



Marking backs #2 Right and #3 Left Outside Defenders

Defensively

- ❖ Deny penetration around the back.
- ❖ Know your marking responsibilities.
- ❖ Know where your starting position is.
- ❖ Provide cover.
- ❖ Provide balance (depth).
- ❖ Be a skilled tackler.
- ❖ Understand how far to track across the field.
- ❖ Decision: How many times to come forward.



Marking backs #2 Right and #3 Left Outside Defenders

Offensively

- ❖ Provide an early outlet when the ball is won.
- ❖ Establish width of attack.
- ❖ Provide overlapping runs in advanced positions.
- ❖ Ability to play as a winger.
- ❖ Maintain compactness in attack.
- ❖ Provide support to the midfield and offense.
- ❖ Ability to make good crosses (Long, Nearpost, Early).



Central Defender #4 and or #5

Defensively

- ❖ Know when to deny the attacker the ball.
- ❖ Know when to contain.
- ❖ Know when and how to tackle.
- ❖ Know and understand the angles of recovery.
- ❖ Understand man to man and zone and be able to combine the two.
- ❖ Understand and use the offside trap.
- ❖ Defensive clearing and able to win headers.



Central Defender #4 and or #5

Offensively

- ❖ Be able to make proper decisions of distribution (safety vs. risk).
- ❖ Establish width in the attack.
- ❖ Overlapping runs in advanced positions.
- ❖ Being a support player to the midfield.



Offensive Center Midfielder

#8 and or #10

- ❖ **Keep the ball in front of the midfield.**
- ❖ **Provide cover to the pressuring defender.**
- ❖ **Understand zone and man to man and able to combine the two.**
- ❖ **Be able to apply pressure to the ball.**



Offensive Center Midfielder

#8 and or #10

- ❖ Support in advance and behind the ball.
- ❖ Dictate the rhythm of play.
- ❖ Ability to maintain possession.
- ❖ Ability to penetrate with or without the ball.
- ❖ Finishing, taking opportunities when they arise.
- ❖ Create numerical advantage.
- ❖ Unbalance the defense.
- ❖ Receive the ball and start counter attacks.
- ❖ Get free kicks outside of the box.



Defensive Center Midfielder

#4 or #6 or #8

- ❖ **Keep the ball in front of the midfield.**
- ❖ **Provide cover and balance.**
- ❖ **Understand man to man and zone and be able to combine the two.**
- ❖ **Organize the wide midfielders.**
- ❖ **Provide cover for pressuring midfielder.**
- ❖ **Mark attacking center midfielder.**
- ❖ **Make decisions on zone.**
- ❖ **Be able to apply pressure to the ball.**
- ❖ **Ability to double team and win 1v1 duels.**



Defensive Center Midfielder

#4 or #6 or #8

Offensively

- ❖ Provide a link between the defense and forwards.
- ❖ Support in advance and behind the ball.
- ❖ Switching the point of attack; dictate the rhythm of play.
- ❖ Penetrate with or without the ball.
- ❖ Able to create space and combination play.
- ❖ Finishing long range shooting.



Wide Midfielder

#4 or #7 (Right) and #6 or #11 (Left)

- ❖ **Defend the flank.**
- ❖ **Make a proper recovery run.**
- ❖ **Provide cover and balance.**
- ❖ **Understand zone and man to man and ability to combine the two.**
- ❖ **Ability to track players to goal.**
- ❖ **To delay and contain the attacking team.**
- ❖ **Ability to win 1v1 duels.**



Wide Midfielder

#4 or #7 (Right) and #6 or #11 (Left)

Offensively

- ❖ Ability to come back, receive the ball and open up.
- ❖ Get behind the defense.
- ❖ Timing of the run.
- ❖ Create space for teammates.
- ❖ Establish width in attack.
- ❖ Overlapping runs in attacking positions.
- ❖ Ability to make good crosses (Long, Near-post, Early).
- ❖ Finishing at the far post.



Forwards

#7, #8,(Right) #9 (Central) #10 and #11 (Left)

Defensively

- ❖ Transition to defending.
- ❖ Make the play predictable (make them play to your defensive tactic).
- ❖ Play low pressure or high pressure defense. Use high pressure for short periods or element of surprise.



Forwards

#7, #8,(Right) #9 (Central) #10 and #11 (Left)

Offensively

- ❖ Know when to hold ball and when to lay them off.
- ❖ Ability to beat players off the dribble or with combination play.
- ❖ Create space for yourself or teammates. **BE MOBILE!!**
- ❖ Finishing with all surfaces.
- ❖ Make proper attacking runs in the box.
- ❖ Ability to combine with teammates.
- ❖ Push up on the sweeper (sometimes behind the sweeper).
- ❖ Unbalance the defense.
- ❖ Diagonal runs into space of the wings.
- ❖ 10. Make yourself available for combination play with wingers and wide midfielders.
- ❖ 11. Attempting to get the ball behind the defense.
- ❖ 12. Finishing; take chances.
- ❖ 13. Wingers play wide in advanced positions.