

# Positions with Defensive and Offensive Responsibilities

## Position 1

### Goalkeeper

#### Defensive Responsibilities

- Stop shots
- Organize and direct the back line
- Use your angle to minimize the size of the goal
- Deal with crosses and understand when to attempt a catch vs. a punch
- Understand when to come off of your line to intercept through balls

#### Offensive Responsibilities

- Use punts, kicks, throws and rolls to build-out in possession
- Play direct when appropriate
- Organize and direct the back line
- Initiate quick counter-attacks
- Provide good angles to back line when they are under pressure

## **Position 2**

### **Right Outside Back**

#### **Defensive Responsibilities**

- Delay attacking players from dribbling/penetrating forward
- Provide pressure and cover when the ball is on your side of the field
- Provide balance when the ball is on the opposite side of the field
- Stay compact with the center back on your side of the field
- Make your recovery runs towards the goal
- Track runners on your side of the field

#### **Offensive Responsibilities**

- Build-out in possession (link with midfielders and forwards)
- Recognize moments to hold your position
- Move into wide areas to provide width, often by overlapping outside midfielders or wingers
- Organize and direct outside midfielders and wingers

## **Position 3**

### **Left Outside Back**

#### **Defensive Responsibilities**

- Delay attacking players from dribbling/penetrating forward
- Provide pressure and cover when the ball is on your side of the field
- Provide balance when the ball is on the opposite side of the field
- Stay compact with the center back on your side of the field
- Make your recovery runs towards the goal
- Track runners on your side of the field

#### **Offensive Responsibilities**

- Build-out in possession (link with midfielders and forwards)
- Recognize moments to hold your position
- Move into wide areas to provide width, often by overlapping outside midfielders or wingers
- Organize and direct outside midfielders and wingers

## **Position 4**

### **Right Center Back**

#### **Defensive Responsibilities**

- Understand when to track runners and when to hold position
- Provide pressure and cover when the ball is central
- Provide cover and balance when the ball is in a wide area
- Make your recovery runs towards your goal
- Maintain a compact shape with the back line
- Don't allow attackers to turn when receiving the ball close to goal

#### **Offensive Responsibilities**

- Built-out in possession (link with midfielders and forwards)
- Organize and direct outside backs and central midfielders
- Provide quality distribution to teammates
- Provide support options for defenders and midfielders

## **Position 5**

### **Left Center Back**

#### **Defensive Responsibilities**

- Understand when to track runners and when to hold position
- Provide pressure and cover when the ball is central
- Provide cover and balance when the ball is in a wide area
- Make your recovery runs towards your goal
- Maintain a compact shape with the back line
- Don't allow attackers to turn when receiving the ball close to goal

#### **Offensive Responsibilities**

- Built-out in possession (link with midfielders and forwards)
- Organize and direct outside backs and central midfielders
- Provide quality distribution to teammates
- Provide support options for defenders and midfielders

## **Position 6**

### **Holding Center Midfielder**

#### **Defensive Responsibilities**

- Track runners in central areas of the field
- Pressure and cover when the ball is central
- Cover and balance when the ball is in wide areas
- Defensive control centrally in front of center backs
- Take away opponents' passing options into front players

#### **Offensive Responsibilities**

- Quality distribution to midfielders and forwards
- Know when to switch the point of attack
- Penetration through movement, passing, or dribbling
- Provide passing options for build out and possession

## **Position 7**

### **Right Outside Midfielder/ Winger**

#### **Defensive Responsibilities**

- In transition, recover as 1st wide defender
- Force play sideways or backwards when possible
- Pressure when the ball is on your side of the field
- Provide cover and balance when the ball is on the opposite side of the field
- Stay connected with team
- Track runners from deep areas

#### **Offensive Responsibilities**

- Create crossing opportunities
- Well-timed runs into the center to be released on goal
- Combination play with midfielders and forwards
- Support midfielders and forwards
- Provide length, width, and depth
- Make dangerous runs into the box

## **Position 8**

### **Center Midfielder**

#### **Defensive Responsibilities**

- In transition, join 1st line of defensive pressure
- Organize and communicate with midfielders and forwards
- Eliminate passing lanes into their midfielders
- Track or hand off players making dangerous runs forward

#### **Offensive Responsibilities**

- Present good passing options in between opponent's lines
- Create scoring opportunities for teammates
- Support forwards and midfielders
- Penetration through movement, passing, or dribbling

## **Position 9**

### **Center Forward/ Striker**

#### **Defensive Responsibilities**

- Pressure and contain opponents' build out
- Force play sideways and backwards when possible
- Try and funnel play towards one side of the field
- Stay connected with midfielders
- Be intentional about when to press and when to drop in -- listen to your teammates

#### **Offensive Responsibilities**

- Timing to create scoring chances
- Recognize and attack spaces behind the defense
- Provide a target to which defenders and midfielders can play
- Retain possession in the final third
- Move off the ball to create space

## **Position 10**

### **Attacking Center Midfielder**

#### **Defensive Responsibilities**

- In transition, join 1st line of defensive pressure
- Organize and communicate with midfielders and forwards
- Eliminate passing lanes into their midfielders
- Track or hand off players making dangerous runs forward

#### **Offensive Responsibilities**

- Present good passing options in between opponent's lines
- Create scoring opportunities for teammates
- Support forwards and midfielders
- Penetration through movement, passing, or dribbling

## **Position 11**

### **Left Outside Midfielder/ Winger**

#### **Defensive Responsibilities**

- In transition, recover as 1st wide defender
- Force play sideways or backwards when possible
- Pressure when the ball is on your side of the field
- Provide cover and balance when the ball is on the opposite side of the field
- Stay connected with team
- Track runners from deep areas

#### **Offensive Responsibilities**

- Create crossing opportunities
- Well-timed runs into the center to be released on goal
- Combination play with midfielders and forwards
- Support midfielders and forwards
- Provide length, width, and depth
- Make dangerous runs into the box