

# Positional Profiles - 4 Pillars - #9 Center Forward

## Technical

- First touch
- Running with ball
- Passing under pressure
- Finishing both feet
- Attacking headers
- turning/pivoting
- Execution of gesture at match speed

## Tactical

- Awareness/perception (time and space)
- Anticipation/timing
- Combination play
- Selection of correct techniques
- Game and situational intelligence

## Physical

- Mobility
- strength/power
- agility/quickness
- acceleration/deceleration
- Jumping ability
- Balance
- Coordination
- Att/def duels

## Mental / Psychological

- Intensity
- Competitive
- Concentration
- Confidence
- Emotional control
- Resilience
- Passion
- Team spirit