

# Csmitty Positional HandBook



*"Take Your Game to the Next Level"*

## Beginner

## Goalkeeper

### ***Technical:***

- Possesses good hand-eye coordination
- Possesses good passing ability with their feet and is able to throw the ball with their hands
- Possesses great body positioning by staying in between the two goalposts

### ***Tactical:***

- Possesses good awareness of when to move up when the team is attacking and dropping back when their team is defending

### ***Psychological:***

- Possesses good communication skills by telling teammates where to mark players
- Possesses good communication skills with defenders
- Possesses a good understanding that their position is very important to the team
- Possesses a strong mentality to pick themselves up after allowing a goal

### ***Physical:***

- Possesses great physical endurance to last the entire game

## **Right/Left Defender**

### ***Technical:***

- Possesses good understanding of the passing technique (heel down, toe up, passing with the inside of the foot, plant foot is pointed in the direction you want it to go)
- Possess a good understanding of knowing their surroundings in order to know where the ball should go next
- Possess a good understanding of dribbling technique (Toe down, ankle locked, dribble with laces, keep ball close to foot at all times)
- Possess a good understanding of the crossing technique (wrap foot around the ball, hit the bottom of the ball in order to lift it in the air)
- Possess a good understanding of heading the ball (use head to flick the ball)
- Possesses a good understanding of defending technique (defensive stance with knees bent, don't dive in, keep eye on the ball at all times, know when to engage and challenge for the ball aka tackle)

### ***Tactical:***

- Possess good understanding of keeping the proper distance from other defenders (don't be too close or too far, find the right balance)
- Possess good understanding of when to push up into the attack when their team has the ball and when to drop back in defense when their team loses the ball
- Possess a good feel for the game by know their surroundings before receiving the ball
- Possess good positional awareness and reaction time to transition from defense to attack
- Possess a good understanding of defensive team defending tactics (pressure, cover, balance)

### ***Psychological:***

- Possesses strong communication skills with the other defenders
- Possesses a good understanding that attacking is important to the team's overall success
- Possess a good understanding to recover from mistakes

### ***Physical:***

- Possesses a strong physical frame
- Possesses a great engine and endurance to last the entire game

## **Center Defender**

### ***Technical:***

- Possess a good understanding of the passing technique (heel down, toe up, passing with the inside of the foot, plant foot is pointed in the direction you want it to go)
- Possess a good understanding of knowing their surroundings in order to know where the ball should go next
- Possess a good understanding of dribbling technique (Toe down, ankle locked, dribble with laces, keep ball close to foot at all times)
- Possess a good understanding of the crossing technique (wrap foot around the ball, hit the bottom of the ball in order to lift it in the air)
- Possess a good understanding of heading the ball (use head to flick the ball)
- Possess a good understanding of defending technique (defensive stance with knees bent, don't dive in, keep eye on the ball at all times, know when to engage and challenge for the ball aka tackle)
- Possess excellent 1v1 defending technique (body side-on, defensive stance, force to one side, engage, tackle)

### ***Tactical:***

- Possess a good positional understanding of staying in the middle of the field
- Possess a good understanding of receiving the ball facing forward to play quickly
- Possess a good understanding of organizing the team to make sure there are enough players in attack and defense (balance)

### ***Psychological:***

- Possess strong communication skills with all positions on the field
- Possess a strong mentality knowing their attacking qualities are important to the team's overall success
- Possess a strong mentality in knowing their responsibilities
- Possess a fearless, confident mentality willing to try things
- Possess a strong mentality to recover from mistakes

### ***Physical:***

- Possess a strong physical frame
- Possess a strong use of the body to shield opponent in the defensive half
- Possess a strong use of the body when winning the ball with the strikers back to them

## Central Midfielder

### ***Technical:***

- Possess a good understanding of the passing technique (heel down, toe up, passing with the inside of the foot, plant foot is pointed in the direction you want it to go)
- Possess a good understanding of knowing their surroundings in order to know where the ball should go next
- Possess a good understanding of dribbling technique (Toe down, ankle locked, dribble with laces, keep ball close to foot at all times)
- Possess a good understanding of the crossing technique (wrap foot around the ball, hit the bottom of the ball in order to lift it in the air)
- Possess a good understanding of heading the ball (use head to flick the ball)
- Possess a good understanding of defending technique (defensive stance with knees bent, don't dive in, keep eye on the ball at all times, know when to engage and challenge for the ball aka tackle)
- Possess excellent 1v1 defending technique (body side-on, defensive stance, force to one side, engage, tackle)
- Possess a good understanding of the importance of keeping their head up when they dribble
- Possess a good understanding of the having their head on a swivel and always knowing what's behind them and knowing where the ball goes before receiving it

### ***Tactical:***

- Possess a good positional understanding of staying in the middle of the field
- Possess a good understanding of receiving the ball facing forward to play quickly
- Possess a good understanding of organizing the team to make sure there are enough players in attack and defense (balance)
- Possess a good understanding of space to create good passing lanes and angles for teammates

### ***Phycological:***

- Possess strong communication skills with all positions on the field
- Possess a strong mentality knowing their attacking qualities are important to the team's overall success
- Possess a strong mentality in knowing their responsibilities
- Possess a fearless, confident mentality willing to try things
- Possess a strong mentality to recover from mistakes

### ***Physical:***

- Possess a strong physical frame
- Possess a strong use of the body to shield opponents (always in between the man and the ball)
- Possess a strong use of the body when winning the ball with the strikers back to them

## Right/Left Midfielder

### ***Technical: Attacking***

- Possesses good understanding of the passing technique (heel down, toe up, passing with the inside of the foot, plant foot is pointed in the direction you want it to go)
- Possess a good understanding of knowing their surroundings in order to know where the ball should go next
- Possess a good understanding of dribbling technique (Toe down, ankle locked, dribble with laces, keep ball close to foot at all times)
- Possess a good understanding of the crossing technique (wrap foot around the ball, hit the bottom of the ball in order to lift it in the air)
- Possess a good understanding of beating defenders off the dribble with ball skill combinations (inside-inside, inside-outside- scissor-stepover)
- Possess a good understanding of heading the ball (use head to flick the ball)
- Possesses a good understanding of defending technique (defensive stance with knees bent, don't dive in, keep eye on the ball at all times, know when to engage and challenge for the ball aka tackle)

### ***Tactical:***

- Possess a good positional understanding of staying in wide positions
- Possess a good understanding of receiving the ball facing forward to play quickly
- Possess a good understanding of organizing the team to make sure there are enough players in attack and defense (balance)
- Possess a good understanding of space to create good passing lanes and angles for teammates
- Possess a good understanding of space to tuck in when the ball is on the other side to compact space

### ***Psychological:***

- Possess strong communication skills with all positions on the field
- Possess a strong mentality knowing their attacking qualities are important to the team's overall success
- Possess a strong mentality in knowing their responsibilities
- Possess a fearless, confident mentality willing to try things
- Possess a strong mentality to recover from mistakes
- Possess a strong mentality to limit attacking opportunities from the opposing left back
- Possess a strong mentality to recover from mistakes

### ***Physical:***

- Possess a strong physical frame
- Possess a strong use of the body to shield opponents (always in between the man and the ball)
- Possess a strong use of the body when winning the ball with the strikers back to them

## **Forward/Striker**

### ***Technical:***

- Possesses good understanding of the passing technique (heel down, toe up, passing with the inside of the foot, plant foot is pointed in the direction you want it to go)
- Possess a good understanding of knowing their surroundings in order to know where the ball should go next
- Possess a good understanding of dribbling technique (Toe down, ankle locked, dribble with laces, keep ball close to foot at all times)
- Possess a good understanding of the crossing technique (wrap foot around the ball, hit the bottom of the ball in order to lift it in the air)
- Possess a good understanding of beating defenders off the dribble with ball skill combinations (inside-inside, inside-outside- scissor-stepover)
- Possess a good understanding of heading the ball (use head to flick the ball)
- Possesses a good understanding of defending technique (defensive stance with knees bent, don't dive in, keep eye on the ball at all times, know when to engage and challenge for the ball aka tackle)

### ***Tactical:***

- Possess a good positional understanding of staying in the center of the field and in-between defenders
- Possess a good understanding of receiving the ball facing forward to play quickly
- Possess a good understanding of space to create good passing lanes and angles for teammates
- Possess a good understanding what the offside rule is

### ***Psychological:***

- Possess strong communication skills with all positions on the field
- Possess a strong mentality knowing their attacking qualities are important to the team's overall success
- Possess a strong mentality in knowing their responsibilities
- Possess a fearless, confident mentality willing to try things
- Possess a strong mentality to recover from mistakes
- Possess a strong mentality to limit attacking opportunities from the opposing left back
- Possess a strong mentality to recover from mistakes

### ***Physical:***

- Possess a strong physical frame
- Possess a strong use of the body to shield opponents (always in between the man and the ball)
- Possess a strong use of the body when winning the ball with the strikers back to them





