

Csmitty Positional HandBook



"Take Your Game to the Next Level"

Advanced

1. Goalkeeper

Technical:

- Possesses exceptional reflexes and good hands.
- Possesses soft feet in order to distribute the ball efficiently to teammates
- Possesses exceptional throwing distribution in order to find players to their feet or in space
- Possesses great body positioning in order to stop, block, catch, parry, tip over balls from waist height, on the ground, or above the waist
- Possesses great body positioning and spatial awareness for break-aways (1v1), Clearances, boxes, and punches
- Possesses excellent hand-eye coordination

Tactical:

- Possesses excellent awareness of when to step up to close gaps in the attack and when to retreat and drop into the box in defense
- Possesses finger-pointing technique, giving players insight on where to be at what time

Psychological:

- Possesses excellent communication skills by using a birds-eye view to position players in the correct positions. The voice in the back
- Possesses excellent communication skills with center backs as they are the spine of the team and oversee everything
- Possesses a winning mentality and wants what's best for the team as a whole
- Possesses a strong mental fortitude knowing that their responsibility is pivotal to the team's success
- Possesses a strong mentality to pick themselves up after allowing a goal

Physical:

- Possesses a strong physical physique (frame)
- Possesses great speed and anticipation to come off line to sprawl, stop, block, or parry the ball
- Possesses great physical endurance to last the duration of the game (90 minutes)

2. Right Back

Technical: Attacking

- Possess excellent short, medium, and long-range passing with the proper weight from a variety of angles
- Possess great anticipation while passing under pressure, knowing where the ball should go next before receiving the ball
- Possess savvy and creative dribbling ability to scoot out of tight areas
- Possess a strong awareness when to use different crossing techniques at the appropriate time and possesses a strong technique to perform these different crosses: whipped ball, driven ball, floated ball, clipped ball, and cut-back
- Possess excellent heading ability and knows when to use different heading techniques in the attack: flicks-ons, heading down, heading up, heading into the goal (goal scoring opportunity)
- Possesses great striking technique (head down, lean over the ball, toe pointed down, extended knee, follow through)

Technical: Defensive

- Possesses excellent 1v1 defending technique (body side-on, defensive stance, force to one side, engage, tackle)
- Possesses excellent heading ability and knows when to use different heading techniques in defense: heading clearances, heading down, heading up, flicks back to the keeper, heading back to the keeper
- Possesses excellent tackling ability with the proper timing: standing tackle, sliding tackle

Tactical: Attacking

- Possess excellent spatial awareness between near-side center back, right winger/midfield and near-side center midfielder
- Possess excellent positional awareness to tuck-inside to provide cover when the ball is on the far side in the attack
- Possess great positional sense of when to join the attack using overlapping and underlapping techniques and using combination play (give-and-go)
- Possess great positional awareness of when to tuck-inside and overload the midfield in the attack
- Possess great positional awareness of being side-on to receive the ball to advance it quickly
- Possess a high soccer IQ and 360 vision to know their surroundings prior to receiving the ball
- Possess great positional awareness and reaction time to transition from defense to attack

Tactical: Defensive

- Possess excellent defensive team defending tactics (pressure, cover, balance)
- Possesses excellent spatial awareness between right center back, right winger/midfield and near-side center midfielder
- Possesses excellent positional awareness to tuck-inside to provide cover when the ball is on the far side in defense

- Possesses excellent body positioning of being side-on (seeing both the ball and the man) when the ball is on the far side
- Possesses excellent body positioning of being side-on (seeing both the ball and the man) when the ball is crossed into the box
- Possesses excellent body positioning by being ball-side of the attacker in the flow of the game
- Possesses excellent body positioning in shielding the ball over the end-line for a goal-kick, out of bounds of a throw-in, or keeping possession for their team
- Possesses great positional awareness and reaction time to transition from attack to defense
- Possess excellent awareness of the attackers tendencies – knows what foot the player attacking is so you know which way to push them (on to their weaker foot) whether that's inside/outside. If it's inside be careful as the attacking threat now turns towards the center backs. If its outside use the touchline as an extra defender

Psychological: Attacking

- Possesses strong communication skills with the right winger, right center back, and near side center midfielder in position coordination and combination
- Possesses a strong will and mentality to add a unique dimension to the attack
- Possesses a strong mentality knowing their attacking qualities are important to the team's overall success
- Possesses a strong mentality in knowing their attacking responsibilities

Psychological: Defensive

- Possesses a warrior, defend-first mentality
- Possesses a strong mentality in shutting down, outplaying, and dominating the opposing winger/midfielder
- Possesses a strong mentality to recover from mistakes

Physical: Attacking

- Possesses a strong physical frame to win 1v1 duals in the air and on the ground
- Possesses a strong use of the body to shield opponent in the attacking half
- Possesses a great engine to get up and down the flank and join the attack

Physical: Defending

- Possesses a strong physical frame to win 1v1 duals in the air and on the ground
- Possesses a strong use of the body to shield opponent in the defensive half
- Possesses a great engine to track back after losing the ball in the attacking half

3. Left Back

Technical: Attacking

- Possesses excellent short, medium, and long-range passing with the proper weight from a variety of angles
- Possesses great anticipation while passing under pressure, knowing where the ball should go next before receiving the ball
- Possesses savvy and creative dribbling ability to scoot out of tight areas
- Possesses a strong awareness when to use different crossing techniques at the appropriate time and possesses a strong technique to perform these different crosses: whipped ball, driven ball, floated ball, clipped ball, and cut-back
- Possesses excellent heading ability and knows when to use different heading techniques in the attack: flicks-ons, heading down, heading up, heading into the goal (goal scoring opportunity)
- Possesses great striking technique (head down, lean over the ball, toe pointed down, ankle locked, extended knee, follow through)

Technical: Defensive

- Possesses excellent 1v1 defending technique (body side-on, defensive stance, force to one side, engage, tackle)
- Possesses excellent heading ability and knows when to use different heading techniques in defense: heading clearances, heading down, heading up, flicks back to the keeper, heading back to the keeper
- Possesses excellent tackling ability with the proper timing: standing tackle, sliding tackle

Tactical: Attacking

- Possesses excellent spatial awareness between left center back, left winger/midfield and near-side center midfielder
- Possesses excellent positional awareness to tuck-inside to provide cover when the ball is on the far side in the attack
- Possesses great positional sense of when to join the attack using overlapping and underlapping techniques and using combination play (give-and-go)
- Possesses great positional awareness of when to tuck-inside and overload the midfield in the attack
- Possesses great positional awareness of being side-on to receive the ball to advance it quickly
- Possesses a high soccer IQ and 360 vision to know their surroundings prior to receiving the ball
- Possesses great positional awareness and reaction time to transition from defense to attack

Tactical: Defensive

- Possesses excellent spatial awareness between near-side center back, right winger/midfield and near-side center midfielder

- Possess excellent positional awareness to tuck-inside to provide cover when the ball is on the far side in defense
- Possess excellent body positioning of being side-on (seeing both the ball and the man) when the ball is on the far side
- Possess excellent body positioning of being side-on (seeing both the ball and the man) when the ball is crossed into the box
- Possess excellent body positioning by being ball-side of the attacker in the flow of the game
- Possess excellent body positioning in shielding the ball over the end-line for a goal- kick, out of bounds of a throw-in, or keeping possession for their team
- Possesses great positional awareness and reaction time to transition from attack to defense
- Possess excellent awareness of the attackers tendencies – knows what foot the player attacking is so you know which way to push them (on to their weaker foot) whether that's inside/outside. If it's inside be careful as the attacking threat now turns towards the center backs. If its outside use the touchline as an extra defender

Psychological: Attacking

- Possess strong communication skills with the left winger, left center back, and near side center midfielder in position coordination and combination
- Possess a strong will and mentality to add a unique dimension to the attack
- Possess a strong mentality knowing their attacking qualities are important to the team's overall success
- Possesses a strong mentality in knowing their attacking responsibilities

Psychological: Defensive

- Possess a warrior, defend-first mentality
- Possess a strong mentality in shutting down, outplaying, and dominating the opposing winger/midfielder
- Possess a strong mentality to recover from mistakes

Physical: Attacking

- Possess a strong physical frame to win 1v1 duals in the air and on the ground
- Possess a strong use of the body to shield opponent in the attacking half
- Possess a great engine to get up and down the flank and join the attack

Physical: Defending

- Possess a strong physical frame to win 1v1 duals in the air and on the ground
- Possess a strong use of the body to shield opponent in the defensive half
- Possess a great engine to track back after losing the ball in the attacking half

4. Right Center Back

Technical: Attacking

- Possess excellent short, medium, and long-range passing with the proper weight from a variety of angles
- Possess great anticipation while passing under pressure, knowing where the ball should go next before receiving the ball
- Possess a calm presence with the ball at their feet while dictating the tempo of the game from the center of the field
- Possess savvy and creative ball manipulation to look off players and play in the opposite direction (no-look pass)
- Possess savvy pointing technique to joy-stick players in the right positions while passing
- Possess excellent heading ability and knows when to use different heading techniques in the attack: flicks-ons, heading down, heading up, heading into the goal (goal scoring opportunity)
- Possess great striking technique (head down, lean over the ball, toe pointed down, extended knee, follow through)
- Pro Player to watch in this position: Sergio Ramos

Technical: Defensive

- Possess excellent 1v1 defending technique (body side-on, defensive stance, force to one side, engage, tackle)
- Possess excellent heading ability and knows when to use different heading techniques in defense: heading clearances, heading down, heading up, flicks back to the keeper, heading back to the keeper
- Possess excellent tackling ability with the proper timing: standing tackle, sliding tackle

Tactical: Attacking

- Possess excellent shape organization between pairing center back and the holding central midfielder to balance the team when the team is attacking
- Possess great positional awareness of being side-on to receive the ball to advance it quickly
- Possess a high soccer IQ and 360 vision to know their surroundings prior to receiving the ball
- Possess great positional awareness and reaction time to transition from defense to attack

Tactical: Defensive

- Possess excellent organizational awareness between pairing center back and holding midfielder when the team is in defense
- Possess excellent body positioning of being side-on (seeing both the ball and the man) when the ball is on the far side
- Possess excellent body positioning of being side-on (seeing both the ball and the man) when the ball is crossed into the box

- Possess excellent body positioning by being ball-side of the attacker in the flow of the game
- Possess excellent body positioning in shielding the ball over the end-line for a goal- kick, out of bounds of a throw-in, or keeping possession for their team
- Possess great positional awareness reaction time, and anticipation of transitioning from attack to defense and knowing when to drop when a long ball is approaching

Psychological: Attacking

- Possess strong communication skills with all positions on the field by being the spine of the team and seeing the field from a bird's eye view.
- Possess a strong connection with pairing center-back in communicating orders and organizing the players in front of them
- Possess a strong mentality knowing their attacking qualities are important to the team's overall success
- Possess a strong mentality in knowing their attacking responsibilities

Psychological: Defensive

- Possess a warrior, defend-first mentality
- Possess a strong mentality in shutting down, outplaying, and dominating the opposing winger/midfielder
- Possess a strong mentality to recover from mistakes

Physical: Attacking

- Possess a strong physical frame to win 1v1 duals in the air and on the ground
- Possess a strong use of the body to shield opponent in the attacking half

Physical: Defending

- Possess a strong physical frame to win 1v1 duals in the air and on the ground
- 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

5. Left Center Back

Technical: Attacking

- Possess excellent short, medium, and long-range passing with the proper weight from a variety of angles
- Possess great anticipation while passing under pressure, knowing where the ball should go next before receiving the ball
- Possess a calm presence with the ball at their feet while dictating the tempo of the game from the center of the field
- Possess savvy and creative ball manipulation to look off players and play in the opposite direction (no-look pass)
- Possess savvy pointing technique to joy-stick players in the right positions while passing
- Possess excellent heading ability and knows when to use different heading techniques in the attack: flicks-ons, heading down, heading up, heading into the goal (goal scoring opportunity)
- Possess great striking technique (head down, lean over the ball, toe pointed down, extended knee, follow through)

Technical: Defensive

- Possess excellent 1v1 defending technique (body side-on, defensive stance, force to one side, engage, tackle)
- Possess excellent heading ability and knows when to use different heading techniques in defense: heading clearances, heading down, heading up, flicks back to the keeper, heading back to the keeper
- Possess excellent tackling ability with the proper timing: standing tackle, sliding tackle

Tactical: Attacking

- Possess excellent shape organization between pairing center back and the holding central midfielder to balance the team when the team is attacking
- Possess great positional awareness of being side-on to receive the ball to advance it quickly
- Possess a high soccer IQ and 360 vision to know their surroundings prior to receiving the ball
- Possess great positional awareness and reaction time to transition from defense to attack

Tactical: Defensive

- Possess excellent organizational awareness between pairing center back and holding midfielder when the team is in defense
- Possess excellent body positioning of being side-on (seeing both the ball and the man) when the ball is on the far side
- Possess excellent body positioning of being side-on (seeing both the ball and the man) when the ball is crossed into the box

- Possess excellent body positioning by being ball-side of the attacker in the flow of the game
- Possess excellent body positioning in shielding the ball over the end-line for a goal- kick, out of bounds of a throw-in, or keeping possession for their team
- Possess great positional awareness and reaction time to transition from attack to defense

Psychological: Attacking

- Possess strong communication skills with all positions on the field by being the spine of the team and seeing the field from a bird's eye view.
- Possess a strong connection with pairing center-back in communicating orders and organizing the players in front of them
- Possess a strong mentality knowing their attacking qualities are important to the team's overall success
- Possess a strong mentality in knowing their attacking responsibilities

Psychological: Defensive

- Possess a warrior, defend-first mentality
- Possess a strong mentality in shutting down, outplaying, and dominating the opposing winger/midfielder
- Possess a strong mentality to recover from mistakes

Physical: Attacking

- Possess a strong physical frame to win 1v1 duals in the air and on the ground
- Possess a strong use of the body to shield opponent in the attacking half

Physical: Defending

- Possess a strong physical frame to win 1v1 duals in the air and on the ground
- 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

6. Defensive Midfielder

Technical: Attacking

- Possess excellent short, medium, and long range passing with the proper weight from a variety of angles
- Possess excellent vision and accuracy finding players to their feet and in space both on the ground in the air
- Possess an excellent “ping” technique (striking the ball with their laces both on the ground and in the air)
- Serve as the tempo-setter/metronome of the team as they dictate the pace of the game
- Master of the half-turn to advance the ball up the field simply efficiently
- Possess excellent body faint techniques and ball manipulations to evade defenders
- Possess excellent spacial and field awareness by knowing their surroundings at all times (head-on-a-swivel)
- Possess excellent anticipation on where the ball goes next before receiving it
- Possess excellent heading ability to retain possession for the team, and attacking headers (goal-scoring opportunities)

Technical: Defensive

- Serves as the “shield” of the team, Behind the attacking line and in front of the defensive line
- Breaks up play from the opposition and retains possession for the team
- Possess excellent tackling ability, both standing and sliding
- Possess excellent heading ability in heading duels and clearances
- Possess excellent defensive instincts on loose balls
- Possess excellent ability to win second balls and retain possession for the team

Tactical: Attacking

- Possess excellent spacial awareness of knowing when to operate in the half-space(in between the midfielder and the sideline), in their natural position
- Possess excellent spacial awareness of knowing when to drop in between the center-backs to get on the ball and dictate play (usually when CBs are split)
- Possess excellent spacial awareness between the two other central midfielders
- Possess a 360 view of the field, knowing the spaces to be in and arrive in
- Possess a high soccer IQ of knowing the abilities of their teammates and knowing how to put them in spaces to create goal-scoring opportunities

Tactical: Defending

- Possess excellent positional awareness of knowing where to close down passing lanes
- Possess excellent positional awareness of where to be to win second-balls to regain possession for their team

- Serves as the “shield” of the team, Behind the attacking line and in front of the defensive line
- Possess excellent positional awareness of being in the right position to prevent a counter-attack
- Possess excellent positional awareness to “clean-up” and plays and make smart fouls to help re-organize the team

Phycological: Attacking

- Possess strong communication skills with all positions on the field by being the spine of the team and seeing the field from a bird’s eye view.
- Possess a strong connection with both center backs in communicating orders and organizing the players in front of them
- Possess a strong mentality knowing their role is pivotal to the team’s overall success
- Possess a strong mentality knowing their presence is needed to dominate the middle of the park
- Possess a strong mentality in knowing their attacking responsibilities

Phycological: Defensive

- Possess a warrior mentality to win the ball back for their team
- Possess a strong mentality in shutting down, outplaying, and dominating the opposing midfielders
- Possess a strong mentality to recover from mistakes
- Possess a strong mentality to take on the responsibility of defending the opposing team’s best/creative player (usually the attacking midfielder #10)

Physical: Attacking

- Possess a strong physical frame to win 1v1 duals in the air and on the ground
- Possess a strong physical frame to cover the ball on the dribble
- Possess a strong use of the body to shield opponent in the attacking half

Physical: Defensive

- Possess a great engine to cover ground throughout the duration of the game
- Possess a great engine to recover loose balls and second balls
- Possess a great engine to track back on the defensive side
- Head always on a swivel constantly aware of whats around you

7. Right Winger/Midfielder

Technical: Attacking

- Possess great savviness and creativity while taking on opposing defenders
- Possess a strong weak foot (able to dribble, pass, and shoot with both feet)
- Possess excellent short, medium, and long-range passing with the proper weight from a variety of angles
- Possess a strong awareness when to use different crossing techniques at the appropriate time and possesses a strong technique to perform these different crosses: whipped ball, driven ball, floated ball, clipped ball, and cut-back
- Possess excellent heading ability and knows when to use different heading techniques in the attack: flicks-ons, heading down, heading up, heading into the goal (goal scoring opportunity)
- Possess great striking technique (head down, lean over the ball, toe pointed down, extended knee, follow through)
- Possess great finishing technique by knowing the appropriate time and place to strike a ball for power or finesse a ball for placement
- Possess great combination play with the right back (give-and-go's, overlaps, underlaps)

Technical: Defensive

- Possesses excellent 1v1 defending technique (body side-on, defensive stance, force to one side, engage, tackle)
- Possesses excellent heading ability and knows when to use different heading techniques in defense: heading clearances, heading down, heading up, flicks back to the keeper, heading back to the keeper
- Possesses excellent tackling ability with the proper timing: standing tackle, sliding tackle

Tactical: Attacking

- Possess a high soccer IQ of when to pass, dribble (take defenders on 1v1), and shoot
- Possess excellent spatial awareness between the right back, center forward, and near side midfielder
- Possess excellent awareness of either tucking-in or sprinting to the back-post when the ball is on the far side.
- Possess excellent positional relationship with the right back.
- Possess excellent positional stance of receiving the ball side-on and having their head on a swivel to know their surroundings

- Possess great positional awareness and reaction time to transition from defense to attack

Tactical: Defensive

- Possess great positional awareness and reaction time to transition from attack to defense
- Possess excellent positional awareness to tuck-in when the ball is on the far-side in defense
- Possess excellent positional awareness to force players to the sideline and end-line when in tight situations
- Possess excellent positional awareness of being ball-side of the marker in the flow of the game
- Possess excellent positional awareness of seeing both ball and man (being goal-side) on throw-ins and corner kicks
- Possesses excellent body positioning in shielding the ball over the end-line for a goal-kick, out of bounds of a throw-in, or keeping possession for their team

Psychological: Attacking

- Possess strong communication skills with the center forward, right back and near-side center midfielder in position coordination and combination
- Possess a strong will and mentality to add a unique dimension to the attack
- Possess a strong mentality knowing their attacking qualities are important to the team's overall success
- Possess a strong mentality in knowing their attacking responsibilities
- Possess confidence to dominate the opposing left back and provide goal-scoring opportunities for them and their teammates
- Possess a "match-winner" mentality as they want to be the one who makes the winning goal/assist
- Don't lose confidence just because you get tackled or have a failed 1 v 1, keep going and tire out the defender

Psychological: Defensive

- Possess a warrior, defend-first mentality
- Possess a strong mentality in shutting down, outplaying, and dominating the opposing left defender
- Possess a strong mentality to limit attacking opportunities from the opposing left back
- Possess a strong mentality to recover from mistakes

Physical: Attacking

- Possess a strong physical frame to win 1v1 duals in the air and on the ground
- Possess a strong use of the body to shield opponents in the attacking half
- Possess a great engine to get up and down the flank in the attacking half

Physical: Defensive

- Possess a great engine to recover behind the ball after losing possession
- Possess a great engine to recover loose balls and second balls

8. Box-to-box Central Midfielder

Technical: Attacking

- Possess excellent short, medium, and long range passing with the proper weight from a variety of angles being the link between the #10 & #6
- Possess excellent vision and accuracy finding players to their feet and in space both on the ground in the air
- Possess an excellent “ping” technique (striking the ball with their laces both on the ground and in the air)
- Serve as the “link” midfielder as they connect the attack to the defense
- Master of the half-turn to advance the ball up the field efficiently
- Possess excellent body feint techniques and ball manipulations to evade defenders
- Possess excellent spatial and field awareness by knowing their surroundings at all times (head-on-a-swivel)
- Possess excellent anticipation on where the ball goes next before receiving it
- Possess excellent heading ability to retain possession for the team, and attacking headers (goal-scoring opportunities)
- Possess great striking technique (head down, lean over the ball, toe pointed down, extended knee, follow through)

Technical: Defensive

- Serves as the “runner” of the team, connecting the attack to the defense
- Breaks up play from the opposition and retains possession for the team
- Possess excellent tackling ability, both standing and sliding
- Possess excellent heading ability in heading duels and clearances
- Possess excellent defensive instincts on loose balls
- Possess excellent ability to win second balls and retain possession for the team

Tactical: Attacking

- Possess excellent spatial awareness of knowing when to operate in the half-space (in between the midfielder and the sideline), in their natural position
- Possess excellent spatial awareness of knowing to play and receive the ball forward to angles
- Possess excellent spatial awareness between the two other central midfielders #6 and #10
- Possess a 360 view of the field, knowing the spaces to be in and arrive in

- Possess a high soccer IQ of knowing the abilities of their teammates and knowing how to put them in spaces to create goal-scoring opportunities

Tactical: Defending

- Possess excellent positional awareness of knowing where to close down passing lanes
- Possess excellent positional awareness of where to be to win second-balls to regain possession for their team
- Serves as the “runner” of the team, Behind the attacking line and in front of the defensive line
- Possess excellent positional awareness of being in the right position to prevent a counter-attack
- Possess excellent positional awareness to “clean-up” and plays and make smart fouls to help re-organize the team

Psychological: Attacking

- Possess strong communication skills with all positions on the field by being the spine of the team and seeing the field from a bird’s eye view.
- Possess a strong connection with both center backs in communicating orders and organizing the players in front of them
- Possess a strong mentality knowing their role is pivotal to the team’s overall success
- Possess a strong mentality knowing their presence is needed to dominate the middle of the park
- Possess a strong mentality in knowing their attacking responsibilities

Psychological: Defensive

- Possess a warrior mentality to win the ball back for their team
- Possess a strong mentality in shutting down, outplaying, and dominating the opposing midfielders
- Possess a strong mentality to recover from mistakes
- Possess a strong mentality to take on the responsibility of defending the opposing team’s best/creative player (usually the attacking midfielder #10)

Physical: Attacking

- Possess a strong physical frame to win 1v1 duals in the air and on the ground
- Possess a strong physical frame to cover the ball on the dribble
- Possess a strong use of the body to shield opponent in the attacking half

Physical: Defensive

- Possess a great engine to cover ground throughout the duration of the game
- Possess a great engine to recover loose balls and second balls
- Possess a great engine to track back on the defensive side

9. Center Forward/Striker

Technical: Attacking

- Possess excellent short, medium, and long range passing with the proper weight from a variety of angles
- Possess soft feet in receiving and laying-off balls in the air and on the ground
- Possess soft feet in receiving the ball from a side-on position (in between the ball and the defender)
- Possess soft feet to spin defenders from a side-on position (in between the ball and the defender)
- Possess savvy and creative dribbling ability to scoot out of tight areas
- Possess excellent heading ability and knows when to use different heading techniques in the attack: flicks-ons, heading down, heading up, heading into the goal (goal scoring opportunity)
- Possess great striking technique (head down, lean over the ball, toe pointed down, extended knee, follow through)
- Possess great finishing technique by knowing the appropriate time and place to strike a ball for power or finesse a ball for placement
- Possess an excellent technical relationship with the attacking midfielder (#10), left winger (#11) and right winger (#7)

Technical: Defensive

- Possess excellent 1v1 defending technique (body side-on, defensive stance, force to one side, engage, tackle)
- Possess excellent heading ability and knows when to use different heading techniques in defense: heading clearances, heading down, heading up, flicks back to the keeper, heading back to the keeper
- Possess excellent tackling ability with the proper timing: standing tackle, sliding tackle

Tactical: Attacking

- Possess excellent timing of runs in behind the defense (avoiding offside)
- Possess excellent positional awareness of when to check-in (receive the ball to feet) or spin behind (receive the ball in space)
- Possess excellent positional awareness of when to be a decoy by making runs or checking in to create space for other players
- Possess a high soccer IQ of when to pass, dribble (take defenders on 1v1), and shoot
- Possess a great positional relationship with the left winger (#11), right winger (#7), and the attacking midfielder (#10)
- Possess a unique relationship with the attacking midfielder (#10) in link up play, intuitiveness (knowing the other person's habits and movements by heart through repetition and chemistry)
- Possess excellent positional and situational awareness when to help stop the counter attack when transitioning from defense to attack

Tactical: Defending

- Possess excellent positional and situational awareness of when to press or drop off
- Possess excellent positional and situational awareness when to help stop the counter attack when transitioning attack to defense
- Possess excellent awareness of which center back to press and shepherd to a specific area of the field
- Possess excellent positional awareness to force players to the sideline and end-line when in tight situations
- Possess excellent positional awareness of being ball-side of the marker in the flow of the game
- Possess excellent positional awareness of seeing both ball and man (being goal-side) on throw-ins and corner kicks
- Possesses excellent body positioning in shielding the ball over the end-line for a goal-kick, out of bounds of a throw-in, or keeping possession for their team

Psychological: Attacking

- Possess strong communication skills with the right winger, left winger right and attacking center midfielder in position coordination and combination
- Possess a strong will and mentality to add a unique dimension to the attack
- Possess a strong mentality knowing their attacking qualities are important to the team's overall success
- Possess a strong mentality in knowing their attacking responsibilities
- Possess confidence to dominate the opposing center backs and provide goal-scoring opportunities for them and their teammates
- Possess a "match-winner" mentality as they want to be the one who makes the winning goal/assist

Psychological: Defensive

- Possess a warrior, defensive mentality
- Possess a strong mentality in shutting down, outplaying, and dominating the opposing center backs
- Possess a strong mentality to limit attacking opportunities from the opposing center backs
- Possess a strong mentality to recover from defensive mistakes

Physical: Attacking

- Possess a strong physical frame to win 1v1 duals in the air and on the ground
- Possess a strong physical frame to cover the ball on the dribble
- Possess a strong use of the body to shield opponent in the attacking half
- Possess a strong physical frame to hold off defenders when receiving the ball to feet

Physical: Defensive

- Possess a great engine to recover behind the ball after losing possession
- Possess a great engine to recover loose balls and second balls

- Possess great engine to chase down center backs and press the ball

10. Central Attacking Midfielder

Technical: Attacking

- Possess great savviness and creativity while taking on opposing defenders
- Possess a strong weak foot (able to dribble, pass, and shoot with both feet)
- Possess excellent short, medium, and long-range passing with the proper weight from a variety of angles
- Possess a unique craftiness and personality on the ball to change the game (no-look passes, clever through balls, body-faints,
- Possess excellent heading ability and knows when to use different heading techniques in the attack: flicks-ons, heading down, heading up, heading into the goal (goal scoring opportunity)
- Possess great striking technique (head down, lean over the ball, toe pointed down, extended knee, follow through)
- Possess great finishing technique by knowing the appropriate time and place to strike a ball for power or finesse a ball for placement
- Possess a great “feel” for the game through a high technical soccer IQ
- Master of the half-turn to advance the ball up the field efficiently
- Possess excellent body faint techniques and ball manipulations to evade defenders
- Possess excellent spacial and field awareness by knowing their surroundings at all times (head-on-a-swivel)
- Possess excellent anticipation on where the ball goes next before receiving it
- Possess excellent heading ability to retain possession for the team, and attacking headers (goal-scoring opportunities)

Technical: Defensive

- Possess excellent 1v1 defending technique (body side-on, defensive stance, force to one side, engage, tackle)
- Possess excellent heading ability and knows when to use different heading techniques in defense: heading clearances, heading down, heading up, flicks back to the keeper, heading back to the keeper
- Possess excellent tackling ability with the proper timing: standing tackle, sliding tackle

Tactical: Attacking

- Possess excellent spacial awareness of knowing when to operate in the half-space (in between the midfielder and the sideline), in their natural position
- Possess excellent spacial awareness of knowing to play and receive the ball forward to angles
- Possess excellent spacial awareness between the two other central midfielders #6 and #8
- Possess a 360 view of the field, knowing the spaces to be in and arrive in
- Possess a high soccer IQ of knowing the abilities of their teammates and knowing how to put them in spaces to create goal-scoring opportunities

Tactical: Defensive

- Possess excellent positional awareness of knowing where to close down passing lanes
- Possess excellent positional awareness of where to be to win second-balls to regain possession for their team
- Possess excellent positional awareness of being able to facilitate on the counter-attack from defensive to attack
- Possess excellent positional awareness of being in the right position to prevent a counter-attack
- Possess excellent positional awareness to “clean-up” and plays and make smart fouls to help re-organize the team

Psychological: Attacking

- Possess strong communication skills with all positions on the field by being the spine of the team and seeing the field from a bird’s eye view.
- Possess a strong connection with both center backs in communicating orders and organizing the players in front of them
- Possess a strong mentality knowing their role is pivotal to the team’s overall success
- Possess a strong mentality knowing their presence is needed to dominate the middle of the park
- Possess a strong mentality in knowing their attacking responsibilities
- Possess a strong mentality in knowing their position carries a lot of responsibility in providing creativity, effective decision-making and unique craftiness
- Possess a strong mentality in knowing that they are “match-winners” in providing the game winning goal or assist

Physical: Attacking

- Possess a strong physical frame to win 1v1 duals in the air and on the ground
- Possess a strong physical frame to cover the ball on the dribble
- Possess a strong use of the body to shield opponent in the attacking half
- Possess a strong physical frame to hold off defenders when receiving, turning and dribbling with the ball
- Possess a strong lower frame (core) to have a low center of gravity in order to be shifty and evade defenders

Physical: Defensive

- Possess a great engine to recover behind the ball after losing possession
- Possess a great engine to recover loose balls and second balls
- Possess great engine to chase down the opposing defensive midfielder (#6)

11. Left Winger/Midfielder

Technical: Attacking

- Possess great savviness and creativity while taking on opposing defenders
- Possess a strong weak foot (able to dribble, pass, and shoot with both feet)
- Possess excellent short, medium, and long-range passing with the proper weight from a variety of angles
- Possess a strong awareness when to use different crossing techniques at the appropriate time and possesses a strong technique to perform these different crosses: whipped ball, driven ball, floated ball, clipped ball, and cut-back
- Possess excellent heading ability and knows when to use different heading techniques in the attack: flicks-ons, heading down, heading up, heading into the goal (goal scoring opportunity)
- Possess great striking technique (head down, lean over the ball, toe pointed down, extended knee, follow through)
- Possess great finishing technique by knowing the appropriate time and place to strike a ball for power or finesse a ball for placement
- Possess great combination play with the right back (give-and-go's, overlaps, underlaps)

Technical: Defensive

- Possesses excellent 1v1 defending technique (body side-on, defensive stance, force to one side, engage, tackle)
- Possesses excellent heading ability and knows when to use different heading techniques in defense: heading clearances, heading down, heading up, flicks back to the keeper, heading back to the keeper
- Possesses excellent tackling ability with the proper timing: standing tackle, sliding tackle

Tactical: Attacking

- Possess a high soccer IQ of when to pass, dribble (take defenders on 1v1), and shoot
- Possess excellent spatial awareness between the left back, center forward, and near side midfielder
- Possess excellent awareness of either tucking-in or sprinting to the back-post when the ball is on the far side.
- Possess excellent positional relationship with the left back.
- Possess excellent positional stance of receiving the ball side-on and having their head on a swivel to know their surroundings
- Possess great positional awareness and reaction time to transition from defense to attack

Tactical: Defensive

- Possess great positional awareness and reaction time to transition from attack to defense

- Possess excellent positional awareness to tuck-in when the ball is on the far-side in defense
- Possess excellent positional awareness to force players to the sideline and end-line when in tight situations
- Possess excellent positional awareness of being ball-side of the marker in the flow of the game
- Possess excellent positional awareness of seeing both ball and man (being goal-side) on throw-ins and corner kicks
- Possesses excellent body positioning in shielding the ball over the end-line for a goal-kick, out of bounds of a throw-in, or keeping possession for their team

Psychological: Attacking

- Possess strong communication skills with the center forward, left back and near-side center midfielder in position coordination and combination
- Possess a strong will and mentality to add a unique dimension to the attack
- Possess a strong mentality knowing their attacking qualities are important to the team's overall success
- Possess a strong mentality in knowing their attacking responsibilities
- Possess confidence to dominate the opposing left back and provide goal-scoring opportunities for them and their teammates
- Possess a "match-winner" mentality as they want to be the one who makes the winning goal/assist

Psychological: Defensive

- Possess a warrior, defend-first mentality
- Possess a strong mentality in shutting down, outplaying, and dominating the opposing left defender
- Possess a strong mentality to limit attacking opportunities from the opposing left back
- Possess a strong mentality to recover from mistakes

Physical: Attacking

- Possess a strong physical frame to win 1v1 duals in the air and on the ground
- Possess a strong use of the body to shield opponents in the attacking half
- Possess a great engine to get up and down the flank in the attacking half

Physical: Defensive

- Possess a great engine to recover behind the ball after losing possession
- Possess a great engine to recover loose balls and second balls

