

CHICAGO FIRE JUNIORS GOALKEEPERS



Defending

- Block opposition shots using any part of the body
- Organize the defense during set pieces defenders during defensive set pieces
- Catch/punch opposition crosses clear
- Give quality information to the defenders

Attacking

- Quick distribution to begin the attack (Long ball)
- Use height advantage during set pieces (Option in last minutes of game)

Key Techniques

- Shot stopping
- Handling
- Intercepting balls followed by quick distribution
- Clearing ability (Throwing/Kicking)
- Quick and accurate passing
- Range of passing (short, lofted, driven, punting)
- Ariel ability with/without pressure
- Long range shooting
- Angle of approach
- Body shape

[Video Highlights](#)

CHICAGO FIRE JUNIORS MIDFIELDERS



Defending

- Press the opposition to disrupt their flow
- Pressure, cover, balance
- Delay opposition attacks through “squeezing” space
- Good understanding of zonal and man-to-man marking
- Angle of recovery runs to get behind the ball
- Transition from attack to defense
- Communication with fellow midfielders, defenders and forwards

Attacking

- Support the play both behind and ahead of the ball
- Quick transition from defense to attack
- Make positive forward runs (with or without ball)
- Off the ball movement to create passing options
- Maintain team balance and shape
- Be the link between defense and attack
- Offer width and depth.
- Make runs to exploit and create space for self and teammates.
- Dictate the pace of the game
- Shooting from distance and close range
- Combination play in middle and attacking thirds of field.

Key Techniques

- Accurate passing using correct technique (i.e. lofted, driven, etc.)
- Receiving and turning under pressure
- Shooting from distance and close range
- Dribbling to possess and penetrate
- Heading
- Tackling
- Delaying
- Crossing from various angles

[Video Highlights](#)

CHICAGO FIRE JUNIORS FORWARDS



Defending

- Make recovery runs to get behind the ball
- Steering opposition to wide areas
- Press the opposition
- Delay the opposition attack
- Don't dive into challenges when 1-on-1

Attacking

- Making positive forward runs
- Dribble to penetrate and possess
- Mobility without the ball to disrupt the defenders and create space
- Combination play with players behind and in-front of the ball
- Timing runs (awareness of offside)
- Crossing and finishing.

Wide Areas

- Offer width in the attack
- Beat the opponent before crossing
- Deliver early crosses
- Dribbling to penetrate and possess
- Offer support in advanced positions
- Off the ball movement off the ball to disrupt opposition back line.
- Finishing from wide angles, distance and close range

Key Techniques

- Receiving and turning under pressure
- Laying balls off to teammates
- Dribbling for penetrate and possess
- Attacking headers
- Tackling
- Crossing from varying angles
- Receiving lofted and driven balls
- Shooting, both from distance and close range
- First time shots (volleys)
- Accurate passing

[Video Highlights](#)

CHICAGO FIRE JUNIORS WEST DEFENDERS



Defending (Central Defenders)

- Pressure, cover and balance.
- Understanding of zonal, man-to-man marking
- Denying opposition space and time
- Angles of recovery runs
- Ball winning
- Organization through communication
- Space and positioning in relation to the game

Attacking (Central Defenders)

- Quick distribution (Short & Long Passing)
- Use height advantage during set pieces
- Provide depth in our attack
- Start counter-attack
- Step forward into the midfield to create a numbers up situation

Key Techniques

- Tackling
- Heading
- Intercepting balls followed by quick distribution
- Clearing ability
- Quick and accurate passing

Defending (Full Backs)

- Pressure, cover and balance.
- Deny penetration from wide areas.
- Angle of recovery runs and tracking opponents.
- Pinching-in when ball on opposite side.
- Marking assignments
- Quality communication with team-mates to cover and prevent opposition attacks from wide areas

Attacking (Full Backs)

- Provide width in the attack.
- Maintain team shape
- Provide an early outlet for Goalkeeper as well as other teammates.
- Offer support from behind and in advance of the ball (i.e. Overlapping runs)

- Range of passing (short, lofted, driven)
- Crossing from various angles
- Long range shooting
- Dribbling to beat an opponent
- Finishing

[Video Highlights](#)