

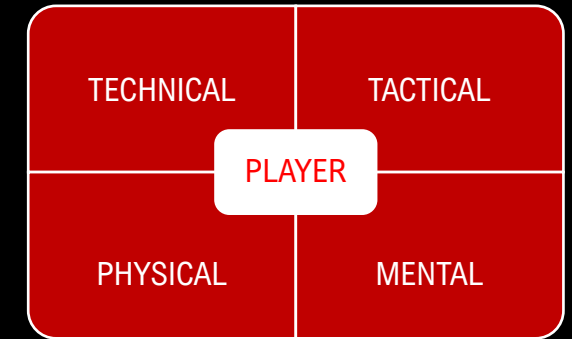
# GAME MODEL

Abbotsford Soccer Association





# FOUNDATION



ASA Player development is the foundation upon which we will build our teams.

With ongoing commitment to the four-corner model and principles of LTPD, the ASA will develop players with;

- **Technical** excellence & execution on demand.
- **Tactical** appreciation & understanding.
- **Physical** conditioning to meet the demands of the game.
- **Mental** strength and fortitude to deal with the highs & lows of competitive soccer.

The ASA will develop highly skilled, motivated and successful soccer players that have an excellent work ethic and a desire to do well for themselves, their team and the club.

ASA players are good citizens.

# TACTICAL COMPETENCE

## A team understanding

### **Controlled Possession with Purpose – “Play attack minded soccer – to win”**

- ✓ To control the tempo of the game
- ✓ To pass the ball accurately and progress through the pitch with a calm & reassured approach
- ✓ To produce movement, angles and good options to play forward
- ✓ To use minimal touches to move the ball around quickly and to open space to attack
- ✓ To ensure possession of the ball is purposeful and forward-thinking

### **Counter Pressing – “Love the ball, defend the ball quickly”**

- ✓ To react fast and in a positive manner
- ✓ To win back the ball in the first 6 seconds after losing it
- ✓ To press in two's and three's in this moment
- ✓ To prevent the opposition leaving their own half with the ball – suffocate and pin-in
- ✓ To react accordingly and recover back behind the ball quickly, if a counter press

### **Compact Defensive Shape – “Be compact, disciplined and ready to defend”**

- ✓ To recover and revert quickly into a defensive shape
- ✓ To ensure the distances between players and units are tight and maintained
- ✓ To perform with concentration and discipline
- ✓ To move together as a team, up and down and from side to side to remain compact
- ✓ To deny space between the lines and behind the last line



### **Clinical Counter Attacks – “Win the ball, use the ball effectively”**

- ✓ To recognise the opportunities to launch a counter attack – be ready to initiate from anywhere on the pitch
- ✓ To secure the first pass on winning back the ball – aim for that pass to be forward
- ✓ To break forward in numbers and at speed
- ✓ To take minimal touches to break forward at pace
- ✓ To ensure the final pass and finish is clinical

### **Connection between Attack & Defence – “Attack ready to defend & Defend ready to attack”**

- ✓ To maintain good balance in attack
- ✓ To support and play in good positions for attacking and defending
- ✓ To be prepared and thinking about the next phase in the cycle
- ✓ To be ready to spring on the opposition with an attack of our own when defending
- ✓ To be in good positions to counter press when attacking





# CULTURE

The difference maker...

## **Intelligence**

ASA teams will have a 'front foot' mentality as it relates to defending and as such, will employ the counter-press at every opportunity. However, ASA teams will understand the importance of various defending tactics, in order to regain possession. Effective and intelligent defending organization, based on specific game situations will be a trademark of the ASA teams.

## **Recognizing the Individual**

While 'teamness' provides a strong foundation for team success, the ASA technical staff understand the importance of fostering creativity in the players. Players with individual flair, creativity and the ability to do the unexpected, must be recognized and encouraged.

## **Competitive Edge**

Built from a foundation of trust and respect, the ASA teams will develop and foster a positive team spirit, bound by a relentless work ethic, that is second to none. The ASA teams will pride themselves on never being outworked by the opposition.



## Playing Philosophy

The ASA teams will promote inter-passing with intelligent, timely support & movement, in order to provide goal-scoring opportunities by penetrating the opponents defensive line across the width of the field, if appropriate counter-attacking possibilities are denied.

Defensively we will develop flexibility in players so that they are comfortable in executing both high press or an organized medium to low block.

ASA players will be encouraged to develop within this style, whilst we recognize that every player is an individual and very different.

# System of Play

The ASA will utilize a 1-4-3-3 system of play as the foundation through which we will develop our playing philosophy.

Highlights of 1-4-3-3 system include;

- **Control possession**

The formation lends itself to naturally created triangles and diamonds across the width & depth of the field. The ASA will develop technically competent players who pass, move, and recycle the ball around the team.

- **Strength through the middle**

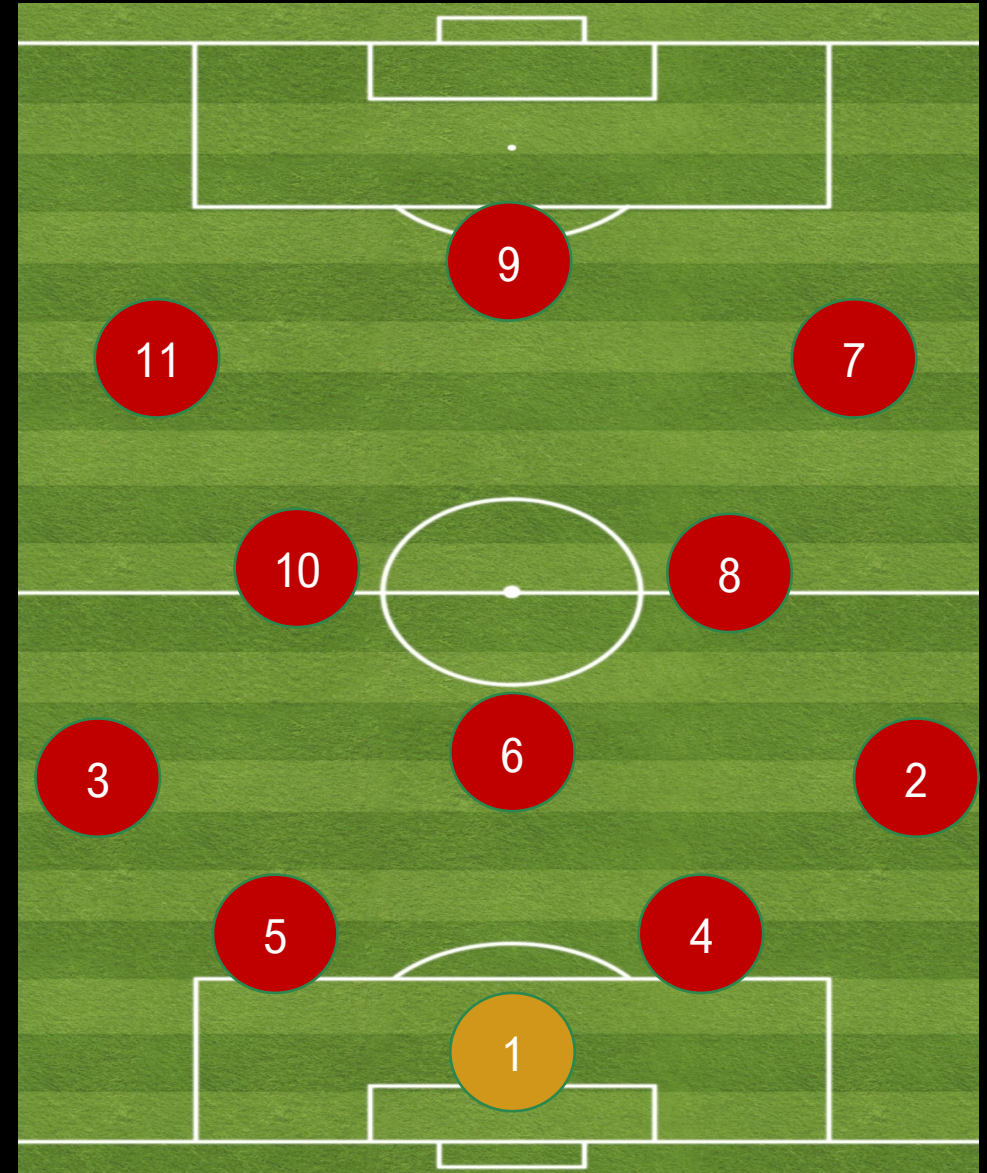
With three central midfielders the ASA approach will be to control the central area of the pitch, protect the defensive line, limit central penetration from the opponent and force the opposition to play out wide.

- **Attacking options up front**

With three forwards, there will always be attacking options/outlets for ASA teams to exploit. Together with coordinated movement and support from the fullbacks and midfielders pushing forward, this makes for a potent attacking force.

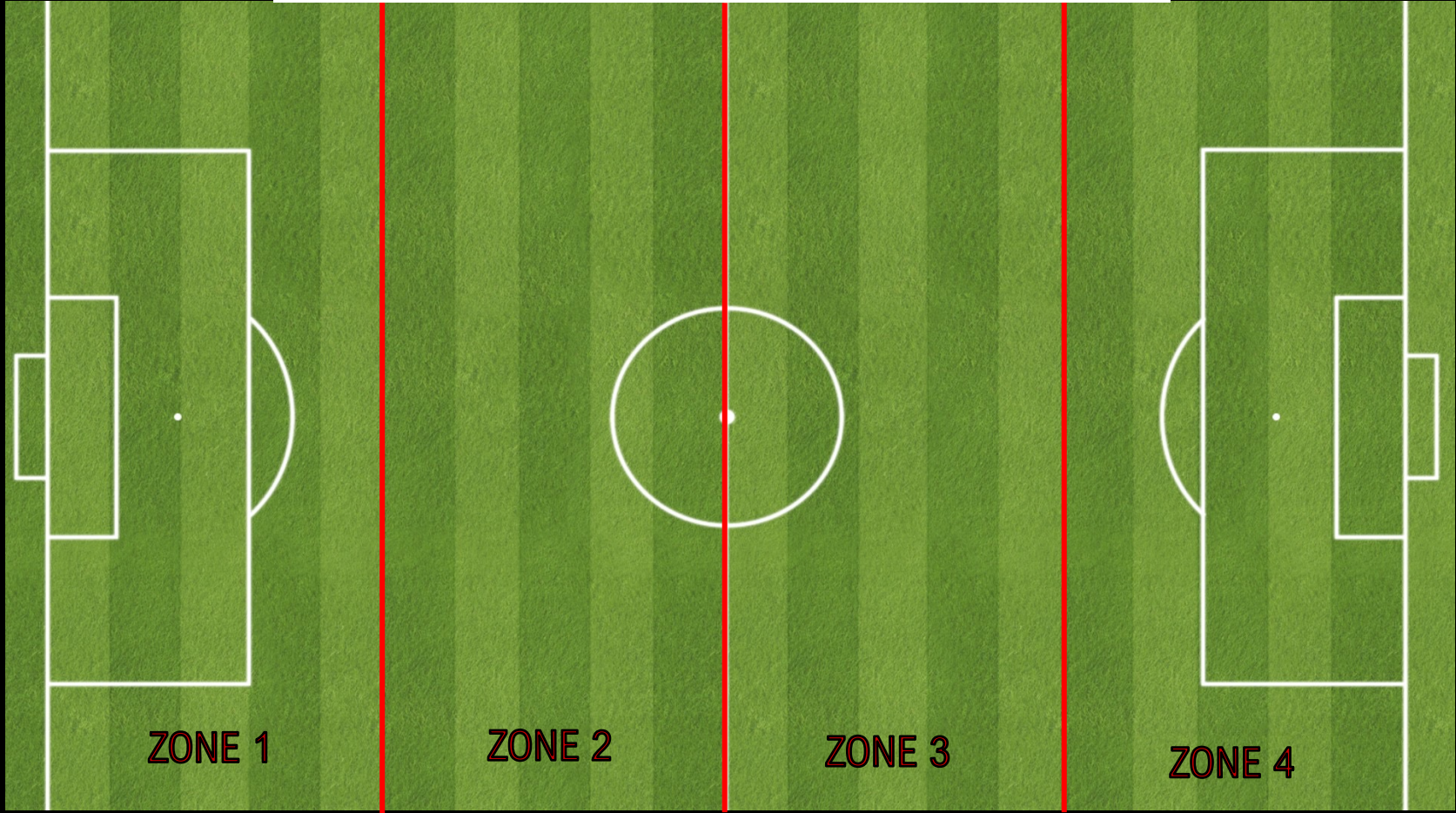
- **Pressure the opposition into mistakes**

Due to the high energy nature of the formation and the mentality of the ASA players in support of an attack, it is possible, upon losing possession, to force the opponents into mistakes by applying the counter-press and limiting their time on the ball and the space that they receive it in.





# ZONAL IDENTIFICATION



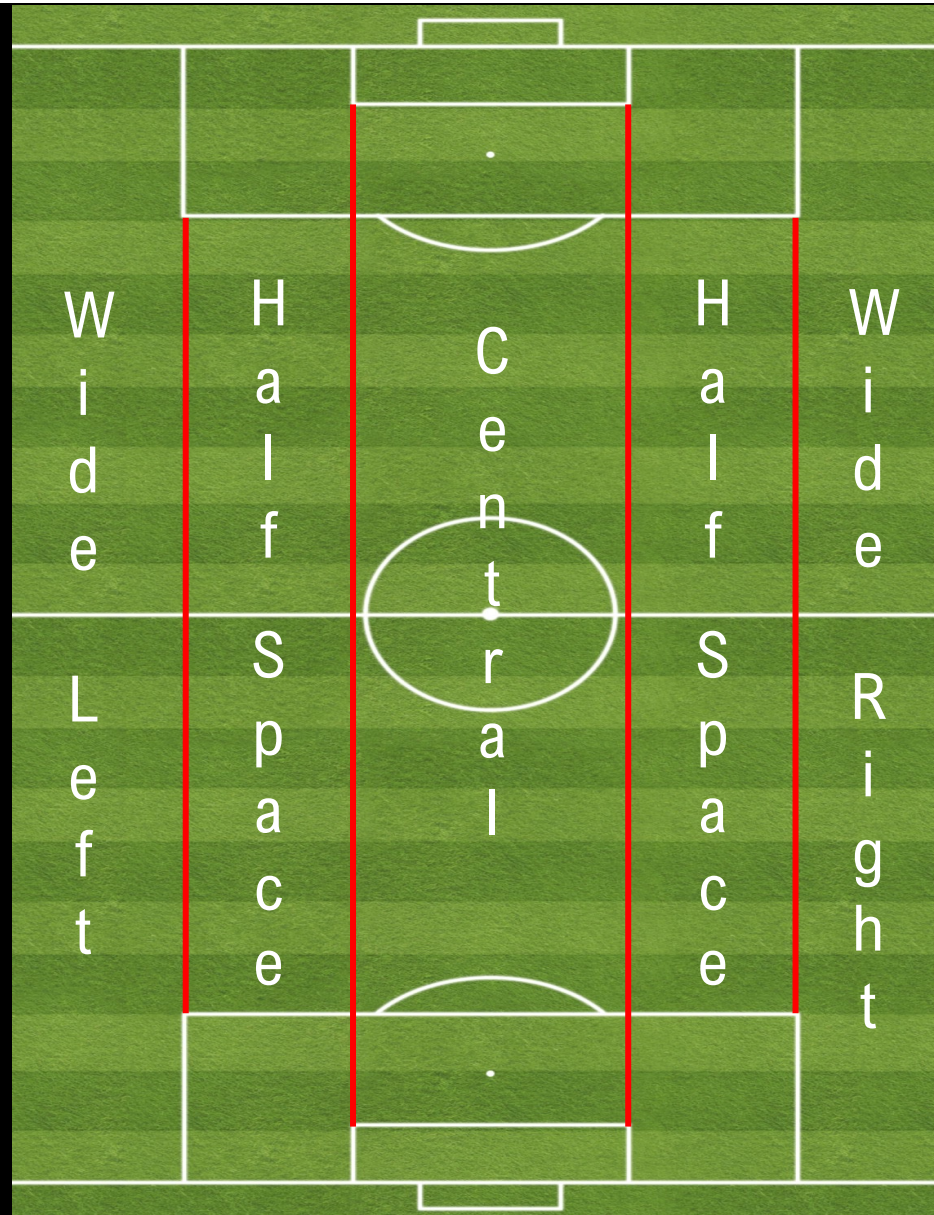
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# CHANNEL IDENTIFICATION



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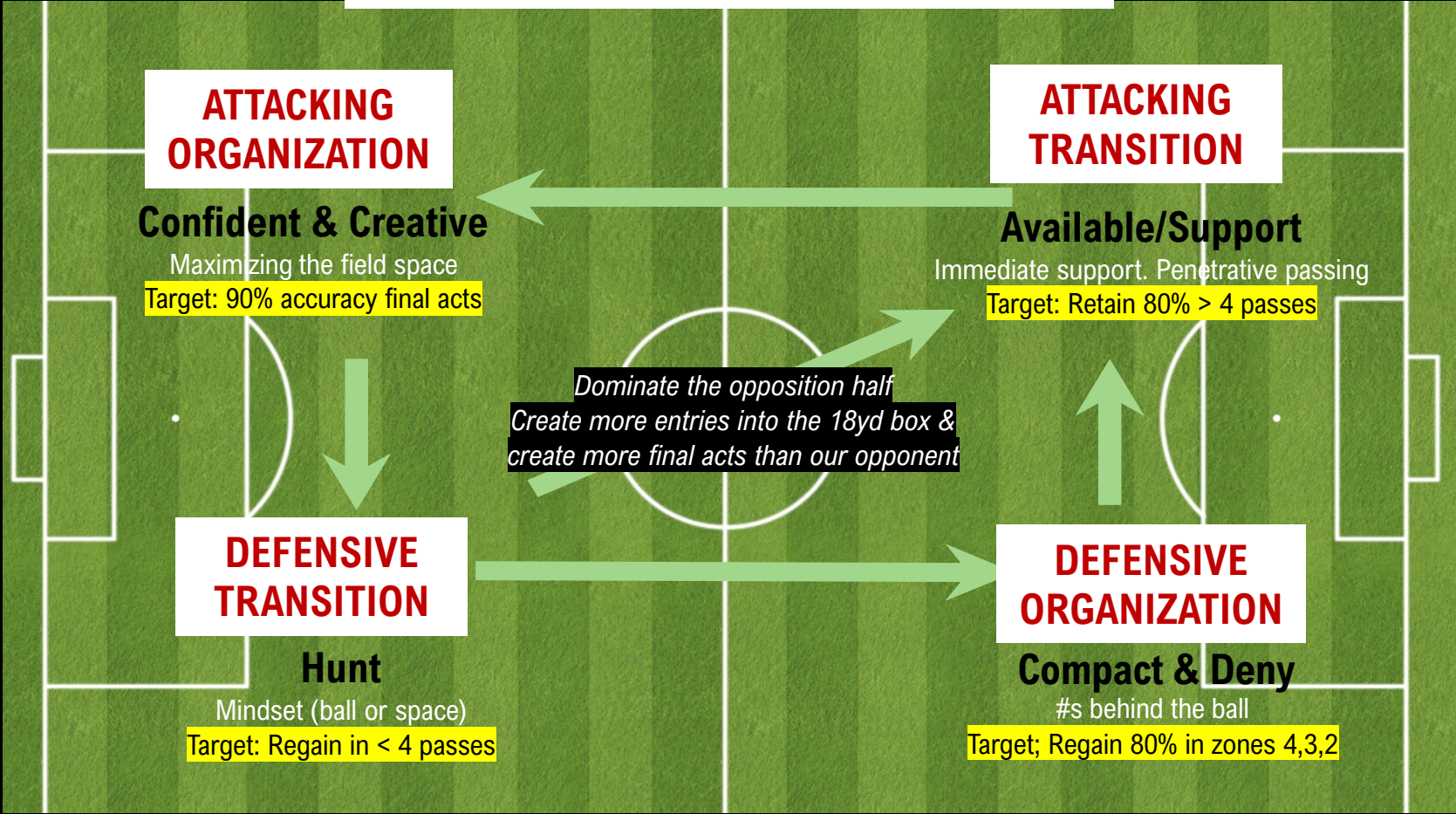


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# 4 MOMENT IDENTITY



# Attacking Organization

## *Confident & Creative*

Macro Principle	Objective	Phase	Sub Principle
Possession of the ball through intelligent movement to disrupt the opposition and break defensive lines	Create and identify opportunities to penetrate over, round or through the opponent's defensive line.	Set-up (Zone 1)	<ul style="list-style-type: none"> <li>• Create +1 to play out from the back.</li> <li>• Play inside to create space outside.</li> <li>• Use short &amp; medium passing to pull in our opponents.</li> <li>• Use longer-range forward passing when the opponent presses high.</li> </ul>
	Utilize various platforms (FB Low, MF Low, Back 3)	Creation (Zone 2/3)	<ul style="list-style-type: none"> <li>• Disorganize the opponent through utilization of various platforms.</li> <li>• Roll-in/Roll-out, switch of play.</li> <li>• Create numerical superiority.</li> <li>• Players capable of playing while pressured by opponent.</li> <li>• Create overloads.</li> <li>• Create advanced platforms</li> </ul>
	Create Final Acts	Finishing (Zone 4)	<ul style="list-style-type: none"> <li>• Break defensive lines with quick combination play.</li> <li>• Dynamic movement from #7, #9, #11.</li> <li>• Create advanced platforms.</li> <li>• Populate goal-scoring areas in front of goal.</li> <li>• Successful execution of final acts.</li> </ul>



# Attacking Organization - Zone 1

## Confident & Creative

### Sub Principle

### Action

↓

Create +1.  
#2 & #3 will push wide and high, #4 & #5 will open up to the width of the penalty area with #6 also dropping in to receive the ball.

↓

Movement of the #2, #3, #4 & #5 Initial dispersal  
Create multiple lines ahead of the ball with #6, #8 and #10  
Player rotations (#2, #4 & #6 / #3, #5 & #6)

#1 (GK) is an active player to the build-up. Depending on pressure, the goalkeeper should be off his/her line, looking to support #4, #5 & #6 in the build-up play. The GK (#1) must be able to switch the play.

All players must possess technical capacity to pass the ball over short, medium & long distances. Mental capacity and awareness of element of risk is essential. Movement through rotations to create safe passing lanes and switch of play opportunities.

Balance in the attacking shape.  
All vertical channels must be occupied. Players must also ensure they are creating and occupying different horizontal lines.

#2 & #7 and #3 & #11 should not be in the same vertical wide channel  
#2 & #3 should be wide and in advance of the opponent's first line of pressure.  
#9 provides a high forward focal point in the appropriate vertical channel.  
#6, #8 and #10 form a triangle in three separate lines.

Play Inside to create space out wide. Advance the ball into the feet of #6, #8 & #10 from where the team can then play forward through the vertical channels

Occupy all vertical channels to stretch and disrupt opponent's defensive shape. Create opportunities to play into #6, #8 & #10. Draw-in opponent's defensive shape through midfield possession.  
Create overloads in flank areas with #2,7,8 and #3,11,10 Diagonal passing from central to wide vertical channels Diagonal runs from wide weak-side players  
#7 & #11 on weak-side draw opponent's fullbacks inside to create space for overlapping/supporting weak-side #2 & #3



# Attacking Organization - Zone 2

## Confident & Creative

### Sub Principle

### Action

Use short & medium passes to feet, in order to draw in the opponent's midfield providing space in front of their back line for #9 to show for the ball.

Players playing in channels and on different lines. Speed of play from #6, #8 & #10 and #7 & #11 with intelligent movement to support in front & behind the ball. Look to create overloads. All players aware of body shape when receiving, in order to allow forward play as early and as often as possible.

Ability to play direct when the opponent presses high. Recognition to play longer balls/passes into spaces behind the opponent backline.

Movement from #7, #9 & #11 to get in behind opponent's back line. Diagonal runs from #7 & #11 in behind opponent's fullbacks. Support from the #8 & #10 for the forwards, with a desire to win second balls. Team organization and balance, to advance up-field as the ball travels forward.

Create Width and Depth.  
Ensure that the #9 is giving initial depth, #'s 7 & #11 must offer width. If a they are tucked inside, the fullbacks occupies the wide positions.

Overload to Isolate  
Dispersal to occupy the vertical channels and create many horizontal lines. Draw the opponent to the strong side with the intent of exploiting their weak side. Ability to retain possession under pressure and in number down situations.

Unsettle or disorganize the opponent through player & ball movement, #'s 7 & #11 to have freedom to come inside, allowing #'s 2 & #3 to get forward. Positional rotation with #8, #10 & #9, occupying different horizontal lines, coupled with fast ball movement, will shift the opponent's shape.

Mobility  
Playing in triangles & diamonds, with positional interchanges (Various platforms).  
Looking to break the line with penetrating runs.  
Speed of play.  
Create space to disrupt opponent's compactness.  
Creating passing lanes for the 1<sup>st</sup> attacker



# Attacking Organization - Zone 3

## *Confident & Creative*

### Sub Principle

### Action

Maximize the vertical channels. #7 & #11 to play in the widest channel possible.  
If #7 or #11 dribble inside, #2 & #3 must occupy the widest channel on their side.

Create width in the attack to disrupt the opponent's compactness.  
Inside diagonal runs from the widest vertical channel  
Create 1 v 1 & 2 v 1 opportunities

Build-up through the central areas and create numerical overloads.  
Create overloads in the central channels to maintain possession.  
Draw opponents inside (open up wide areas).  
Ensure good support is provided around the ball.  
Awareness to loss of possession!

Movement of the #6, #8, #10 & #7, #9 #11 to lose their markers and create overloads  
Quick ball movement allied to intelligent movement is critical with the intent of moving or shifting the opponent's defensive block.  
Playing in front, between and behind defensive lines.  
Have an alert mentality to apply defensive pressure (-transition) to win back the ball should possession be lost.

Players must be capable of playing while under pressure.  
Players must have a mindset to play through central midfield, players must be tactically aware and be able to play in tight spaces and under pressure.

Ability to receive under pressure and open up away from opponents Individually, shielding and protection of the ball.  
Confident in 1v1 duels.  
Have a varied range of passing options/abilities

Dynamic movement from #7, #9 & #11.  
#9 varies the movement to disorganize the opponent's central defender(s).  
#7 & #11 invert for diagonal penetrating runs and to play in the channels between opposition defense and midfield lines.

Create Advanced Platforms  
Initial movement to create depth and various starting positions of attacking players;  
Off of defender's back shoulder, in front and/or behind opposition Central defenders.  
#7 & #11 aware of option to come inside to play in spaces.  
#9 will require awareness and variety of touches with back to goal, lay-off, spin and unselfish runs to create space for others.



# Attacking Organization - Zone 4

## *Confident & Creative*

### Sub Principle

### Action

Break defensive lines with quick combination play. Create angles of support, players breaking the lines utilizing 1 & 2 touch passing and constant player movement.

Speed of play through fast combination play. Ability for players to move the ball under pressure to unlock the opponent's defensive line. Ability to play off the front foot. Quality first touch using all surfaces of the foot.

Create Overloads.  
By creating 2 v 1s, 3 v 2s, 4 v 3s, 4 v 2's  
Overload areas around the ball.

Support the first attacker. Overlapping runs from #2 & #3.  
Ability to dribble and beat opposition defenders.  
Disguise passes and play off the front foot.  
Player rotation in 3's

Allow creative players opportunities to isolate in 1 v 1 situations. Isolate the 1 v 1 attacking players, especially through switching the play.

Create Advanced Platforms  
Open body position when receiving and an intent to engage (get at opposition defender(s)).  
Wide players who look to receive and go 1v1 against the full-back to either dribble inside, or keep wide to play in a cross.

Service from wide areas.  
With players in the box, look to cross, with varying delivery options (driven, chip, pull back) into identified areas such as; back-post, central, front post etc.  
If lacking numbers in the box, try to either win a corner, or keep possession by playing back to a supporting player.

Create 2v1s with #2 & #7 and/or #3 & #11. Combinations with #9 or #10 to penetrate past the opponents fullback for a cross. Support 1<sup>st</sup> attacker to retain possession if wide service unavailable. Timing of runs from #7, #9 and #11 and #8 and #10 Central attacking players frame the goal (near, central & far post runs).



# Attacking Organization - Zone 4

## *Confident & Creative*

### Sub Principle



Position attackers in effective goal scoring opportunistic areas. Commit to a minimum of "3" players in the box. Players are to arrive in space and not standing still. Ensure that #6 & #8 are taking up space at top of the 18-yard area to win knock downs and second balls.



**Empowerment**  
Encourage players to "come to life" in Zone 4...  
Be creative & successful in their final acts.



### Action



Timing of runs into the penalty area. Runs to get in front of the covering defender. Frame the goal (near post, central, far post). #6 and #8 to win second balls at the top of the penalty area. First touch finishing with all surfaces of the foot – instep, inside, outside (improvisation in doing the unexpected – Volley, flick, header)

Creativity and improvisation with interchanging of positions is an action that will be continually trained and encouraged.



# Defensive Transition

## Hunt

### Macro Principle

Intentional, immediate action to win the ball back as soon as possible. Prevent forward play by the opposition with pressure on the ball, as well as any support players close to the ball carrier.

If immediate pressure is unavailable, get organized behind the ball.

### Objective

Win the ball back within 3 passes, which may allow us to take advantage of the space created by the opponents attacking disorganization.

Failure to apply immediate pressure or regain possession within the '3 pass' timeline, the team should get into an organized defensive shape behind the ball.

### Sub Principle

Immediate change of mentality from attacking to defending. A 'Hunt' mindset.

When unable to win back possession within 3 passes, get numbers behind the ball and force the opponent to play backwards and wide.

Prevent central penetration through midfield and behind the back four.





# Defensive Transition

## *Hunt*

### Sub Principle



If immediate regain of possession is unattainable, a compact and balanced central block will force the opposition to play wide and backwards.



### Action



Angle of approach to close the ball. Force opposition to play wide/outside.  
Maintain compact central block.  
Set defensive trap when opponents play from GK to FB.  
Anticipation by #7/#11.

Defensive line #1, #2, #3, #4 & #5 need to be constantly aware of the danger behind. Maintain depth/cover, adjust as the ball travels.



Communication across the defensive line is critical.  
Must be prepared to drop, if no pressure on the ball carrier. Ensure cover/support if one defender is forced out to engage opponent.  
Goalkeeper off his/her line to play as sweeper, when defensive line is high.

All players, irrespective of position, must 'switch on' to defending as soon as possession is lost. First attacker is immediately closed down and a coordinated effort by all the team to close down space and prevent forward play.



Closest player(s) to the ball must immediately close down.  
All players react to close space/passing options.  
Anticipation & tackling.  
If immediate possession regain is unattainable, recognize opportunity to drop and delay.



# Defensive Transition

## *Hunt*

### Sub Principle

### Action

All players have a shared responsibility to the defensive cause.  
Get organized and compact behind the ball.  
Eliminate space between lines as well as cover and balance across all lines.

Create a compact and coordinated central block.  
#9 stays high to occupy the opposition central defenders.  
#7 & #11 drop off and tuck in to encourage opponent to play out to their fullbacks.  
Midfielders #6, #8 & #10 are compact & balanced centrally.  
#2 or #3 maybe pushed on to close space of opposition winger. Remaining defenders are balanced across the line.

Deny forward play. Keep the ball in front of you. Engage and win 1v1 encounters with your immediate opponent.

Delay  
Apply pressure so that the opponents cannot look/play long.  
Body shape.  
Make play predictable.



# Defensive Organization

## Compact/Deny

Macro Principle	Objective	Phase	Sub Principle
<p>Recognizing and understanding a numerical advantage when in possession will provide for immediate defensive pressure.</p> <p>An organized zonal-defensive block that is committed to press the ball in order to limit time and space.</p>	<p>With good collective organization and the setting of 'defensive traps', make the opponent play predictable, forcing them into mistakes.</p> <p>Attain 80% success (regain of possession) in first three defensive zones (4,3,2)</p>	<p>Opposition Set-up (Zone 4)</p> <p>Opposition Creation (Zone 2/3)</p> <p>Opposition Finishing (Zone 1)</p>	<ul style="list-style-type: none"> <li>• The attacking shape allows for effective immediate pressure on the ball.</li> <li>• Force play wide &amp; backwards, deny central penetration of defensive block.</li> <li>• Aggressive/high pressure can be applied when ball is the wide channel and deep in the opponents half.</li> <li>• With pressure on the ball, the team should become compact and tightly organized behind the ball.</li> <li>• Takeaway central passing options and force the opposition to play negatively/backwards.</li> <li>• Maintain pressure on the ball.</li> <li>• Deny space behind the defensive line.</li> <li>• Be prepared to defend crosses.</li> <li>• Occupy key areas in front of goal.</li> <li>• Block shots.</li> <li>• Win 2<sup>nd</sup> phase/knock-downs.</li> </ul>



# Defensive Organization – Zone 4

## Compact/Deny

Sub Principle	Action
The attacking structure and dispersal of players will greatly assist in the opportunity to immediately apply defensive pressure upon losing possession.	Initial pressure on the ball , denying forward play, allows team to organize and become compact behind the ball.
Allow attacking team to play from GK to wide fullbacks. #9 split the opponents CB's and #7 & #11 drop-off and tuck-in, encouraging the ball to be played to wide.	Setting the trap. #9 split the opponents CB's and #7 & #11 drop-off and tuck-in and dropped off. #6, #8 & #10 compact inside across midfield line. #4 & #5 pushed up and compact to stop central penetration. #7 or #11 and/or #2 or #3 alert and ready to pressurize opponent's wide defender as the ball travels wide.
Deny central penetration of the defensive block. Force play, through angle of approach, to the outside and into wide areas. Deny opposition players from turning in central areas.	Compact central block Fluidity and coordination of positioning/re-positioning as the ball moves. 1v1 defending, track runners. Eliminate forward passes with pressure/cover/balance across width of the field.
Force play to the wide channels. Create numerical superiority around the ball and apply increased pressure to regain possession.	Execute the trap #7 & #11 tucked-in allowing first pass outside, then step to press the defender as they receive. Orientate body to show inside and eliminate passes down the wide channel. #8/#10 anticipate inside pass and are touch tight with opposition. Prevent turning/forward play.
Press high on throw-ins and maintain a high block. Touch tight with opponents.	Box in Mentality to aggressively press high (man-to-man) on opposition throw-ins. Defensive line alert and aware of danger from long ball, when there is no pressure on the ball.



# Defensive Organization – Zone 3

## *Compact/Deny*

### Sub Principle



If immediate press is not on, drop to half-field and direct opposition to play to the outside wide channels. Mentality is to defend with attack in mind and ready to launch counter-attack, upon regain of possession.



Team must be compact from side to side as well as back to front. Deny space between the lines. A 'tight team' will prevent central penetration by the opposition.



Be pro-active. Force the opponent to the outside of the defensive block. Dictate where the opposition can play and step towards the ball as a unit. Stay tight.



### Action



Defensive block drops off, with #9 central at the top of the centre circle. Force play to the wide channels and prepare to press aggressively (numbers up) to win the ball.

Compact central block with #7 & #11 dropped off. #9 prevents switches of play through the back four. Force the opponent to play the ball up the line and look to win it in the wide vertical channels.

Coordinated movement of all players in the defensive block is vital. Constant pressure on the ball 1v1, 2v2 3v3 defending. Pressure, cover, balance high priority



# Defensive Organization – Zone 2

## *Compact/Deny*

### Sub Principle

### Action

Defensive line must prioritize the space behind. Be aware of the opposition's forward runs and passes into that space behind them.

Track runs  
Awareness and communication integral to prevent penetration from opposition. Marking goal-side and/or ball-side. When to mark space/when to mark the player. Pressure on the ball carrier at all times.

Pressure, cover, balance at all times.  
#2, #3 aware to tuck-in, should #4/ or #5 step out.

Immediate pressure on the ball carrier. Close down all spaces to eliminate passing lanes.  
As 1<sup>st</sup> defender steps to the ball, the others must provide cover.

With good pressure, force the opposition to play backwards towards their own goal.  
Defensive line must 'squeeze' and push up in a coordinated movement and staying compact.

Defensive line moves up as a balanced defensive block, always aware of first time ball back 'over the top'. If no pressure on the ball, they must drop to protect the space behind.



# Defensive Organization – Zone 1

## *Compact/Deny*

### Sub Principle

### Action

Eliminate passing lanes and the opponent's ability to possess the ball in Zone 1. Immediately pressurize any pass into this area and force the opposition to play the ball wide and backwards.

Always provide cover and look to outnumber the opposition in Zone 1. Occupy spaces early to take away passing lanes. Immediate pressure on the ball carrier force play away from goal.

**Be first!**  
Defenders must make early recovery runs to occupy the key finishing zones (near post, central goal, far post) to prevent the opposition from occupying those positions.

#2 & #3 (and at times, #7 & #11) desire to prevent crosses or being beaten inside with dribble.  
Zonal defenders marking goal side and in-front of attacker.  
GK alert to cross and opportunity to collect/catch.

Positive mindset to deal with second-phase/knock downs from entries into the 18yd box.

#6, #8 & #10 anticipation of danger area, ready to challenge for second-phase/knock downs.  
Defensive challenges, blocks, headers. Step & push upon clearance.



# Attacking Transition

## *Available/Support*

### Macro Principle

Play forward early & quickly in order to establish counter-attack based on opponent's defensive disorganization (within 2 passes) or, consolidate possession if not available.

### Objective

Recognize available space and/or forward passing opportunities created by the opponent's defensive disorganization.

Secure possession of the ball with safe passing away from point of recovery.

### Sub Principle

Ball retention

Exploit space behind the opponent's defensive line.

Establish BIG attacking team shape.

Create overloads and exploit opponent's weak side.





# Attacking Transition

## *Available/Support*

### Sub Principle

### Action

#### Regain & secure.

Upon the regain of possession, it is crucial that the player winning the ball back, must look to make the safest pass possible, to allow the team to secure possession.

Upon winning the ball back, the player must be aware of his /her first pass away from pressure, so that the team secures possession.  
Shielding the ball, use of body to protect the ball. One or two touch.

Counter-attack, if possible. Awareness to play the ball behind the opponent's defensive line, within two passes.

#7 & #11 breaking defensive line with inside/outside runs.  
#9 making forward runs or dropping for pass to feet and #8 and/or #10 run in-behind defensive line.  
Long passes, switches of play, running with the ball... all to maximize space

#### Retain & Re-organize

Securing possession for at least three passes will allow the team to create attacking team shape with players re-organizing to with width and depth.

#9 pushing high centrally, #7 & #11 creating width in the outside channels. #2 & #3 dropping and pulling wide to half channel.  
#4 & #5 offer support/depth behind the play. Midfielder's #6, #8 & #10 create support angles for each other.

Once possession has been re-established the team is set up into the attacking organization and the sub-principles and actions are re-applied.

Disorganize the opponent through player and ball movement. Roll-in/Roll-out, switch of play. Create numerical superiority. Players capable of playing while pressured by opponent.  
Create overloads





# GLOBAL PLAYER IDENTITY

General Competency Requirements



**TECHNICAL/  
TACTICAL**



**PHYSICAL**



**SOCIAL/  
EMOTIONAL**



**MENTAL**



# TECHNICAL / TACTICAL

BALL MASTERY  
RUNNING & DRIBBLING  
PASSING (range & quality)  
RECEIVING & TURNING  
FINISHING  
VISION & AWARENESS  
DEFENDING SKILLS  
TRANSITION SKILLS

INDIVIDUAL  
GROUP  
UNIT  
TEAM  
4 MOMENT IDENTITY





# PHYSICAL

STRENGTH & POWER

COORDINATION (motor skills)

RECOVERY STRATEGIES

SPEED OF ACTIONS

QUANTITY & QUALITY OF ACTIONS

RECOVERY RATE





# MENTAL

PERFORMANCE UNDER PRESSURE

CONCENTRATION / FOCUS

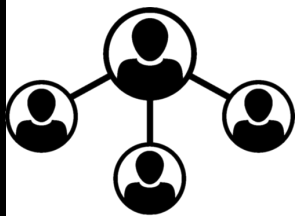
RESILIENCE

COMPETITIVENESS

SELF BELIEF

SELF DRIVEN





# SOCIAL / EMOTIONAL

TEAMWORK

CHEMISTRY

POSITIVE MINDSET

CHARACTER

COMMUNITY MINDED

GRITTY

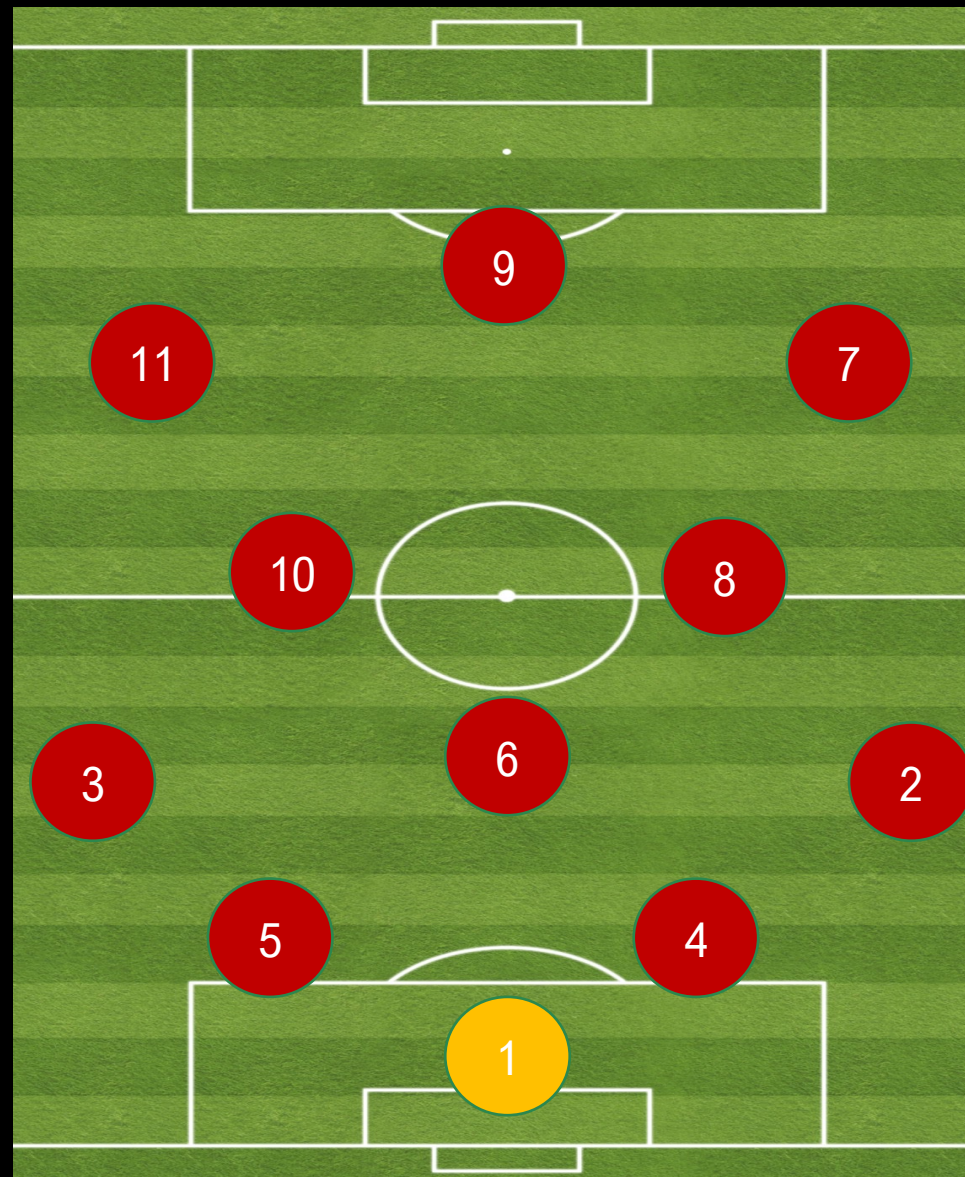
EMOTIONAL CONTROL





# POSITION-SPECIFIC PLAYER PROFILES

1-4-3-3



# #1 GOALKEEPER



## IN POSSESSION

First line of attack.  
Effective distribution (Hands & feet).  
Play short and play long.  
Support defenders with ball retention.  
Constant communication with all players.

## OUT OF POSSESSION

Maintain good starting position (inline with the ball and centre of goal).  
On the front foot to anticipate through balls.  
Anticipation, always alert to danger.  
Deal with crosses.

## TECHNICAL

- Receiving and passing with both feet.
- Catching and handling (shots & crosses).
- Distribution from hand.

## TACTICAL

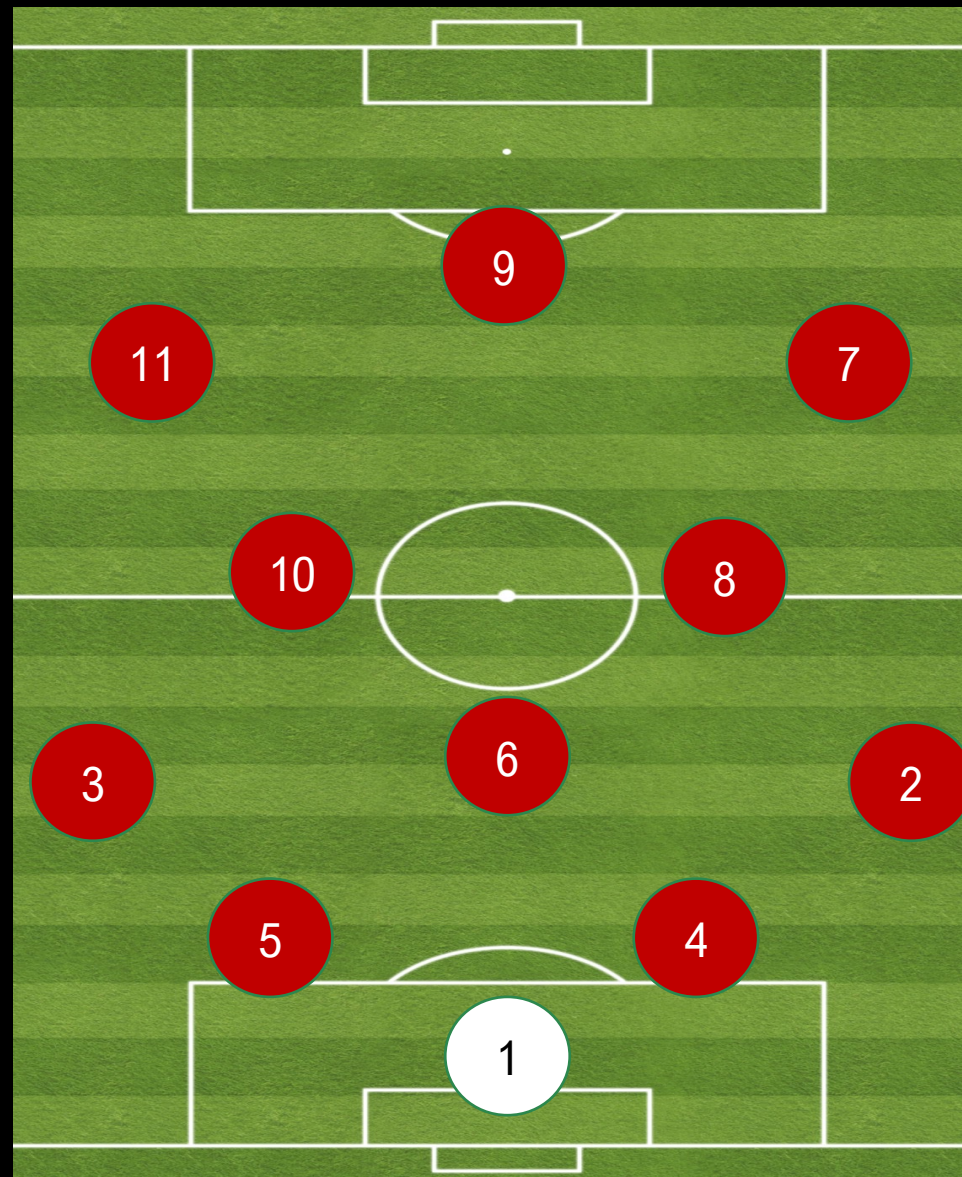
- Communicate and organize effectively.
- Positional awareness (ball/opponent).
- Support/cover.

## PHYSICAL

- Agility – good footwork.
- Quick reaction speed.
- Jumping (power & timing)
- Strong upper body strength.

## MENTAL

- Demonstrates a willingness and recognition when to want the ball.
- Confident.
- Composure.
- Be present – always 'tuned-in'.
- Resiliency.





# #2 / #3 FULL BACK



## IN POSSESSION

Varied range of passing.  
Good 1<sup>st</sup> touch with range of surfaces.  
Shielding skills.  
Support position and overlaps.  
1v1 Ability

## OUT OF POSSESSION

Positional awareness.  
Communication & organization  
Block crosses & shots.  
1v1 defending.

## TECHNICAL

- Excellent range of passing (Short, long, chip, driven)
- Play 1 or 2 touch.
- Good dribbling & shielding abilities.
- Crossing abilities.
- Good tackling technique, as required.

## TACTICAL

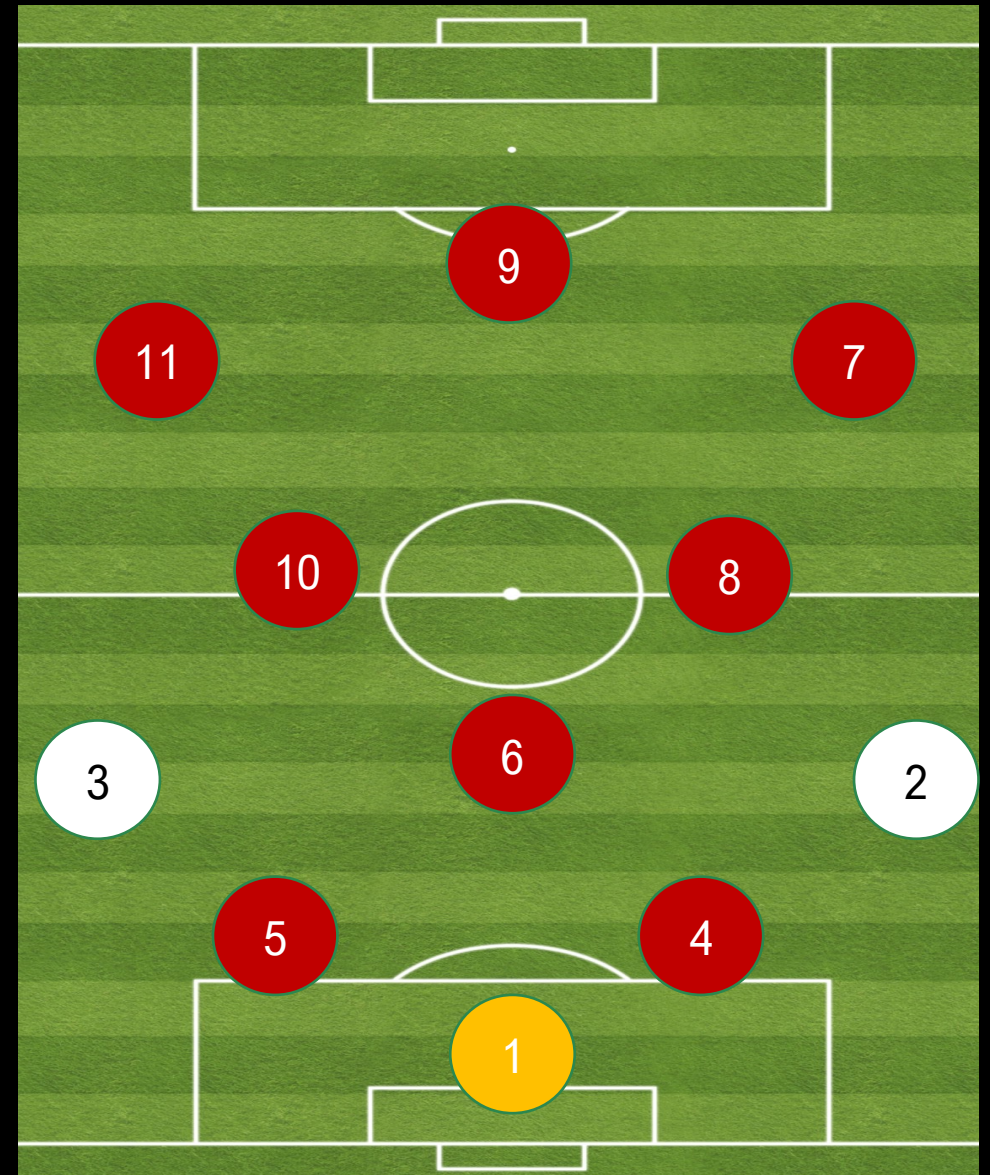
- Available/outlet.
- Support in attacking situations (Inside, High & Wide)
- Organize teammates defensively.
- Cover/balance

## PHYSICAL

- Agility
- Speed
- Endurance
- Strength

## MENTAL

- Resilient competitor.
- Bright/alert to danger.
- Composed.
- Confident.



# #4 / #5

## CENTRE BACK



### IN POSSESSION

Offer support to GK, fullback and midfield.  
Body orientation to play forward.  
Full range of passing techniques (short/long, switch of play, penetrating/break defensive lines, weight of pass).  
Good 1<sup>st</sup> touch with range of surfaces.  
Running the ball to break defensive line.

### OUT OF POSSESSION

Positional awareness.  
Mark the player / Mark the space.  
Block shots.  
Compete aerially.  
Organize defensive line.

### TECHNICAL

- 1-2 touch passing.
- Full range of passing abilities.
- Heading ability.
- Tackling.

### TACTICAL

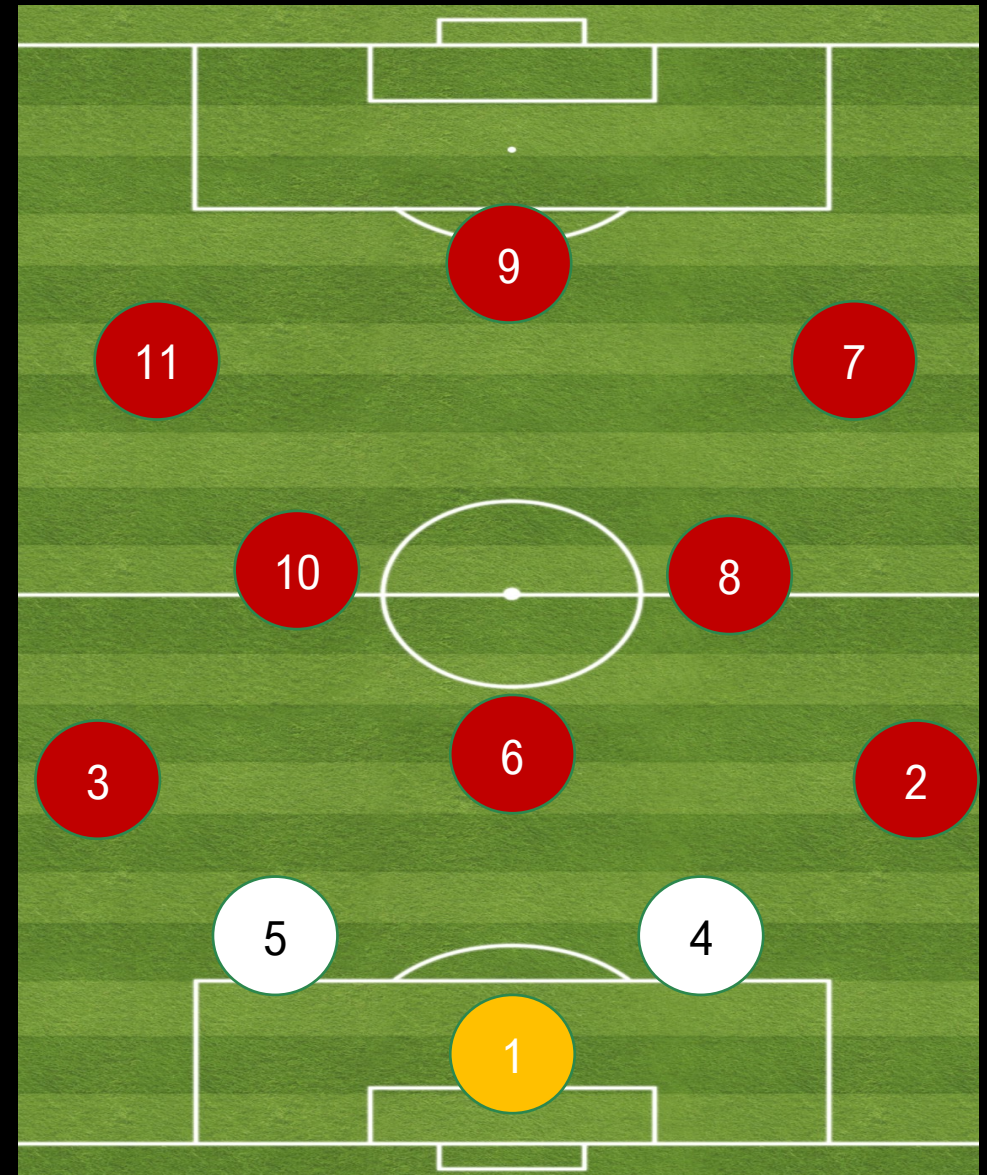
- Organize/communicate with all team members.
- Positional sense.
- Mark the player/Mark the space.

### PHYSICAL

- Agility
- Speed
- Endurance
- Strength

### MENTAL

- Resilient competitor.
- Bright/alert to danger.
- Composed.
- Confident.
- Leadership mentality.



# #6

## HOLDING MIDFIELD



### IN POSSESSION

Constantly recognizing/finding space.  
Play 360°  
Full range of passing techniques (short/long, switch of play, penetrating/break defensive lines, weight of pass).  
Continually link play from back to front and side to side.

### OUT OF POSSESSION

Positional awareness.  
Mark the player / Mark the space.  
Provide defensive central screen in front of CB's.  
Block shots, intercept, tackle.  
Compete for knock-downs/2<sup>nd</sup> phase.

### TECHNICAL

- 1-2 touch passing.
- Full range of passing abilities.
- Shielding & protecting the ball.
- Evasive dribbling.
- Tackling.
- Heading ability.

### TACTICAL

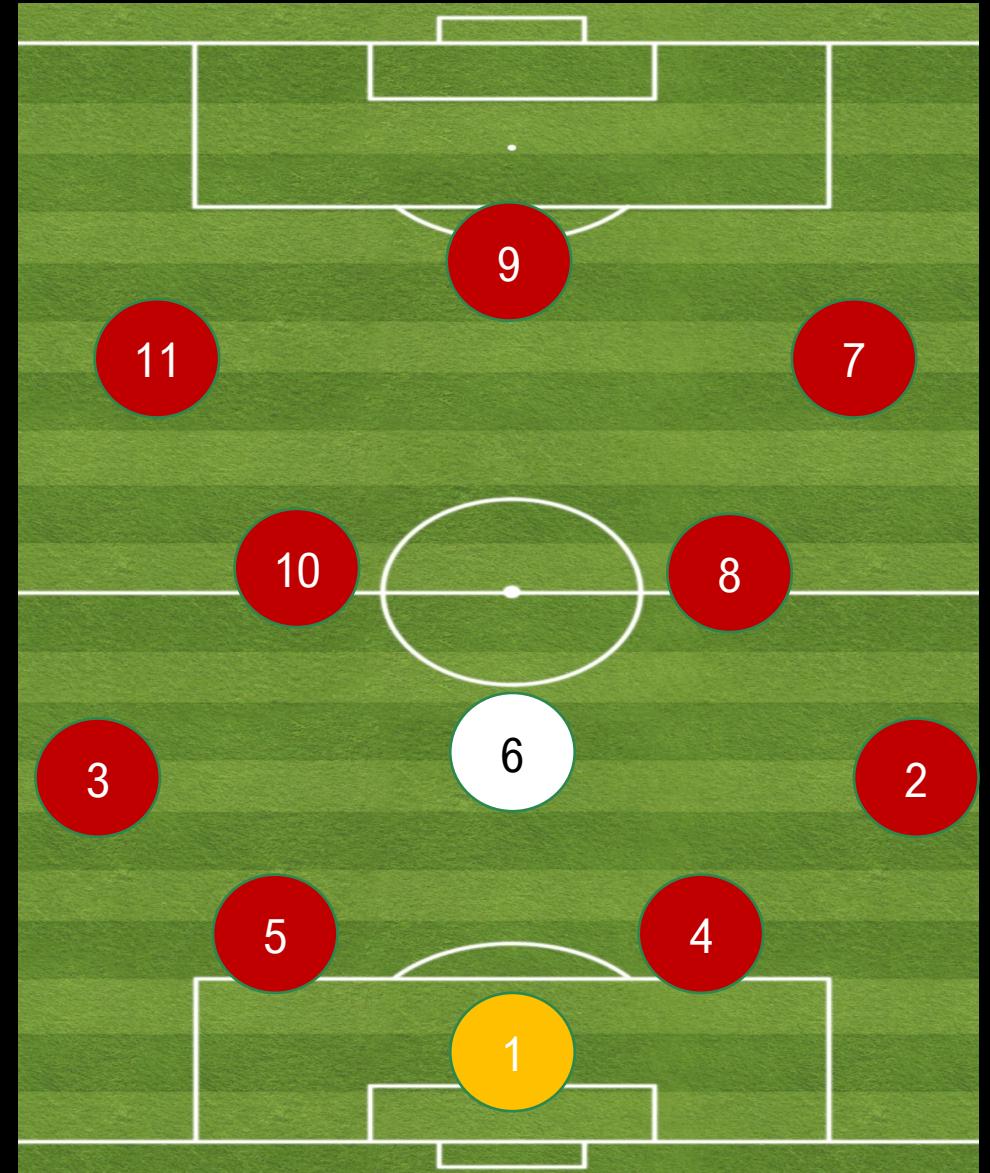
- Master the space/QB.
- Direct/control team possession.
- Defensive flexibility - Drop to screen or push to press.

### PHYSICAL

- Agility.
- Speed endurance.
- Aerobic capacity.
- Strength

### MENTAL

- Demands the ball.
- Control tempo of the game.
- Composure.
- Competitor.
- Team player.





# #8 / #10

## ATTACKING MIDFIELD

### IN POSSESSION

Constantly recognizing/finding space between lines.  
Quick play (1-2 touch)  
Continually link play from back to front.  
Runs behind opponent's defensive line.  
Create overloads central & wide.

### OUT OF POSSESSION

High intensity actions.  
Pressure the opposition into mistakes.  
Tackling and blocking.  
Compete for knock-downs/2<sup>nd</sup> phase.

### TECHNICAL

- Receiving & turning skills.
- Evasive dribbling.
- Shooting & finishing.
- Creative passing (play with disguise).

### TACTICAL

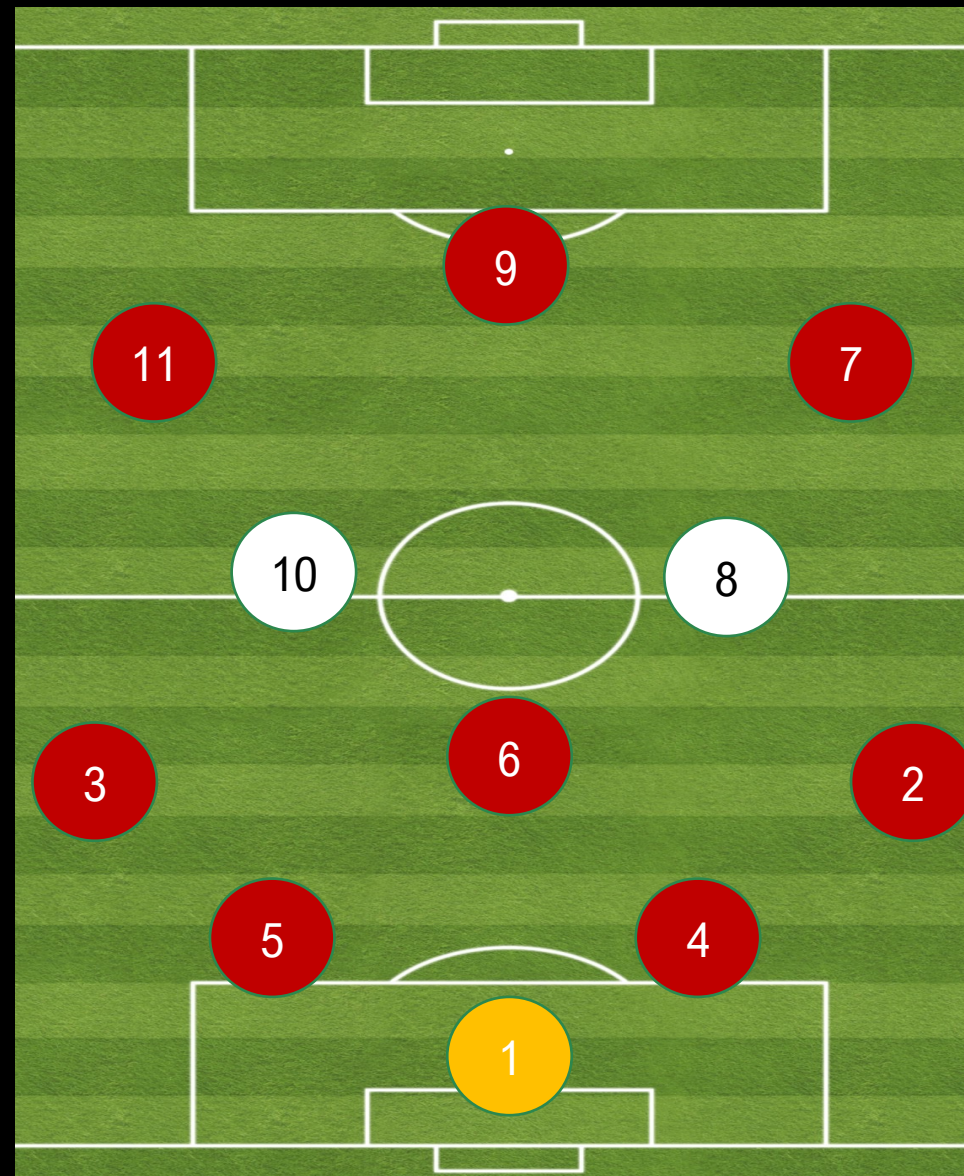
- Attack minded.
- Creative in Zone 3 & 4.
- Track runners in midfield.
- Applies defensive transition.

### PHYSICAL

- Agility.
- Speed endurance.
- Aerobic capacity.
- Strength

### MENTAL

- Competitor.
- Positive attitude (never beaten)
- Creative thinker.
- Craves hard work.



# #7 / #11

## WIDE FORWRD



### IN POSSESSION

Create width and depth in attacking play.  
 Combine/cooperate with central striker and across the offensive line.  
 Combine and cooperate with fullback in the wide channel.  
 Interchange of positions (Roll-in/roll-out)  
 Crossing & Shooting techniques.

### OUT OF POSSESSION

Establish defensive strategies in wide channel.  
 Set defensive trap.  
 Track runners.  
 Cover/balance in medium or low block.  
 Apply counter-press.

### TECHNICAL

- Excellent control/1<sup>st</sup> touch.
- Dribbling skills 1v1
- Passing creativity.
- Crossing accuracy.
- Shooting and finishing

### TACTICAL

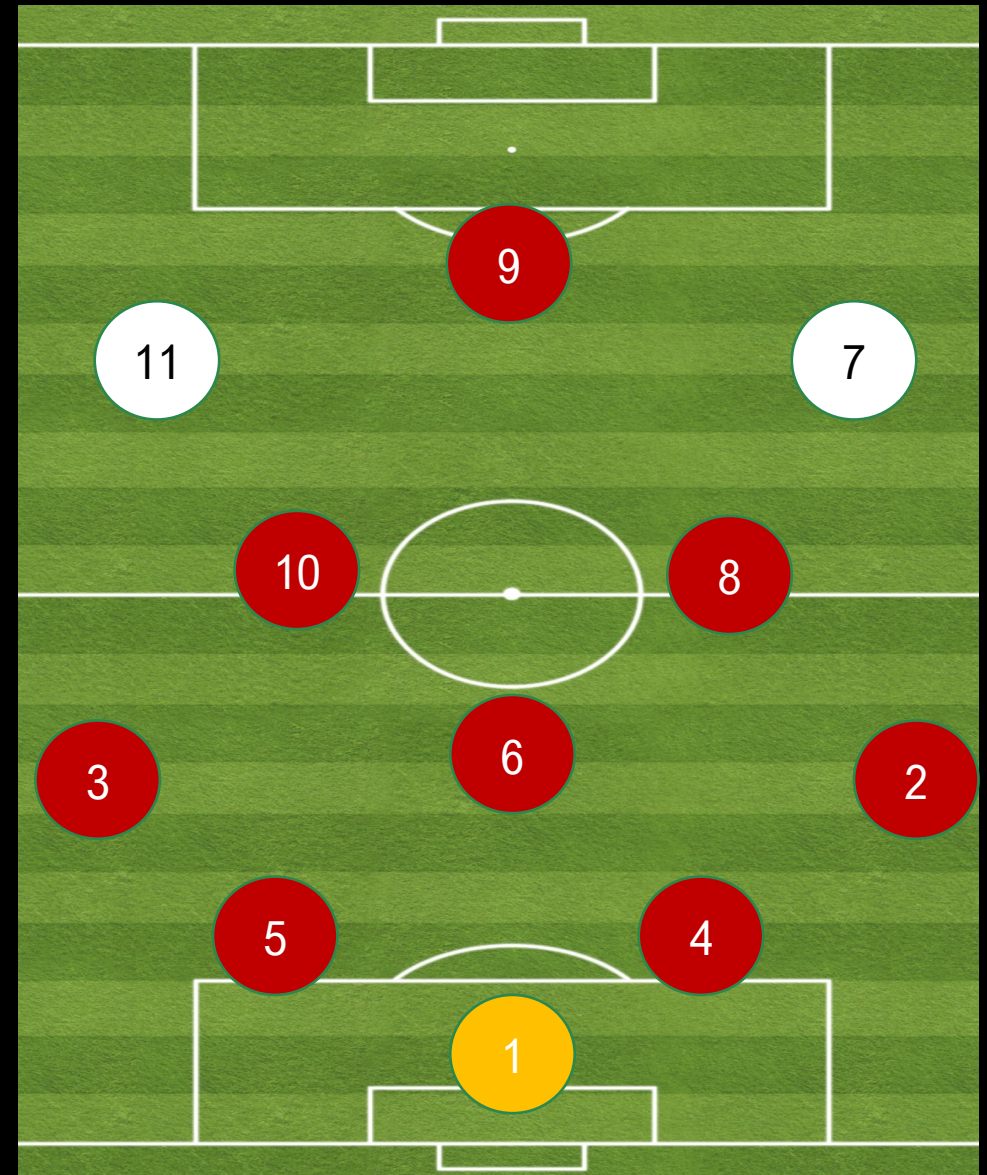
- Width in attack.
- Diagonal support runs.
- Reaction in DT phase.

### PHYSICAL

- Agility – change direction at speed.
- Speed & power endurance.

### MENTAL

- Positive attitude.
- Composed.
- Creative thinker.
- Decisive.





# #9

## CENTRE FORWARD

### IN POSSESSION

Create depth in attacking play.  
Combine/cooperate with Wide attackers and midfielders.  
Play with back to goal.  
Receiving on the half turn and/or under pressure.  
Exploit space with timed movements.  
Range of scoring skills.

### OUT OF POSSESSION

First line of defense.  
Establish defensive strategies in central channel.  
Make play predictable/set defensive traps.  
Apply counter-press.  
Drop to cover space in central area when ball is wide.

### TECHNICAL

- Excellent control/1<sup>st</sup> touch under pressure.
- Ability to play 1&2 touch.
- Shooting power & accuracy
- Range of finishing techniques with feet and head.

### TACTICAL

- Variation of support runs.
- Awareness of scoring opportunities.
- Reaction in DT.
- Set defensive line in medium/low block.

### PHYSICAL

- Agility – change direction at speed.
- Speed & power endurance.
- Strength

### MENTAL

- Positive attitude.
- Bright/Alert.
- Decisive.
- Take risks.
- Persistence.

