



NOTES: 1 - Goalkeeper (GK): Usually the last line of defense to stop the opponent from scoring, this player protects the net. Also known as the keeper or goalie, this is the only player allowed to use their hands and arms to block shots and pick up the ball while the game's in play. These special rules only apply in the designated penalty area. When a goalie steps outside their penalty box, they must function like a regular field player. Also, they cannot use their hands to play the ball if a teammate passes it directly to them during gameplay or off a throw-in. Soccer goalies wear specialized soccer goalie gear, including gloves, and often opt for long sleeves for additional protection. They wear a different color jersey than the rest of the team, so everyone on the field can tell them apart from other positions (youth teams may use a pinnie to designate the goalie). They can also wear shorts and pants made specifically for the position.

3/2 - Fullback (LB, RB): These are the rear defenders on the left and right sides of the field, also referred to as outside fullbacks. They usually play wide to protect the sides of the field, but they can also assist with protecting the center as needed. These players will often move up and down the field to help with offensive plays.

8 - Central Midfielder (CM): Often considered the most hardworking role, this player has to be ready for action and can play both defensively and offensively, depending on where the ball is. They are responsible for distributing the ball to other players, so it's vital that they have exceptional ball handling and passing skills. When on the attack, they often take long shots on goal to help the offense. To fit a team's strategy, they will sometimes line up with the 6 in a more defensive position or with the 10 in a more offensive formation.

11/7 - Left/Right Midfielder (LM, RM): Also known as wingers or outside midfielders, these players will stay wide, helping pull the opponent's defense to the outside to create space for their offensive line. They should have strong 1-vs.-1 skills as they'll have to get around the other team's left and right fullbacks and/or wingbacks. These players most likely won't have the ball much during a game but will instead look for ways to transition the ball forward via cross passes to offensive teammates or by taking shots on goal themselves. They must hustle and have plenty of stamina to keep up with gameplay. Due to their role on the field, wingers are sometimes grouped into offensive or forward positions.

9 - Striker (S): This player positions themselves nearest to the other team's goal, in front of the center forward. A striker's primary role is to score. Their teammates will try to pass to them often and there is constant pressure from the other team's defense, so they should be fast enough to outrun defenders and possess quick footwork and precise ball handling to be most effective. When the other team's defense is in possession of the ball, strikers should apply pressure to increase the defender's chances of making a mistake.