	<b>RECOGNIZING UNPROTECTED SPACE OR DISADVANTAGES</b> Within the defensive block: Link up players between the lines or numerical advantage Behind the defensive block: Penetrating players Around the defensive block: Weak side space (Split-Vision)
	<b>ZONAL DEFENDING: (RE)POSITIONING AND MOVEMENT</b> Hold: Stay with the line Drop: Drop and delay when outnumbered Step: Step up when opponent facing own goal: Intercept or deny turn Track: Adapt body shape, anticipate and track runner Provide cover to center back Pass on attacking player at right moment Switch position with center back when center back covers in wide area
	<b>DENYING AND DISRUPTING FORWARD PASSES</b> Adapt body shape to anticipate pass Intercept through pass or long ball: One touch defense, Keep or Clear (head/foot)
	<b>CHALLENGING</b> Create 1v1 in 2v1 situation Close-down opponent (reduce time and space on the ball) Use of body to block or disrupt movement of the opponent Challenge when realistic chance of winning the ball: Heading, tackling or intercepting
	<b>OPPONENT RECEIVING BACK TO GOAL</b> Deny turning Intercept ball or stay behind (bump)
	<b>OPPONENT FACING FORWARD WITH BALL</b> Press or Delay (keep opponent out of the penalty area) Force to one side and/or isolate
	<b>OPPONENT RUNNING (WITH AND WITHOUT THE BALL)</b> Recover: Chasing, getting goal side Mark and track (body shape) Deny the cross: Prevent service Position to protect goal: First post or second post Split-Vision: Never lose sight of direct opponent and ball First to the ball: Duel on the ground and in the air Block shots Clear the ball: No risk mentality
	<b>DENYING AND DEFENDING CROSSES, PREVENTING SCORING</b>

DEFENDING - ATTACKING	
RECOGNIZING OPPORTUNITY	<b>STARTING AND SUPPORTING COUNTER-ATTACK</b> Initiate the attack immediately with forward pass Penetrate with ball Give and Go: Combine with teammate Penetrate without ball Move quickly into a supporting position (behind the ball)
	<b>SECURING POSSESSION AND INITIATING BUILD-UP</b> Keep the ball and play out of pressure when you can't play forward (allow teammates to take offensive positions)
	<b>TAKING COUNTER-MEASURES</b> Push up the defensive line: Keep team connected Take defensive preventive action (to counter the counter)



# POSITION PROFILES

## CENTER BACK (4-5)



ATTACKING	
SUPPORTING BUILD UP PLAY	<b>READING THE OPPONENT'S PRESSURE</b> Observe and analyze position of teammates and opponent's players
	Identify the intention of opponent's players (pressure)
	<b>POSITIONING IN RELATION TO GOALKEEPER, DEFENSIVE LINE AND MIDFIELDERS</b> Adjust position (width, height & depth) to provide passing option or create space for teammates
RECEIVING AND PASSING UNDER PRESSURE	<b>ORIENTING, CONTROLLING AND TIMING</b> Adapt body shape to receive pass (in order to play forward and quickly)
	Make first touch forward or use first touch to escape pressure
	Draw opponent, invite pressure and break it
	Play a precise pass with appropriate ball speed, create conditions to play forward
PLAYING AND MOVING FORWARD WITH INTENT (WITH AND WITHOUT BALL)	<b>RECOGNIZING OPPORTUNITY: SPACE, TIME AND RISK</b> Identify free teammate or teammate with advantage
	<b>PLAYING THROUGH</b> Pass Forward: Play a calculated risk pass - break lines when possible
	Dribble with ball to create numerical overload in midfield (and final third)
	Give and Go: Combine with teammate to receive again
	Penetrate without ball into middle or final third
	<b>PLAYING OVER</b> Play long or cross pass to weak zone/weak side
	<b>PLAYING AROUND</b> Switch play (diagonal pass) to exploit weak side, skip a player when possible
	Support behind the ball
	Push up the defensive line
	Countermeasures: Take defensive preventive actions - provide marking or cover to anticipate threat
ADJUSTING POSITION IN RELATION TO TEAMMATES, OPPONENT AND BALL	Finish from outside the penalty box: Shoot from distance
	Finish or lay off in penalty box: Head or foot
	Make the final pass
FINISHING THE ATTACK: SCORE OR ASSIST	

ATTACKING - DEFENDING	
READING AND PREVENTING THREATS	<b>PROVIDING ORGANIZATION</b> Return quickly to central position
	Anticipate the long ball
	Track movement of opposition supporting players
	<b>PREVENTING AND DELAYING</b> Delay the opponent or drop to reorganize
	Challenge when realistic chance of winning the ball: tackling or intercept
	When necessary, make a strategic foul to stop the opponent from getting behind
	Challenge to prevent shots or entry to penalty box

DEFENDING	
ORGANIZING AND LEADING	<b>RECOGNIZING THE OPPONENT'S BUILD-UP</b> Observe and analyze the position of opponent's players and teammates
	Identify the intention of opponent's players
	<b>CREATING AND MAINTAINING COMPACT DEFENSIVE BLOCK</b> Organize defensive positioning to maintain vertical and horizontal compactness: Push up/Shift /Hold the line/Drop off
	Determine/Check position and distances between teammates
	Recognize pressing moment
	Direct teammates
ANTICIPATING AND PREVENTING THREATS	<b>RECOGNIZING UNPROTECTED SPACE OR DISADVANTAGES</b> Within the defensive block: Link up players between the lines or numerical advantage
	Behind the defensive block: Penetrating players
	Around the defensive block: Weak side space (Split-Vision)
	<b>ZONAL DEFENDING: (RE)POSITIONING AND MOVEMENT</b> Hold: Stay with the line
	Drop: Drop and delay when outnumbered
	Step: Step up when opponent facing own goal, intercept or deny turn
	Track: Adapt body shape, anticipate and track runner
	Provide cover to center back or full back
	<b>DENYING AND DISRUPTING FORWARD PASSES</b> Adapt body shape to anticipate pass
	Intercept through pass or long ball: One touch defense, Keep or Clear (head/foot)
DOMINATING 1v1	<b>CHALLENGING</b> Close-down space (reduce time and space on the ball)
	Use of body to block or disrupt movement of the opponent
	Challenge when realistic chance of winning the ball: Heading, tackling or intercepting
	<b>OPPONENT RECEIVING BACK TO GOAL</b> Deny turning
	Intercept ball or stay behind (bump)
	Win areal duels (heading)
	<b>OPPONENT WITH BALL FACING FORWARD</b> Press or delay (keep opponent out of the penalty box)
	Force to one side and/or isolate
	<b>OPPONENT RUNNING (WITH AND WITHOUT THE BALL)</b> Recover: Chasing
	Mark and track runner from midfield (body shape)
DEFENDING CROSSES AND PREVENTING SCORING	Position to anticipate cross and protect goal (in and around the penalty box)
	Split-Vision: Never lose sight of direct opponent and ball
	First to the ball: Duel on the ground and in the air (defensive heading)
	Block shots
	Clear the ball: No risk mentality

DEFENDING - ATTACKING	
RECOGNIZING OPPORTUNITY	<b>STARTING AND SUPPORTING COUNTER-ATTACK</b> Initiate the attack immediately with forward pass
	Penetrate with ball
	Give and Go: Combine with teammate
	Penetrate without ball
	Move quickly into a supporting position (behind the ball)
READING THREATS: PROTECTING AGAINST COUNTERATTACK	<b>SECURING POSSESSION AND INITIATING BUILD-UP</b> Keep the ball and play out of pressure when you can't play forward (allow teammates to take offensive positions)
	<b>TAKING COUNTER-MEASURES</b> Push up the defensive line: Keep team connected
	Take defensive preventive action (to counter the counter)



# POSITION PROFILES

## CENTRAL MIDFIELDER (6-8-10)



ATTACKING	
<b>SUPPORTING BUILD-UP PLAY</b>	<b>READING THE OPPONENT'S PRESSURE</b> Observe and analyze position of teammates and opponent's players Identify the intention of opponent's players (pressure)
	<b>POSITIONING IN RELATION TO GOALKEEPER, DEFENDERS AND MIDFIELDERS</b> Drop to create an advantage and provide more passing options Align positioning with other midfielders and create space for defenders to move or pass forward
	<b>POSITIONING BETWEEN THE LINES TO RECEIVE (SPATIAL AWARENESS)</b> Move into space and provide (diagonal) passing options between the lines Unmark from direct opponent: Move into blind spot Rotate and align movement with other central midfielders Scan 360° and read pressure from opponent before receiving
	<b>PLAY (FORWARD) IN TIGHT SPACES</b> Open body shape to receive and play forward Make first touch forward to receive or turn when no pressure Turn using body of opponent Protect and secure the ball
	One touch play backwards (or sideways) when unable to turn
<b>RECEIVING AND TURNING UNDER PRESSURE</b>	<b>DICTATING THE PACE OF THE GAME: ACCELERATING PLAY OR SLOW DOWN PLAY</b> Recognize when to play forward or keep possession Receive and pass quickly: Make limited touches Dribble forward at speed when no passing option and/or when open space
	<b>BREAKING LINES AND PRESSURE</b> Use of deception and disguise Play a precise pass with appropriate ball speed, set-up the receiver Break lines with high-risk pass forward when possible Give and Go: Combine with teammate to receive again Play long or cross pass to weak zone/weak side Switch play quickly to isolate in 1v1 or create overload on the weak side
	<b>ADJUSTING POSITION TO PROVIDE BALANCE AND SUPPORT</b> Move forward and take position behind the ball Win 2nd ball (anticipate) Take counter measures: Protect against counter
	<b>BREAKING DOWN COMPACT DEFENSE AND FINISHING THE ATTACK</b> <b>CREATING SCORING OPPORTUNITIES</b> Make the final pass: Varied passing or crossing in front or behind the back line to assist Create 1v1: Take on opponent Create 2v1 or 3rd man combinations in tight areas Make aggressive forward runs in the penalty box Support from behind: Make late runs in the penalty box (rebounds, cut-backs)
	<b>SCORING</b> Finish from outside the box: Shoot from distance Finish in penalty area: Head or foot

DEFENDING	
<b>CONTROLLING OPPONENT'S BUILD-UP</b>	<b>RECOGNIZING THE OPPONENT'S BUILD-UP</b> Observe and analyze the position of opponent's players and teammates Identify the intention of opponent's players
	<b>CREATING AND MAINTAINING COMPACT DEFENSIVE BLOCK</b> Determine and check positions and distances between teammates: Marking references and space Direct teammates to make and keep compact defensive block
	<b>BUILDING AND INITIATING PRESSURE</b> <b>BUILDING PRESSURE</b> Shift and move to reduce central space, time on the ball and cut off/block passing lanes Make play predictable: Force play backwards or towards the preferred pressing zone Help teammates to outnumber the opponent
<b>DENYING FORWARD PASSES AND PENETRATIONS</b>	<b>PRESSING IN THE IDENTIFIED SITUATION</b> Pressure the opponent when chance of winning the ball (timing/cues) Increase speed and intensity: Close down space, force mistake Dispossess the opponent, regain the ball without fouling Regain defensive position when pressure is broken
	<b>DOMINATING 1V1 SITUATIONS IN CENTRAL AREAS</b> Track the attacking movement of the opposition players with and without ball: Zonal or Man-Mark Cut off passing lanes to advanced midfielders and forwards Intercept passes to advanced players Provide cover to create 2v1
	<b>CHALLENGING AND DISPOSSESSING</b> Close-down, reduce time and space on the ball Win the ball: Heading, tackling or intercepting Use of body to block or disrupt movement of the opponent Make a strategic foul when necessary to allow team to reorganize
<b>SCREENING AND PROTECTING SPACE IN FRONT OF CENTER BACKS</b>	<b>OPPONENT RECEIVING BACK TO GOAL</b> Intercept the ball Deny turning Force backwards
	<b>OPPONENT WITH BALL FACING FORWARD</b> Press and/or delay Force sideways
	<b>DEFENDING CROSSES, PENETRATIONS, AND SHOTS</b> Hold central position and stay connected to center backs Win aerial duels on long balls (defensive headers) in front of the back line Challenge and win 2nd balls Turn, chase and recover
<b>PROVIDING AND KEEPING BALANCE</b>	<b>DEFENDING CROSSES</b> Support full back to deny crosses Split-Vision: Never lose sight of direct opponent and ball First to the ball: Duel on the ground and in the air (defensive heading) Clear the ball: No risk mentality
	<b>DENYING PENETRATIONS</b> Deny short-combinations Switch from zonal marking to player tracking Track late runs in the penalty box
	<b>BLOCKING SHOTS</b> Block shots from inside and outside the penalty box
	<b>STARTING AND SUPPORTING COUNTERATTACK</b> Initiate the attack immediately with forward run, pass or dribble Move quickly into a supporting position (in front or behind the ball) Move up and stay connected between the lines
	<b>SECURING POSSESSION AND INITIATING BUILD-UP</b> Keep the ball and play out of pressure when you can't play forward
<b>DEFENDING - ATTACKING</b>	<b>TAKING COUNTERMEASURES</b> Take defensive preventive action (to counter the counter)

ATTACKING - DEFENDING	
<b>COUNTERPRESSING OR PROVIDING BALANCE</b>	<b>PRESSING (ADVANCED POSITION)</b> Pressure the ball immediately after losing it to regain possession or prevent the counterattack
	<b>ORGANIZING</b> Return as quickly as possible in the defensive block: Get organized and balanced Track movement of opposition supporting players
	<b>DELAYING (DEEPER POSITION)</b> Delay the opponent to allow teammates to return in the defensive block Make strategic foul when necessary, to allow team to reorganize
	<b>ANTICIPATING</b> Stop pressing/chasing and take anticipated attacking action, move into dangerous position

DEFENDING - ATTACKING	
<b>PROVIDING AND KEEPING BALANCE</b>	<b>SECURING POSSESSION AND INITIATING BUILD-UP</b> Keep the ball and play out of pressure when you can't play forward
	<b>TAKING COUNTERMEASURES</b> Take defensive preventive action (to counter the counter)





# POSITION PROFILES

## WIDE FORWARD (7-11)



ATTACKING	
POSITIONING AND SUPPORTING BUILD-UP PLAY	<b>STRETCHING THE OPPONENT: STARTING POSITION</b> Position high and wide to spread opposition and create space for self and teammates Position inside to overload central area and create space for full back to move up
	<b>READING THE OPPONENT'S PRESSURE</b> Observe and analyze position of teammates and opponent's players Identify the intention of teammates and opponent's players (pressure)
	<b>MOVING BETWEEN OR BEHIND THE LINES:</b> Identify space and move (or stay) to provide (diagonal) passing option between the lines Move inside to create space for full back to move up Come deeper to support and provide (diagonal) passing option Run behind the defensive line
	<b>RECOGNIZING TIME, SPACE, OPPORTUNITY AND RISK: SPATIAL AND POSTIONAL AWARENESS:</b> Isolate full back in 1v1 or take position in between (1v2) Position to gain advantage over your opponent: In front, behind or next to (use of counter movement and blind spots) Scan 360° and read pressure from opponent before receiving
	<b>RECEIVING AND TURNING TO PLAY FORWARD (IN TIGHT SPACES)</b> Open body shape and make first touch forward to escape pressure Receive long and short passes on the run Use body of opponent to turn and face goal Use first touch to eliminate and beat direct opponent
RECEIVING UNDER PRESSURE	<b>SCREENING/SHIELDING THE BALL (RECEIVING BACK TO GOAL)</b> Protect and hold the ball under pressure, wait for supporting teammates to move into better positions One touch play backwards to supporting teammate (3rd man)
	<b>BEATING THE OFFSIDE LINE</b> Adapt (vary) starting position and times run to stay outside Adapt shape of the run to stay outside line (diagonal or bent)
	<b>RUNNING WITHOUT THE BALL</b> Make well timed vertical or diagonal runs behind the defensive line
MAKING AGGRESSIVE FORWARD RUNS	<b>RUNNING WITH THE BALL</b> Run with the ball at high speed over distance (from deeper areas)
	<b>ISOLATING DEFENDER: CREATING 1v1</b> Escape and/or draw defender out of position
DOMINATING 1v1	<b>DRIBBLING: TAKE ON (ELIMINATE) OPPONENT</b> Recognize body position, space and cover to go past opponent Use change of speed and/or change of direction to beat or separate opponent Use body feints and quick movements to beat or separate from opponent
	<b>CHANGING TEMPO</b> Speed up playing by making limited touches and passing quickly
COMBINING WITH TEAMMATES	<b>PASSING TO SET UP RECEIVER</b> Play through pass to penetrating teammate to receive in behind Cross pass: Move inside or lower to play long ball to weak side Give and Go: Combine with teammate to receive again Flick or deviate in one touch
	<b>IDENTIFYING SPACE AND TARGET</b> Recognize space and position of attacking teammates and opponent's (watch for late runners)
	<b>DELIVERING CROSSING</b> Cross in the box using Left or Right Cross at right time to beat defenders and goalkeeper (early, late or cut-back crosses) Cross accurately with appropriate ball speed from different positions behind or in-front of backline
CROSSING	Make aggressive (late) runs in the penalty box Lose opponent: In front or out of sight
	Finish from the cross or pass: With head or foot Finish second/loose balls: Anticipate and react quickly Finish from distance off the dribble: Come from outside
FINISHING AND SCORING	

ATTACKING - DEFENDING	
COUNTERPRESSING OR PROVIDING DEFENSIVE BALANCE	<b>COUNTERPRESSING</b> Pressure the ball immediately after losing it to prevent the counterattack and/or regain possession Chase immediately (sprint)
	<b>ORGANIZING</b> Return as quickly as possible in the defensive shape (Get organized and balanced) Track movement of opposition supporting players Cover for overlapping full back
	<b>ANTICIPATING</b> Stop pressing/chasing and take anticipated attacking action, move into dangerous position

DEFENDING	
READING AND POSITIONING	<b>RECOGNIZING THE OPPONENT'S BUILD-UP</b> Observe and analyze the position of opponent's players and teammates Identify the intention of opponent's players
	<b>CREATING AND MAINTAINING COMPACT DEFENSIVE BLOCK</b> Determine and check position height, width and distances between teammates Move in coordination with teammates: Keep compactness and closes spaces
	<b>BUILDING PRESSURE</b> Shift and move to reduce-space, time on the ball and cut off/block passing lanes Make play predictable: Force play backwards or towards the preferred pressing zone Move centrally to provide cover and balance: Monitor central player or wide player on the weak side (split-vision)
BUILDING AND INITIATING PRESSURE	<b>PRESSING IN IDENTIFIED SITUATION</b> Identify pressing cues: Pressure the ball Increase speed and intensity: Close down space, force mistake Dispossess the opponent, regain the ball without fouling Take defensive position when pressure is broken or take an anticipated attacking position
	<b>PREVENTING OPPONENT FROM PASSING AND DRIBBLING FORWARD</b> Recognize overloads in wide areas: Hold lower position Cut off passing lanes and intercept passes to advanced midfielders and forwards
DENYING FORWARD PASSES AND PENETRATIONS	<b>DEFENDING PENETRATIONS</b> Track back to mark attacking movement of opponent (with and without ball) Pass on direct opponent and take anticipated attacking position Support full back to provide cover or double team
	<b>DEFENDING CROSSES</b> Deny the cross: Prevent service (strong side) Position and mark in/around the penalty box (weakside)
DEFENDING LOW IN WIDE AREAS	<b>DEFENDING 1v1</b> Keep attacking player in front, close space, force backwards
	<b>BLOCKING SHOTS</b> Block shots from inside and outside the penalty box
ANTICIPATING COUNTERATTACK	Stop tracking and take anticipated attacking action

DEFENDING - ATTACKING	
CREATING DANGEROUS COUNTERATTACKS: MOVING AND PLAYING FORWARD	<b>ANTICIPATING COUNTERATTACK</b> Unmark from defender before the ball is regained and provide (diagonal) passing option or run behind
	<b>CONTINUING COUNTERATTACK</b> Receive, turn and play forward Run at defender and create 2v1 or finish the attack
	Hold and protect the ball and wait for support when unable to play forward
	<b>STARTING AND SUPPORTING COUNTERATTACK</b> Initiate the attack immediately with forward run, pass or dribble Move quickly into a supporting position in front or behind, wide the ball





# POSITION PROFILES

## CENTER FORWARD (9)



ATTACKING	
POSITIONING AND SUPPORTING BUILD-UP PLAY	<b>STRETCHING THE OPPONENT</b> Position high and central: Occupy opposition center backs, serve as target and create space for self or teammates
	<b>READING THE OPPONENT'S PRESSURE</b> Observe and analyze position of teammates and opponent's players
	Identify the intention of teammates and opponent's players (pressure)
	<b>MOVING BETWEEN OR BEHIND THE LINES</b> Drop into midfield to create an advantage and provide passing option for teammates
	Drop into midfield to create space for a penetrating midfielder
	Run behind the defensive line
RECEIVING UNDER PRESSURE	<b>RECOGNIZING TIME, SPACE, OPPORTUNITY AND RISK: SPATIAL AND POSTIONAL AWARENESS</b> Isolate center back (1v1) or take position between center backs(1v2)
	Unmark from direct opponent: in front, behind or next to (use of counter movement and blind spots)
	Scan 360° and read pressure from opponent before receiving
	<b>RECEIVING AND TURNING TO PLAY FORWARD</b> Open body shape to receive facing forward (first touch forward)
	Receive long and short passes on the run
	Turn and face goal (use body of opponent)
	Use first touch (and/or feinting) to eliminate or beat direct opponent
	<b>SCREENING/SHIELDING THE BALL (RECEIVING BACK TO GOAL)</b> Receive long ball: Air and ground
	Protect (shield) the ball under pressure, wait for support (lay off) or draw foul
	Lay-off: One touch play backwards to supporting teammate (3 <sup>rd</sup> man)
MAKING AGGRESSIVE FORWARD RUNS	<b>BEATING THE OFFSIDE LINE</b> Adapt (vary) starting position and time run to stay outside
	Adapt shape of the run to stay outside line (diagonal or bent)
	<b>RUNNING WITHOUT THE BALL</b> Make well-timed vertical or diagonal runs behind the defensive line
	<b>RUNNING WITH THE BALL</b> Run with the ball at high speed over distance (while holding off opponent)
	<b>DRIBBLING: TAKE-ON (ELIMINATE) OPPONENT</b> Recognize body position, space and cover to go past opponent
DOMINATING 1v1	Use change of speed and/or direction to beat or separate from opponent
	Use body feints and quick movements to beat or separate from opponent
COMBINING WITH TEAMMATES	Play a through pass to penetrating teammate in-behind
	Switch play quickly to isolate in 1v1 or create overload on the weak side
	Give and Go: Combine with teammate to receive again
FINISHING AND SCORING (CREATIVITY)	Flick or deviate in one touch with head or foot
	Recognize space and position of opponents (and teammates)
	Make well timed runs (aggressive, delayed/late, pull away/drop off) in the box to unmark or to create space for teammates
	Hold-off or lose direct opponent
	Finish from distance or off the dribble
	Finish from cross or pass: With head or foot
FINISHING AND SCORING (CREATIVITY)	Finish second/loose balls: Anticipate and react quickly
	Recognize teammate in a better position to score (assist)

ATTACKING - DEFENDING	
PREVENTING DANGEROUS COUNTERATTACKS	<b>COUNTERPRESSING</b> Pressure the ball immediately after losing it to prevent the counterattack and/or regain possession
	Chase immediately
	<b>ANTICIPATING</b> Stop pressing/chasing and take anticipated attacking action, move into dangerous position

DEFENDING	
READING AND POSITIONING	<b>RECOGNIZING THE OPPONENT'S BUILD-UP</b> Observe and analyze the position of opponent's players and teammates
	Identify the intention of opponent's players
	<b>CREATING AND MAINTAINING COMPACT DEFENSIVE BLOCK</b> Determine and check defensive position (height) and distances between teammates
BUILDING AND INITIATING PRESSURE	Move in coordination with teammates: Keep compactness and close spaces
	<b>BUILDING PRESSURE</b> Shift and move to reduce space, time on the ball and cut off/block passing lanes
	Make play predictable: Force play backwards
	Make play predictable: Force to one side, and prevent switch
	<b>PRESSING IN IDENTIFIED SITUATION</b> Identify pressing cues: Pressure the ball
	Increase speed and intensity: Close-down space, force mistake
DENYING FORWARD PASSES AND PENETRATIONS	Dispossess the opponent, regain the ball without fouling
	Take defensive position when pressure is broken or take an anticipated attacking position
	<b>PREVENTING OPPONENT FROM PASSING AND DRIBBLING FORWARD</b> Recognize overload in central areas: Hold position
	Cut off passing lanes and intercept to advanced midfielders and forwards
	<b>ASSISTING THE MIDFIELDERS</b> Press from behind
ANTICIPATING COUNTERATTACK	Pass on direct opponent
	<b>DEFENDING IN LOWER CENTRAL AREAS</b> Take position to screen and protect in a lower block (understanding game situation)
	Stop defending and take anticipated attacking action: Move into a dangerous position

DEFENDING - ATTACKING	
CREATING DANGEROUS COUNTERATTACKS: MOVING AND PLAYING FORWARD	<b>ANTICIPATING COUNTERATTACK</b> Stop defending and take anticipated attacking action
	Unmark from defender before the ball is regained and provide (diagonal) passing option or run behind
	<b>CONTINUING COUNTERATTACK</b> Receive, turn and play forward quickly
	Run at defender and create 2v1 or finish the attack
	Hold and protect the ball and wait for support when unable to play forward
	Move quickly into a supporting position in-front of the ball
	<b>STARTING COUNTERATTACK</b> Initiate the attack immediately with forward run, pass or dribble



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