

Csmitty Positional HandBook



"Take Your Game to the Next Level"

Intermediate

1. Goalkeeper

Technical:

- Possesses exceptional reflexes and good hands.
- Possesses good passing ability to get the ball to teammates
- Possesses good throwing distribution to teammates to their feet into the space in front of them
- Possesses great body positioning for (1v1) against an attacking player
- Possesses excellent hand-eye coordination

Tactical:

- Possesses awareness of when to move forward when the team is attacking or move back when the team is defending
- Possesses good communication with teammates

Psychological:

- Possesses a birds-eye view to see the entire field and move players to appropriate positions.
- Possesses a winning mentality and wants what's best for the team as a whole
- Possesses a strong understanding that their position is important to the team's success
- Possesses a strong mentality to bounce back after a goal is scored against them

Physical:

- Possesses a strong physical physique (frame)
- Possesses great athleticism to block shots
- 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
- Possess an understanding of knowing where the ball should go next before receiving it
- Possess creative dribbling
- Possess an accurate cross
- Possess excellent heading ability
- Possesses great striking technique (head down, lean over the ball, toe pointed down, extended knee, follow through)

Technical: Defensive

- Possesses excellent 1v1 defending technique
- Possesses excellent heading ability
- Possesses excellent tackling ability with the proper timing: standing tackle, sliding tackle

Tactical: Attacking

- Possess excellent spacial awareness between the other three defenders
- Possess excellent awareness of when to tuck-in when the ball is on the other side
- Possess excellent awareness sense of when to join the attack
- 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
- Possesses a strong 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

Tactical: Defensive

- Possess understanding of the three tactical principles of defending (pressure, cover, balance)
- Possess spacial understanding the three other defenders
- Possess positional awareness to tuck-inside to provide cover when the ball is on the far side in defense
- Possess good body positioning of being ball-side of the defender
- Possess good body positioning of being side-on when the ball is crossed into the box
- Possess good body positioning by being ball-side of the attacker in the flow of the game
- Possess good body positioning in shielding the ball in defense
- Possesses great awareness to transition from attack to defense
- Possess good awareness of the attackers tendencies
- Possess good communication skills with the other right-sided players.

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 battles
- Possesses a strong use of the body to shield opponent in the attacking half
- Possess great energy to attack and help the offense score goals
- Possesses a strong physical frame to beat opponents in 1v1 battles
- Possesses a strong use of the body to shield opponent in the defensive half
- Possesses a great energy to get back on defensive once the team losses the ball

3. Left Back

Technical: Attacking

- Possess excellent short, medium, and long-range passing
- Possess an understanding of knowing where the ball should go next before receiving it
- Possess creative dribbling
- Possess an accurate cross
- Possess excellent heading ability
- Possesses great striking technique (head down, lean over the ball, toe pointed down, extended knee, follow through)

Technical: Defensive

- Possesses excellent 1v1 defending technique
- Possesses excellent heading ability
- Possesses excellent tackling ability with the proper timing: standing tackle, sliding tackle

Tactical: Attacking

- Possess excellent spacial awareness between the other three defenders
- Possess excellent awareness of when to tuck-in when the ball is on the other side
- Possess excellent awareness sense of when to join the attack
- 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
- Possesses a strong 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

Tactical: Defensive

- Possess understanding of the three tactical principles of defending (pressure, cover, balance)
- Possess spacial understanding the three other defenders
- Possess positional awareness to tuck-inside to provide cover when the ball is on the far side in defense
- Possess good body positioning of being ball-side of the defender
- Possess good body positioning of being side-on when the ball is crossed into the box
- Possess good body positioning by being ball-side of the attacker in the flow of the game
- Possess good body positioning in shielding the ball in defense
- Possesses great awareness to transition from attack to defense
- Possess good awareness of the attackers tendencies
- Possess good communication skills with the other right-sided players.

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 battles
- Possesses a strong use of the body to shield opponent in the attacking half
- Possess great energy to attack and help the offense score goals
- Possesses a strong physical frame to beat opponents in 1v1 battles
- Possesses a strong use of the body to shield opponent in the defensive half
- Possesses a great energy to get back on defensive once the team losses the ball

4. Right Center Back

Technical: Attacking

- Possess excellent short, medium, and long-range passing
- Possess great awareness of knowing where the ball should go next before receiving it
- Possess a comfort with the ball at their feet
- Possess creativity to trick opposition in the way they pass
- Possess excellent heading ability
- Possess great striking technique (head down, lean over the ball, toe pointed down, extended knee, follow through)

Technical: Defensive

- Possess excellent 1v1 defending technique (dely, deny, destroy)
- Possess excellent heading
- Possess excellent tackling ability with the proper timing: standing tackle, sliding tackle

Tactical: Attacking

- Possess good organization between pairing center back and the holding central midfielder to balance the team when the team is attacking
- 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 seeing both the ball and the man when the ball is on the far side
- Possess excellent body positioning of being seeing both the ball and the man when the ball is crossed into the box
- Possess good body positioning by being ball-side of the attacker in the flow of the game
- Possess excellent body positioning in shielding the ball
- Possess great positional awareness of knowing when to drop when a long ball is approaching

Psychological: Attacking

- Possess strong communication skills with all positions on the field
- Possess strong organizational skills by seeing the entire field in front of them (bird's eye view)
- Possess a good connection with the other center-back
- 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 defend-first mentality
- Possess a strong mentality in shutting down the attack and limiting scoring opportunities
- Possess a strong mentality to recover from mistakes

Physical: Attacking

- Possess a strong physical frame to win 1v1 battles
- 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
- Possess great awareness of knowing where the ball should go next before receiving it
- Possess a comfort with the ball at their feet
- Possess creativity to trick opposition in the way they pass
- Possess excellent heading ability
- Possess great striking technique (head down, lean over the ball, toe pointed down, extended knee, follow through)

Technical: Defensive

- Possess excellent 1v1 defending technique (dely, deny, destroy)
- Possess excellent heading
- Possess excellent tackling ability with the proper timing: standing tackle, sliding tackle

Tactical: Attacking

- Possess good organization between pairing center back and the holding central midfielder to balance the team when the team is attacking
- 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 seeing both the ball and the man when the ball is on the far side
- Possess excellent body positioning of being seeing both the ball and the man when the ball is crossed into the box
- Possess good body positioning by being ball-side of the attacker in the flow of the game
- Possess excellent body positioning in shielding the ball
- Possess great positional awareness of knowing when to drop when a long ball is approaching

Psychological: Attacking

- Possess strong communication skills with all positions on the field
- Possess strong organizational skills by seeing the entire field in front of them (bird's eye view)
- Possess a good connection with the other center-back
- 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 defend-first mentality
- Possess a strong mentality in shutting down the attack and limiting scoring opportunities

- Possess a strong mentality to recover from mistakes

Physical: Attacking

- Possess a strong physical frame to win 1v1 battles
- 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

6. Defensive Midfielder

Technical: Attacking

- Possess excellent short, medium, and long range passing
- Possess excellent vision and accuracy to play players to their feet or 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 “quarterback” of the team. The game flows through them
- Possess excellent ball-manipulations to get around defenders (feints)
- 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

Technical: Defensive

- Intercepts passes, crosses and shots from the opposition and gets possession for the team
- Possess excellent tackling ability, both standing and sliding
- Possess excellent heading ability
- Possess excellent ability to win second balls and get possession back for the team

Tactical: Attacking

- Possess good 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 good positional timing of knowing when the ball will arrive into an area
- Possess excellent positional awareness of being in the right position to prevent a counter-attack

Phycological: Attacking

- Possess strong communication skills with all positions on the field
- Possess a strong connection with both center backs
- Possess a strong mentality knowing their role is very important to the team’s overall success
- Possess a strong mentality knowing their presence is needed to dominate the middle of the field
- 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

Physical: Attacking

- Possess a strong physical frame to win 1v1 battles

- 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

7. Right Winger/Midfielder

Technical: Attacking

- Possess creativity on the dribble
- Possess a strong weak foot
- Possess excellent short, medium, and long-range passing
- Possess a strong cross
- Possess excellent heading ability
- Possess great striking technique (head down, lean over the ball, toe pointed down, extended knee, follow through)
- Possess great awareness of knowing which finishing technique to use (strike a ball for power or finesse a ball for placement)
- Possess great combination play with the right back

Technical: Defensive

- Possesses excellent 1v1 defending technique
- Possesses excellent heading ability
- Possesses excellent tackling ability with the proper timing: standing tackle, sliding tackle

Tactical: Attacking

- Possess a high soccer IQ of when to pass, dribble , or shoot
- Possess excellent spacial awareness between the other attacking players
- Possess excellent spacial awareness of knowing where the space is and how to run into it
- Possess excellent positional awareness of 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 of being ball-side of the marker in the flow of the game
- Possess excellent positional awareness of seeing both ball and man on throw-ins and corner kicks
- Possesses excellent body positioning

Psychological: Attacking

- Possess strong communication skills with their attacking teammates
- Possess a strong will and mentality to add personality 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
- Possess a “match-winner” mentality as they want to be the one who makes the winning goal/assist

Psychological: Defensive

- Possess a defend-first mentality
- 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 battles
- 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
- Possess excellent vision and accuracy finding players to their feet and in space both on the ground in the air
- Serve as the “link” midfielder as they connect the attack to the defense
- 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
- 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 gets back possession for the team
- Possess excellent tackling ability, both standing and sliding
- Possess excellent heading ability
- Possess excellent ability to win second balls and retain possession for the team

Tactical: Attacking

- Possess excellent spacial awareness between the two other central midfielders 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 what area the ball will arrive in
- Possess excellent positional awareness of where to be to win second-balls to regain possession for their team
- Possess excellent positional awareness of being in the right position to prevent a counter-attack

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 outplaying 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 battles
- 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
- Possess a great first touch to receive, control and lay-off balls
- Possess creative dribbling
- Possess excellent heading ability
- 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 other attacking players

Technical: Defensive

- Possess excellent 1v1 defending technique (body side-on, defensive stance, force to one side, engage, tackle)
- Possess excellent heading ability
- Possess excellent tackling ability with the proper timing: standing tackle, sliding tackle

Tactical: Attacking

- Possess good timing of runs while avoiding offside
- Possess excellent positional awareness of when to receive the ball to feet or when to receive the ball in space
- Possess excellent positional awareness of when to stay or leave the space for other players to run into
- Possess a high soccer IQ of when to pass, dribble, and shoot
- Possess a great positional relationship with the other attacking players
- Possess a special connection with the attacking midfielder
- 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 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 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 other attacking players
- Possess a strong will and mentality to add a unique personality 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 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 battles
- 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 creativity
- Possess a strong weak foot
- Possess excellent short, medium, and long-range passing
- Possess excellent heading ability
- 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
- 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
- Possess excellent tackling ability with the proper timing: standing tackle, sliding tackle

Tactical: Attacking

- 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: 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

- 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 battles
- 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 creativity on the dribble
- Possess a strong weak foot
- Possess excellent short, medium, and long-range passing
- Possess a strong cross
- Possess excellent heading ability
- Possess great striking technique (head down, lean over the ball, toe pointed down, extended knee, follow through)
- Possess great awareness of knowing which finishing technique to use (strike a ball for power or finesse a ball for placement)
- Possess great combination play with the right back

Technical: Defensive

- Possesses excellent 1v1 defending technique
- Possesses excellent heading ability
- Possesses excellent tackling ability with the proper timing: standing tackle, sliding tackle

Tactical: Attacking

- Possess a high soccer IQ of when to pass, dribble , or shoot
- Possess excellent spacial awareness between the other attacking players
- Possess excellent spacial awareness of knowing where the space is and how to run into it
- Possess excellent positional awareness of 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 of being ball-side of the marker in the flow of the game
- Possess excellent positional awareness of seeing both ball and man on throw-ins and corner kicks
- Possesses excellent body positioning

Psychological: Attacking

- Possess strong communication skills with their attacking teammates
- Possess a strong will and mentality to add personality 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
- Possess a “match-winner” mentality as they want to be the one who makes the winning goal/assist

Psychological: Defensive

- Possess a defend-first mentality
- 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 battles
- 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

