



No. 1 Goal Keeper Qualities

Physical Qualities	Technical Qualities	Tactical Qualities	Psychosocial Qualities
Size	Safe Hands	Positioning	Personality
Agility	Good Technique	Movement	Calmness
Reaction	On line	Anticipation	Certain Eccentricity
Explosive Speed	In Air	Distribution	Concentration
Jumping Ability	Good Feet: Passing	Start swift attacks	Resilient Brave
Suppleness	Receiving Clearing	Act as a Sweeper	Organizer





No. 1 Goalkeeper Responsibilities

Defending Responsibilities

- Control and defend the space between you and the central defenders to reduce the chances of opposition penetration (starting position).
- Work with fellow defenders to keep the defensive security and structure, both centrally and in wide areas.
- Provide good angles and distances to protect the goal effectively. Organize and direct fellow defenders in the team structure.
- Organize efficiently and effectively at set pieces. Use correct handling and diving techniques.
- Collect crosses using the correct action and decision-making skills.
- Demonstrate bravery in all actions and decisions.

Attacking Responsibilities

- Commence attacks with swift and effective distribution.
- Provide good support angles for defenders to help them with possession.
- To operate as a 'sweeper' as the team progresses up the field.
- Communicate with the team to keep balance when attacking.



No. 2 & 3 Right and Left Fullback Qualities

Physical Qualities	Technical Qualities	Tactical Qualities	Psychosocial Qualities
Speed	1v1 Defending: Tackling, Defending, Preventing Crosses	Positioning and re- positioning, including rotation	Aggressive
Endurance	Receiving Ball	Timing – Look to get forward	Will Power
Explosive Speed	Accurate Passing	Joining attack – combination play – 1-2s o/l	Confidence
	Short and long Crosses	Versatility in attack	Organize and direct: -Team as a whole -Winger
	Running with the ball	Supporting and covering	
	Heading	Marking, tracking, and back-tracking	



No. 2 & 3 Right and Left Fullback Responsibilities

Defending Responsibilities

- Control and defend the space between you and the central defenders / goalkeeper to stop opposition penetration.
- Work with fellow defenders to keep the defensive security and structure in wide areas.
- Act as the last line of defense in the flank position.
- Prevent crosses.
- Organize and direct fellow defenders as necessary. Organize / direct / assist the winger in his defensive duties.
- Move to a more central position, supporting and covering the central defender when the ball is on the opposite side.

Attacking Responsibilities

- Provide a wide passing outlet, usually in the defending (receiving from the GK) and midfield areas of the field.
- Progress possession creatively in the flank areas in all phases of the field.
- Create crossing positions, alone or in combination with others.
- Deliver accurate and timely crosses.
- Looks to get forward often, using well---timed overlapping runs.



No. 4 & 5 Right and Left Fullback Qualities

Physical Qualities	Technical Qualities	Tactical Qualities	Psychosocial Qualities
Height	Interception, Tackling, Challenging	Anticipation Positioning	Leadership Temperament
Muscular Power	Control of ball in duel situation	Marking, Tracking, ball tracking	Direction
Jumping Ability	Heading	Covering and Support	Calmness
Speed	Containing, pressing, showing, leading	Decisiveness	Courage
	Long and short passing	Playing out from the back	
	Receiving Running with the ball	Showing and switching point of attack	



No. 4 & 5 Right and Left Fullback Responsibilities

Defending Responsibilities

- Along with the goalkeeper, control and defend the space between you and the other central defender to stop opposition penetration.
- Combine with fellow defenders to maintain the defensive security and structure of the team, especially centrally.
- Organize and direct other team members with defending.
- Support and cover fellow central and Flank defenders.
- Mark, track and 'control' forwards in dangerous positions.
- Combine with other defenders in marking and 'passing on' attacking players.
- Mark opponents or space in order to be first to the ball on crosses.

Attacking Responsibilities

- Give a passing outlet for the goalkeeper and other players in defending and midfield areas.
- Retain possession, progressing where possible.
- Move into midfield areas when appropriate, with or without the ball, to create overload situations.
- Make sure the team has sound defensive structure and balance as the ball goes forward.



No. 6 & 8 Center Midfield Qualities

Physical Qualities	Technical Qualities	Tactical Qualities	Psychosocial Qualities
Endurance	Defensive Technique	Positioning and Re-Positioning	Fighter
Strength in Duels	Passing Range Long Range Shooting	Anticipation – cutting off passing lanes	Humility
Mobility	Dribbling with purpose – for distribution	360 vision and awareness	Cooperation
Balance – Staying on feet when defending		Finding space and marking space/ screening space for others	Will Power
		Playing out from the back	Taking control of opposing midfielders
		Retain possession and switch point of attack	



No. 6 & 8 Center Midfield Qualities

Defending Responsibilities

- Support forward players when defending in midfield areas by marking, pressing, intercepting and challenging for the ball.
- Organize and coach players in front and to the side to ensure the lines of the team are close together (team compactness).
- Mark and take control of opposing central midfielder in your zone, and cover and support as necessary.
- When passes are made beyond our midfield, recover, track your man, and assist or replace defenders when necessary.

Attacking Responsibilities

- Provide the back players with passing outlets.
- Move opponents away from areas which back players may run through.
- Retain possession and provide penetrative passes for players moving into goal scoring or goal creating positions.
- Move in to goal scoring positions as much as possible, with the aim of striking at goal from build-up play or through regained possession.
- Work with fellow central midfield player to give sound structure and balance whilst attacking.
- Support forward players on receiving the ball.



No. 10 Attacking Midfield Qualities

Physical Qualities	Technical Qualities	Tactical Qualities	Psychosocial Qualities
Explosiveness	Comfortable dealing with the ball	Great "Soccer Brain"	Leadership Temperament
Strong on the ball	Skillful in tight space, tight control and shielding skills	Anticipation, vision and awareness	Creative mind
*depends on teams playing style and needs	Passing to penetrate and off the run	Tactical knowledge, and awareness	Imagination
	Dribbling to create scoring chances, 2v1s and chances for others	Ability to find space and lose marker	Willingness to take risks
	Finishing, Shooting, Scoring Goals	Mark and control holding midfield player	Clear thinker
	Disguise and combine	Play between midfield and forward line and between width of 18 yd box	Confidence and Calmness



No. 10 Attacking Midfield Qualities

Defending Responsibilities

- Understand and apply pressing. Always have contact with strikers (communicate and also listen to players behind).
- Prevent forward passing outlets of the opposition – ‘screening’. Mark and control the ‘holding midfield’ player.
- Recover in to a deeper position to assist central midfielders when necessary

Attacking Responsibilities

- Play in between the midfield and forward players, usually within the width of the penalty area (don't drop too deep).
- Get available / free to receive the ball. Create space and scoring chances for others.
- Provide for the forwards and wingers, especially behind the defense. Score goals – from distance and within the penalty area.
- Be a forward runner where appropriate.





No. 7 & 11 Wide Forwards Qualities

Physical Qualities	Technical Qualities	Tactical Qualities	Psychosocial Qualities
Endurance	Running with the ball	Moving back to defend, react, recover, act as 1 st barrier of defensive line	Courage
Speed	Dribbling	Move centrally to cover when ball is on opposite side Involvements in attacks	Generosity of Spirit
AcceleratiOn	Crossing	Pressing	Will Power
Deceptive body movements	Shooting	Playing and winning individual duels	Concentration
	Receiving and Passing	Finding space away from position and behind defensive lines	Willingness to take risks
		Provide wide outlets	Confidence to take on defenders



No. 7 & 11 Wide Forwards Qualities

Defending Responsibilities

- React, recover and play as the first defensive barrier in wide areas (listen to communication from behind).
- Assist other defenders in flank positions.
- Move to a more central and covering position when the ball is on the opposite side.

Attacking Responsibilities

- Provide wide outlets, usually in the middle and attacking thirds.
- Create individual space using dummy and feinting movements (run defenders off) or by rotating with others.
- Create crossing positions, alone or in combination with others.
- Deliver accurate and timely crosses.
- Help with attacking play in central positions, with and without the ball.
- Move in to goal scoring positions when not involved in play (e.g. arriving at the back post for crosses).
- Score goals.



No. 9 Center Forward Qualities

Physical Qualities	Technical Qualities	Tactical Qualities	Psychosocial Qualities
Power	Finishing	Intelligent movement Combinations	Selfishness
Speed	Close Control	Change of positions Lose Markers	Opportunism
Liveliness	Heading	Runs in to space and timing	Trickery
Agility	Dribbling/ Feinting	Decoy runs, target, hold up play	Perseverance
Strength to hold ball in duels	Passing and Receiving	Pressing, delaying, steering, occupying 4/5	Grit
Balance	Receiving and turning	Runs in to box	



No. 9 Center Forward Qualities

Defending Responsibilities

- Understand and apply principles of pressing.
- Delay and contain attacking build-up play.

Attacking Responsibilities

- Operate as the most advanced attacking player, both in front and behind the opposition's defensive lines, usually within the width of the box.
- Assess and move in to goal scoring positions whenever there is a chance of the ball being delivered (e.g. attack crosses at the first or second post with effective timing and speed).
- Score goals.
- Create goal scoring opportunities for others through intelligent movement, support play and accurate distribution.
- Attack the spaces behind and to the side of defenders. Be a persistent outlet for defensive and midfield players.
- Control and retain possession, making sure that attacking play continues with momentum (if possible) by linking the play.