

The logo of Kelowna United Football Club is a shield-shaped crest. At the top, a banner contains the word "KELOWNA" in capital letters. The center of the shield features a stylized soccer ball with black and white panels, superimposed on a red maple leaf. Below the shield, a red banner contains the word "UNITED" in capital letters. The entire logo is rendered in a light, faded style.

Game Model

Kelowna United
Football Club



The foundation of the
Kelowna United game model

KUFC Possession Foundation



- Kelowna United FC will adopt an effective & proactive possession-based style of play.
- The definition of our possession-based style needs to establish some key factors:
- The KUFC possession-based style is set in place to ensure there is a positive result established, these results will focus on unbalancing the opposition with the intent to penetrate and gain goalscoring opportunities & create final acts.
- The KUFC possession-based style is not possession without a cause and for no reason.



Kelowna United teams will be able to transition with speed and quickness.

Through the evolution of soccer in Canada, transitional moments - positive and negative are increasing in importance all the time.

During positive transition, our teams will learn when to counter-attack with speed and assertiveness and when to consolidate possession.

When losing possession, the Kelowna United players will be conditioned to apply immediate pressure to prevent the opposition from forward movement and penetration.

Kelowna United teams will be effective in defending intelligently and as units through all 4 zones.

Team organization is a fundamental aspect towards collaborative defending. The Kelowna United teams will focus primarily on a zonal defending approach, with man-to-man marking used in some specific game situations.

We will have a proactive outlook on defending and will look to regain possession of the ball with intelligence being effective and efficient. This will be done as soon as possible upon being dispossessed, while not forgetting and understanding the importance of different defensive blocks based on the needs of the game.

Kelowna United is committed to developing creative players

While collective actions provide a strong foundation during the four moments of the game, Kelowna United believes in the importance of fostering the creativity in the players - players who can do the unexpected at the most opportunistic time must be developed and supported.

Kelowna United are driven to build and create a culture of competitive excellence.

The 4-corner model will build resilience, team comradery a work ethic that is second to none and respectfulness for the individual, the team, the club, the opposition and the officials. These are what makes Kelowna United stand out.

The background of the slide features a large, faded crest of Kelowna United FC. The crest is shield-shaped with a red border. At the top, a banner contains the word 'KELOWNA' in white capital letters. The center of the shield features a white soccer ball with black pentagonal patterns, superimposed on a red maple leaf. At the bottom, a banner contains the letters 'FC' in white capital letters.

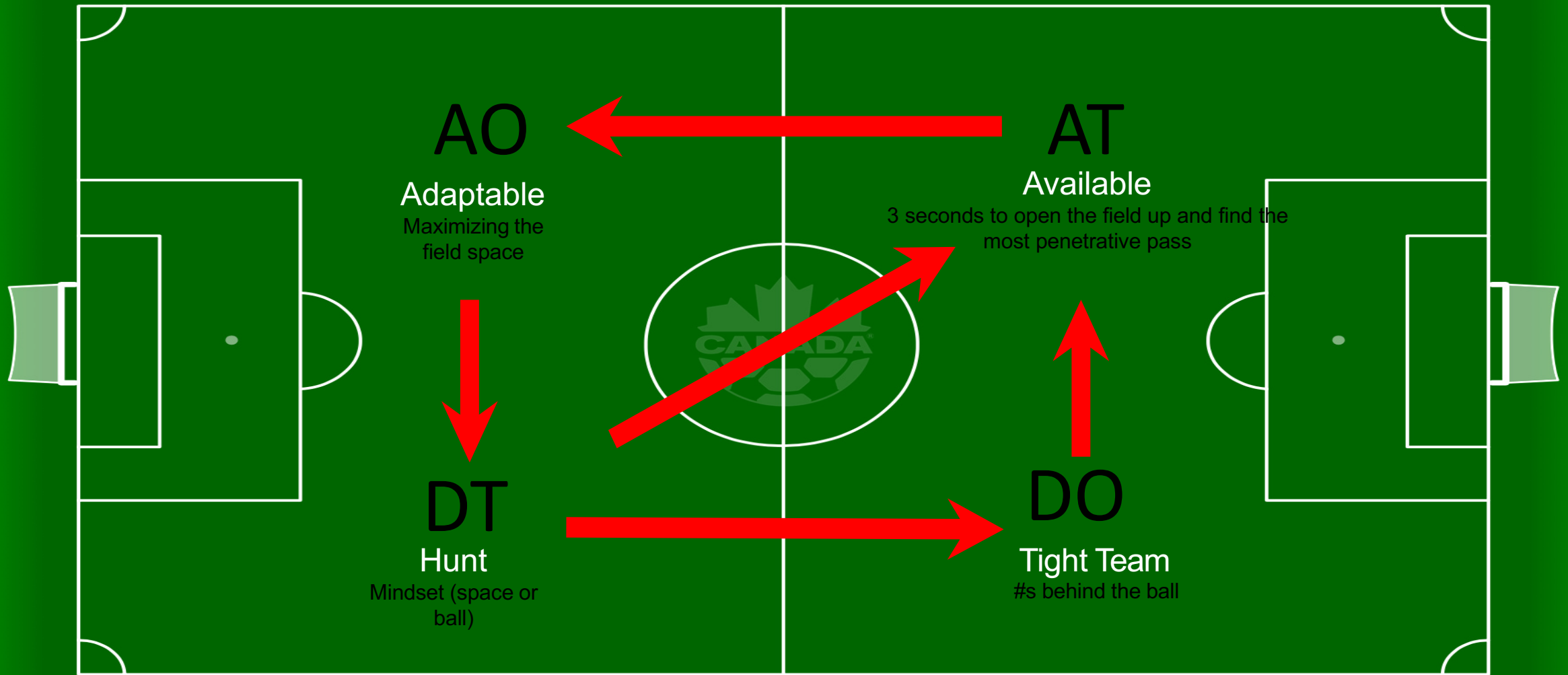
KELOWNA

Kelowna United

A proactive, possession-based attacking style of soccer driven by creative, problem-solving players who are committed to regain possession as early and as efficiently as possible.

KELOWNA UNITED

4 MOMENTS OF THE GAME



The 1-4-3-3 system will support the playing style



At Kelowna United we believe that the 1-4-3-3 system will be our base to build from. The 1-4-3-3 system is a suitable development system for the implementation of our beliefs and philosophy. The 1-4-3-3 as the foundation system has been implemented for the following reasons:

It provides a minimum of three lines of balanced play across the entire width and length of the field, which allows our teams to attack quickly while providing an organized defensive shape when out of possession

It leads to the development of creative individual and combination play due to the quick formation of triangles and diamonds

It allows a team to defend proactively, close to the oppositions goal as three attackers are positioned high and can be quickly supported by the three midfield players

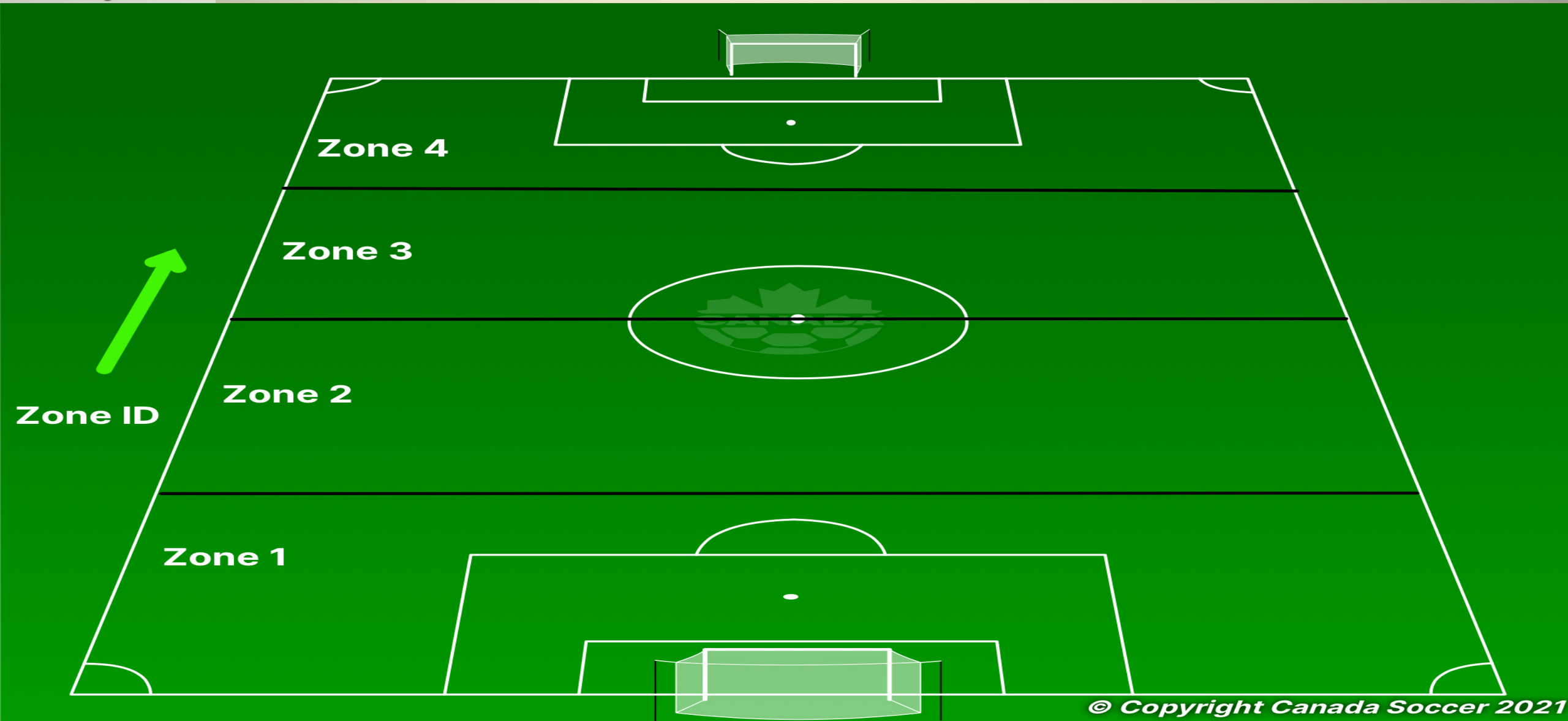
It allows a high degree of positional flexibility and rotation of roles

The positions and their associated tasks are easy to understand





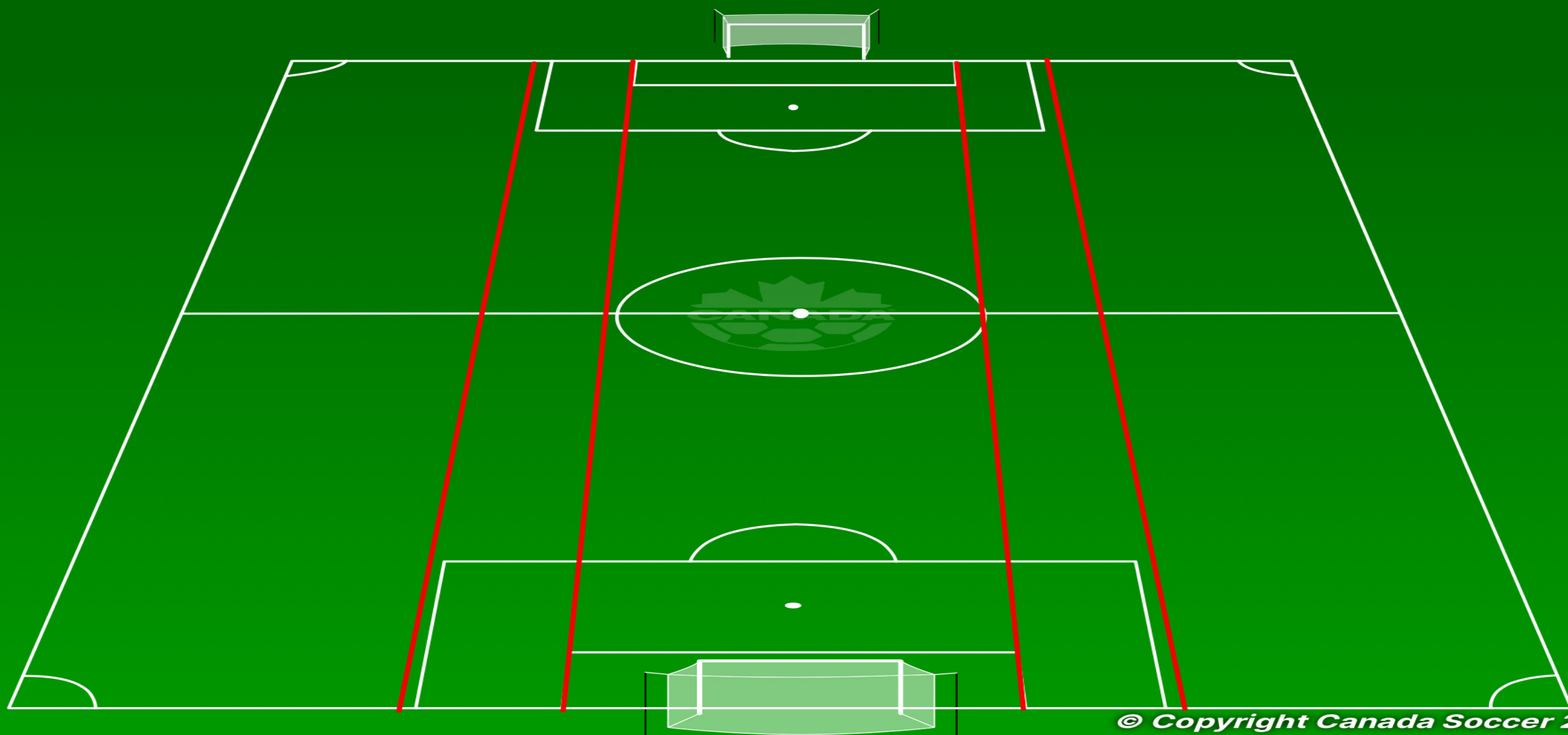
Kelowna United





Kelowna United

Channel Identification



Macro Principle



Dominate possession through ball movement to disorganize the opposition, with the intent to penetrate

Objective



Using the Principles of Play, find individual & collective opportunities to play through or around the opponent's defensive block

Phase

Build up

Creation

Finishing

Sub Principle

Backline of 4
(GK) is Integral to our build-up
Balance in our attacking team shape
Play inside to create space outside
Short & medium passing to pull in our opponents
Longer-range forward passing when the opponent presses high

Disorganize the opponent through player and ball movement

Wingers and fullbacks play in different vertical channels & comfortable to come inside when in possession

Build-up through the central areas and create numerical superiority

Players capable of playing while pressured by opponent

Create overloads

Dynamic movement from #7, 9 and 11

Break defensive blocks with quick combination play

Allow creative players opportunities to Isolate 1 v 1

Flank service

Position attackers in affective finishing areas



AO

ZONE 1

Phase

Sub-Principle

Action

Back Line of 4: Our #'s 2 & 3 will push wide and high, #'s 4 & 5 will open up to the width of the penalty area with #6 also dropping in to receive the ball

Movement of the #2, 3, 4 & 5
Initial dispersal
Create multiple lines ahead of the ball with #6, 8 and 10
Player rotations (#2, 4 & 6 / #3, 5 & 6)

#1 (GK) is an active player to the build-up. Depending on pressure, the goalkeeper should be off his/her line, looking to support #4, 5 & 6 in the build-up play it is critical that the #1 must be able to switch the play

Technical capacity to pass over short, medium & long distances
Speed of play in build-up, especially when changing point of attack play
Safe passing lines ahead of the goalkeeper

Balance in the attacking shape. To ensure that players are occupying each of the vertical channels. Players must also ensure they are creating and occupying different horizontal lines

7 / 11 and #2 & 3 should not be in the same vertical channel
#2 / 3 should be advanced and break the opponent's first line of pressure
Players in different vertical channels / horizontal lines
#9 provides a forward focal point in appropriate vertical channel
#6, 8 and 10 form a triangle in three separate lines

Play Inside to create space out wide. Advance the ball into the feet of #6, 8 & 10 from where the team can then play forward through the vertical channels

Occupy all vertical channels to disrupt opponent's shape
Create space to play into #6, 8 & 10
Compact opponent's defensive shape through midfield possession
Create overloads in flank areas with #2,7,8 and #3,11,10
Diagonal passing from central to wide vertical channels
Diagonal runs from wide weak-side players
#7 / 11 on weak-side draw opponent's fullbacks inside to create space for our weak-side #2 / 3

Phase



AO

ZONE 2

Sub-Principle

Short & medium passing to suck in the opponents. As build up progresses into the zones 2 and 3, we want to draw in the opponent's midfield to create space in behind, providing space in front of their back line to show for the ball

Longer-range forward passing when the opponent presses high. Ability to play direct when the opponent presses high and / or there is space behind the back line

Create Width and Depth. Ensure that the #9 is giving initial depth, #'s 7 & 11 must offer width. If a they are tucked inside, the fullbacks occupies the wide positions.

Unsettle or disorganize the opponent through player & ball movement, #'s 7 & 11 to have freedom to come inside, allowing #'s 2 & 3 to get forward. Positional rotation with #'s 8, 10 & 9, occupying different horizontal lines, coupled with fast ball movement, will shift the opponent's shape.

Action

Players playing in channels and on different lines
Speed of play with the ball
Movement from #6, 8 & 10 and #7 & 11 to support in front & behind the ball
Create overloads
Body shape when receiving to allow forward play


Movement from #7, 9 & 11 to get in behind opponent's back line
Diagonal runs from #7 & 11 in behind Opponent's fullbacks
Support from the #8 & 10 for the forwards, with a desire to win second balls
Positional team balance to advance up-field as the ball travels forward

Dispersal to occupy the vertical channels and create many horizontal lines.
Draw the opponent to the strong side with the intent of exploiting their weak side
Ability to retain possession under pressure and in number down situations.

Mobility
Playing in triangles & diamonds, with positional interchanges
Looking to break the line with penetrating runs
Speed of play
Create space to disrupt opponent's compactness
Creating passing lanes for the 1st attacker

Attacking Organization

Kelowna United Game Model

Phase	Sub-Principle	Action
 AO ZONE 3	<p>Wingers and fullbacks play in different vertical channels. Utilizing the vertical channels, look for the #7 & 11 to play in the widest channel possible. In the event of the #7 & / or #11 dribble inside the fullbacks must occupy the widest channels.</p>	<p>Maintain width in the attack to disrupt the opponent's compactness Inside diagonal runs from the widest vertical channel Create 1 v 1 & 2 v 1 opportunities Positional superiority in wide channels through dispersal</p>
	<p>Build-up through the central areas and create numerical overloads. Create overloads in the central channels to maintain possession, draw opponents inside (open up wide areas) and ensure a good initial position to win back the ball in moments of negative transition.</p>	<p>Movement of the #6, 8 & 10 / #7, 9 & 11 to lose their markers and create overloads Speed of play is critical with the intent of moving or shifting the opponent's defensive block Playing in front between and behind defensive lines</p>
	<p>Players must be capable of playing while under pressure. Players must have a mindset to play through central midfield, players must be tactically aware, be able to play in tight spaces and under pressure.</p>	<p>Ability to receive under pressure and open up away from opponents Individually, shielding and protection of the ball Confident in 1 v 1 duels Range of passing must be variable</p>
	<p>Dynamic movement from #'s 7, 9 & 11. #9 varies the movement to disorganize the opponent's central defender(s). #'s 7 & 11 invert for diagonal penetrating runs and to play in the channels between opposition back and midfield lines.</p>	<p>Starting point provides team depth Mixture of starting positions off of opposition Centre-halves (backs) - in front, off of back shoulder #7 & 11 get up the line, but also recognize when to come inside to play in spaces, or gaps in the opposition areas Variety of touches will be required, back to goal, spin, lay-off Penetrating runs to open up space for another player</p>



AO

ZONE 4

Phase

Sub-Principle

Action

Break defensive blocks with quick combination play. Create angles of support, players breaking the lines, 1 & 2 touch passing and constant player movement.

Speed of play through fast combination play
Ability for players to move the ball under pressure
Players breaking the opponent's last line
Ability to play off the front foot
Quality first touch using all surfaces of the foot

Create Overloads. By creating 2 v 1s, 3 v 2s, 4 v 3s, 4 v 2's
Overload areas around the ball.

Support the first attacker
Overlapping runs from #'s 2 & 3
Ability to dribble and beat opposition defenders
Disguise passes and play off the front foot
Player rotation in 3's

Allow creative players opportunities to isolate in 1 v 1 situations. Isolate the 1 v 1 attacking players, especially through switching the play.

1 v 1 attacking ability
Open body position when receiving and an intent to engage opposition defender(s)
Wingers who look to receive and go 1v1 against the opposition outside back to either dribble inside, or keep wide to play in a cross

Service from wide areas. When possible, players flood the box, look to cross, varying delivery options, a driven box-cross, back-post, central delivery, front post etc.
Lacking numbers in the box, try to either win a corner, or keep possession by playing back to a supporting player.

Create 2v1s utilizing our winger and outside back
Combine with our #9 or 10 to penetrate past the opponents fullback for a cross
Support 1st attacker to retain possession if wide service unavailable
Timing of runs from #7, 9 and 11 and #8 and 10
Central attacking players frame the goal (near, central & far post runs)
Ability to read the opposition goalkeeper's position to determine if cross should be driven or flighted to an area of attack
Team commitment win second balls and prevent counter-attacks

Phase



AO

ZONE 4

Sub-Principle

Position attackers in effective goal scoring opportunistic areas. Commit to a minimum of “3” players in the box. Players are to arrive in space and not standing occupying it. Ensure that #’s 6 & 8 are taking up space at top of the 18-yard area to win knock downs and second balls.

Zone 4 is where we want players to feel empowered to “come to life” and be creative in their final acts

Action

Timing of runs into the penalty area
Runs to get in front of the covering defender
Frame the goal (near post, central, far post)
#’s 6 and 8 to win second balls at the top of the penalty area
First touch finishing, low, medium high (Head, volley, improvisation doing the unexpected)

Creativity and improvisation with interchanging of positions is an action that will be continually trained and encouraged

Macro Principle



Prevent the opponent from advancing the ball through collective pressing and denying space with an intent to win back possession quickly, or if required, get organized behind the ball

Objective



Take advantage of the opponent's attacking disorganization, press the ball and close-down spaces immediately, with the intent of winning back possession within six seconds.

If the team cannot win back possession within the allotted time, get behind the ball and organize our defensive shape

Sub Principle



A "HUNT" mindset to change from attacking to defending

Compactness in width and depth, organized behind the ball and an elimination of gaps between the lines

Keep the opponent in front of the defender - take 1 v 1 challenges personally

When unable to win back possession within 3 to 6 seconds, force the opponent to play outside or wide if numerical supremacy is not available inside

Prevent penetration behind the back four

Sub-Principle

Mindset to change from attacking to defending. Players must be able to immediately switch on to defending, regardless of positioning on the pitch. Players must be ready to immediately pressure their first attacker and react together to press the ball and stop forward passing options.

Compactness in width and depth, organized behind the ball and an elimination of gaps between the lines. Each and every player has a defensive responsibility to get behind the ball, ensure compactness, provide cover and offer balance between the lines.

Keep the opponent in front, take 1 v 1 challenges personally as every player has a responsibility to defend, and must be proficient in 1 v 1 defending.



Action

Immediately upon losing possession, players closest to the ball must immediately close down space
Pressing mentality, or create the defensive block
1 v 1 tackling technique
Understand when to press to win vs delay to get organized
Close passing lanes or channels

Compact central block
#9 pushed up to be in a position to press opponent's #4 & 5
#7 & 11 tucked in and dropped off to encourage opponent to play out to either fullback
#4 & 5 compact centrally and pushed on to prevent play up the middle
#7 & 11 / #2 & 3 prepared to step up to pressure opposing fullbacks once they receive the ball

1 v 1 individual defending technique
Delay
Pressing to force the opponents eyes down to the ball
Dictate the opposition's direction / control the game without the ball



Sub-Principle

When unable to win back possession within 3 to 6 seconds, force the opponent to play wide. The team must be compact and create a central block to force the opposition to play wide. This will ensure that teams do not get exposed when pressing the ball centrally and will also force the opposition to play back or vertically.



Action

1 v 1 individual defending technique
Force the opponent to play predictably by forcing them to one side or the other with approach to ball
Compact inside to encourage opposition to play wide
Starting positions to encourage goalkeeper to play to either flank
Pressing the ball when out wide, avoid further play down the flank

No pressure on the 1st attacker, the back-line must drop (communication from #4 & 5)
Back-line to drop with runners, unless offside is obvious
#2 & 3 4 tucked in to avoid runs inside
Pressure from one defender with other three tucking inside to provide cover
Goalkeeper to initially play as a sweeper to collect direct passes over-the-top



Kelowna United Game Model

Defensive Organization

Macro Principle



The attacking focus on numerical superiority around the ball will assist with the defensive pressure. An organized zonal-defensive block that is committed to press the ball to limit time and space.

Objective



Dictate the direction of the opponent and force them into mistakes through collective pressure and solid defensive organization.

Phase

Opposition
build up

Opposition
Creation

Opposition
Finishing

Sub Principle

The attacking shape assists with effective pressure
on the ball
Encourage opposition to build out through their
outside backs
Prevent the opponent from playing through the
inside of the defensive block
Intense pressure when the ball is in one of wide
vertical channels
high/medium block

Compress the field as much as possible
Press to win back the ball
Do not allow the opponent an opportunity to play
through the middle of the defensive block - force
them outside
If unable to press early, drop-off with to create
counter-attacks
Advance up the field with the ball in order for the
opponent to play negatively toward their own goal

Pressure the 1st attacker while ensuring teammates
are providing cover
Back line must protect the space in behind and
prevent penetration
Deny the opponent time and space
Defend against crosses by occupying the key
finishing areas first
commit to win second balls



DO

Zone 4

Sub-Principle	Action
The attacking shape assists with effective pressure on the ball. The attacking organization and ball possession mentality enables teams to be in a position to immediately press the ball on the loss of possession.	Team gets their reference from the initial ball pressure to build the defensive block Players around the ball must be ready to switch focus to press to win the ball Team defensive block steps / shifts with the ball. Collective mindset to get compact in width and depth and keep shape
Encourage opposition to build out through the fullbacks. When the ball is with the opponent's goalkeeper, the #9 must split the central defenders and have #7 & 11 drop off and tuck in to encourage them to play out to either side.	Compact Central Block #9 Pushed up to be in a position to press opponent's #4 & 5 #7 & 11 tucked in and dropped off to encourage opponent to play out to either fullback #4 & 5 compact centrally and pushed on to prevent playing up the centre #7 & 11 / #2 & 3 must be prepared to step up to pressure the opponent's fullbacks once they receive the ball
Prevent the opponent from playing through the insides of the defensive block. Discourage the opponent from playing through the central midfield and force them to play out wide where play becomes more predictable. If the opponent does play into the middle of defensive block, teams must close space quickly to prevent the opposition from turning.	Compact central block Principles of pressure & cover Compact defensive lines #7 & 11 dropped off and tucked in Outnumber the opposition around the ball 1 v 1 defending, especially when defending players step to the ball to take away time and space Take away passing channels & lines
Intense pressure when the ball is in one of widest vertical channels. When the ball is on the flank, teams need to shift to the strong side to create numerical superiority around the ball and aggressively press to win it back.	#7 & 11 first behind the ball, then stepping to press Angle of approach to remove the outside passing line Inside support to take away inside passing lines 1 v 1 defending / defending to prevent turn
High / medium block. Press high on throw-ins and maintain a high block when teams lose possession in zone 4 & 3.	Team steps towards the ball together, maintain balance Mentality to aggressively press forward on opposition throw-ins Backline ready to drop off to defend long balls over the top when there is no pressure on the Ball.

Phase



DO

Zone 3

Sub-Principle

Make the field as small as possible. Players must get compact, narrowing the field and closing lines. The balance between the lines must also get tighter. When the team is compact it will also take away passing lines.

Press to win back the ball. Players must have the mentality to continue to step to the ball, once the team has the defensive block set. The team will then step and must do so as a unit, while retaining the set shape.

Force the opponent to the outside of the defensive block. Prevent the opponent from playing through the central block to ensure that they do not retain the ball. Dictate where the opposition can play and direct them to either flank, where this will allow for an aggress press to win the ball back.

If unable to press early, drop off with a view to setting up the counterattack. If it is not on to press early, the team will drop off to half field pressure and look to direct the opposition to either flank where the ball can be won and to then launch a counterattack.

When the ball goes wide or into a danger zone, the team must outnumber the opposition around the ball.


Action

Dispersal to occupy the all vertical channels and create several horizontal lines
Draw opponent to strong side with the intent of exploiting the weak side
Ability to retain possession under pressure and in numbers down situations.

Mobility
Playing in triangles and diamonds, with positional interchanges
Looking to break the line with penetrating runs
Speed of play
Create space to disrupt opponent's compactness
Creating passing lines for the first attacker

Compact central block with #7 and 11 tucked-in
#9 prevents switches of play through the back four
Force the opponent to play up the line to the #7 & 11.
Look to win it in the wide vertical channels
1 v 1, 2 v 2, 3v 3 defending

Defensive block drops off, #9 at the top of the centre circle
Force opponents out wide to our danger zone (widest vertical channel)
When opponents plays into danger zone, press aggressively to win it back

Phase	Sub-Principle	Action
 <div>DO</div> <div>Zone 2</div>	<p>Move up-field as the opposition is forced to play towards their own goal. When the force is in effect to opponents play negatively, the team then needs to push the defensive block forward as the ball travels.</p>	<p>Team must move forward as a balanced defensive block Back-line must recognize whether or not there is pressure on their 1st attacker – If no pressure they must drop to avoid being beaten by an over the top ball</p>
	<p>Pressure the ball carrier while ensuring covering players in behind. When #'s 4 or 5 step to pressure an opponent, the other three defenders must tuck in behind to offer cover. The same applies when one of #'s 4 or 5 steps forward to win an aerial duel.</p>	<p>1 v 1 defending technique Immediate pressure on their 1st attacker Close down all spaces around the 1st attacker to eliminate passing lanes As 1st defender steps to the ball, the others must provide cover</p>
	<p>Back line must protect the space in behind. The back line must be aware of the opposition's forward runs into the space in behind them. The defenders must prioritize that space to avoid both the penetrating runs and passes.</p>	<p>Track runs Preventing opposition from beating outside backs on inside Pressure, cover, balance Marking goal-side, ball-side Pressure on the ball carrier to prevent opposition time to recognize penetrating runs</p>

DO

Zone 2



Phase

Sub-Principle

Action

Phase

Sub-Principle

Action



DO

Zone 1

Keep opponent out of Zone 1. Take away the passing channels and the opponent's ability to possess the ball in Zone 1. Immediately pressurize any pass into this area and force the opposition to play the ball wide.

Outnumber opposition in Zone 1 to force opposition to play wide
Occupy spaces early
Take away passing lines
Immediate pressure on the ball carrier

To defend against the cross by occupying the key finishing areas first. The defenders must make early recovery runs to occupy the key finishing zones (near post, central goal, far post) to prevent the opposition from occupying those positions.

Outside backs pressing to prevent crosses
1st zonal defender at near post
Man-marking on ball side and goal side
Defensive clearances, heading technique
Keeper to come to collect the cross
1 v 1 defending from outside backs to prevent ball carrier from dribbling inside

Players must have the attitude to win second balls. Players must be prepared to deal with second balls off of the opposition crosses or balls flighted into our 18 yard box to prevent gaining second opportunities. There has to be a mindset to win all second balls.

Central midfield players in position to challenge for second balls, top of 18
Recovery runs to top of 18
Defensive heading, 1v1 aerial battles
Defensive block to step forward as the ball is cleared

AT

Kelowna United Game Model Attacking Transition

Macro Principle



Take advantage of the opponent's defensive disorganization to quickly launch counterattacks or consolidate possession if forward passes are not available

Objective



Retain possession of the ball by playing it safely away from the pressure from where it was recovered.

Attempt to take advantage of the opposition's defensive disorganization by looking to play direct, but not at the expense of losing possession.

Sub Principle



Retain possession

Look to penetrate behind the opponent's back line

Create attacking team shape with players dispersing to occupy vertical channels

Exploit the weak side

AT



Phase

Sub-Principle

Action

Retain possession. The player who wins possession must look to make the safest pass possible to allow the team to retain possession.

Look to penetrate behind the opponent's back line. If it is possible to play in behind the opponent's last line without losing possession, look to counterattack quickly.

Create attacking team shape with players dispersing to occupy vertical channels. Once the first pass has been made retain possession, players must disperse to create width and depth based on the sub-principles of our offensive organization.

Move the ball into the central midfield. Once the team has re-established possession, get the ball into our central vertical channel, preferably to #10 or 9; once accomplished, look for #'s 7 & 11 to break the line.

Exploit the weak side. Ensure the opposition is unable to penetrate past the back line. Give priority to depth and do not attempt to play offside when opposition is looking to quickly counter.

Immediate support for our 1st attacker
Range and type of passing - e.g. short, long, vertical or diagonal
Individual technical ability to shield and or protect
Dispersal once the team has established positive possession (Players in all vertical channels)

Wingers looking to break the line with angled runs inside
#9 to either break the line or show for the ball
If the #9 shows for the ball, look to #8 or 10 to break the Line
Long diagonal and vertical passes to #7 & 11 or #2 & 3
Offer support from behind, once a long pass has been played forward

s 7 & 11 and #'s 2 & 3 play in two different vertical channels
#'s 7 & 11 push high
#'s 6, 8 & 10 support each other on three separate lines (offset triangle)
#9 provides initial depth

s 6, 8 & 10 support each other on three separate lines (offset triangle)
Create overloads in central midfield
Speed of play
Short to medium range passing
First touch away from pressure or player to open up
If #'s 7 or 11 invert and pull in the opposition's fullbacks, #2 and / or 3 need to take up the space down the flank

Long diagonal pass
Movement between the #'s 7 & 11 / #'s 2 & 3
First touch down the line or inside
Ability to cross
Diagonal penetrating runs



1-4-3-3 System of Play



3 Forwards
2 Wingers & 1 Central Striker

3 Midfielders
2 Attacking & 1 Holding

4 Defenders
2 Wide & 2 Central

1 Goalkeeper



Goalkeeper # 1



In Possession

Effective distribution
Support to assist with retaining possession
Continual communicate with all players
quick decision making, be clear, assertive & purposeful with instructions

Out of Possession

Maintain a positive starting position relative to the position of the ball & in line with the ball
Be able to play as a sweeper if an when required.
Effective shot stopping, good ready position, decide to catch, parry or punch & quick reactions for 2nd chances.

Technical

Collecting, handling & distribution with hands & feet
Receiving high balls at all angles & distances
Ability to tackle & regain possession on through balls
1 v 1 battles

Tactical

Command & direct team during restarts
Organize team actions in own half
Transition to attack, possess or penetrate

Physical

Power, acceleration & explosive ballistic movement
Aerial mobility, maximize height & reach
good spring
Maximal speed of reaction

Psychological

Alert & focused, consistent assessment of play
Leader, confident & strong personality & mentality
Resilient, quick ability to re-focus

Wide Defenders



In Possession

Receive the ball from the goalkeeper
Recognize when to advance forward to support the attack & when to hold back
Look for forward passes that break lines of pressure
Recognize when to go inside with or to receive the ball

Out of Possession

Be close enough to the opposition's wide players to pressure them on or before their 1st touch
Force opponents inside prior to the 18-yard area & depending on strength of numbers. Once in line with the 18-yard area send them wider & down the line, block the cross.
Be alert during restarts

Technical

Demand & protect the ball with consistency
Full passing range abilities, crossing from wide areas
Ability to beat players 1 v 1 situations in zones 3 & 4
Tackle, intercept, regain possession

Tactical

Recognize, execute penetration on wings and wide areas
Organize & direct #'s 7 & 11 in supporting defending roles
Central channel balance, offer cover for #'s 4 & 5 respectively

Physical

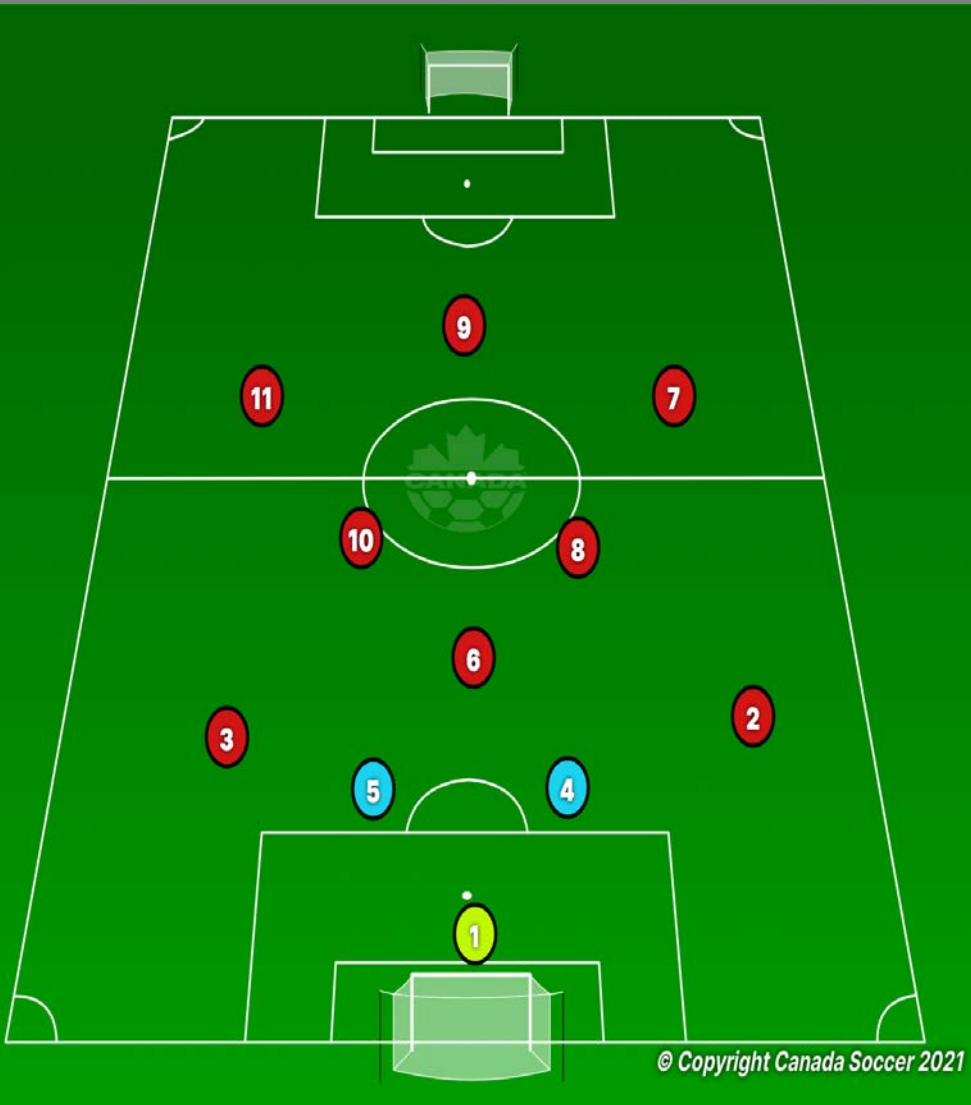
Speed endurance, repetitive explosive movements
Acceleration & change of pace in response to ball movement
Anaerobic Endurance for box to box range

Psychological

Confident competitor in 1 v 1 situations
Confident in attacking & defending situations
Alert, immediate reaction in transitions



Central Defenders



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In Possession

Offer support to the goalkeeper to start the attack

Ability to play angled passes behind the opposition, short medium & long

Play quick short passes to #'s 2, 3 & 6

Attack high balls with power, directional purpose & timing

Out of Possession

Recognize when to follow opponents & when to retain position

Be comfortable playing 1 v 1 and 2 v 2, marking goal-side & ball side, zonal and man to man

When full backs go wide, move deep & centrally to defend crosses

Technical

Marking, tackling, intercepting & tracking

Strong heading ability, single touch passing / serving from aerial balls

Passing to penetrate (short, medium & long)

Tactical

Decide & execute: mark opponents or protect space

Communication with team to maintain shape

Build-out, possession, speed of play in central channel

Organize & direct #'s 2, 3, 6, 8 & 10

Physical

Aerial, maximum use of height, spring & explosive movement

Change of pace to adjust to ball & opponent movement

Agility, change direction in response to game demands

Psychological

Strong leader, commanding & ability to direct teammates

Control & composure under pressure

Focus, assess & plan when ball is out of reach

Holding Midfielder



In Possession

Attempt to feed wide players with passes which break lines

Attempt to get receive the ball from #'s 1, 2, 3, 4 & 5

Play forward quickly when possible, if not possible look for the 2nd best option

Encourage attacking midfielders to support when playing into forwards

Out of Possession

Drop in as a support shield in the form of a centre back (#4 & 5) if or when the centre backs are caught out wide

Provide a defensive screen, intercept or block balls into the opposition striker's feet

Be in close proximity to defenders to win any second balls

Technical

Marking, tracking, intercepting & tackling
Collect, turn, redirect to all geography of the field, head on a swivel (360° field of play)

Passing to penetrate (short, medium a& long)

Tactical

Number 1 priority is to build up play & retain possession

Control the central defensive responsibility in front of 3's 4 & 5

Penetrate by running with & without the ball & passing

Physical

Mobility via being multi-directional

Speed endurance: intermittent & intense actions

Explosive movement: maximum acceleration

Strength to protect the ball in central areas

Psychological

On fire! Maximal effort to connect the units & team

Game awareness control the speed of play (tempo)

Selfless effort to connect all parts of the team

Attacking Midfielders



In Possession

Attempt to play quick combinations in midfield via short & medium passes
Link play from back to front and support forwards quickly
Recognize when to get beyond the #9
Try to slide channel passes between the defenders to create opportunities

Out of Possession

Play a high pressure game in midfield, try to intercept passes
Break up or disrupt the opposition play
Attempt to force the opposition to backwards or sideways

Technical

Collect & turn under pressure
Passing choices - possession or penetration
Dribbling runs to penetrate
Shooting from distance when possible

Tactical

Mobility to create separation from opponent
Create scoring opportunities for self & teammates
Transition become the first line of defence

Physical

Explosive movement to create separation from opponent
Change or acceleration, direction or speed
Strength to shoot from distance & for challenging for the ball

Psychological

Head on a swivel 360° awareness & strong mental focus
Ambitious & positive attacking mentality
Perception to focus on multiple play options & cues

Wingers



In Possession

Play high against the opposition full backs & threaten the area of space behind
Provide accurate crosses when high up the pitch or dribble into the 18 yard area
Work across the forward line to support the #9, & disrupt the defensive line
Recognize when to dribble or play quick combinations

Out of Possession

Provide defensive cover in wide areas, lock down the opposition fullbacks
Stop opposition diagonal balls
Track wide players

Technical

Wide service at high pace with either foot
Running with the ball at high pace for penetration
Ball manipulation & improvisation

Tactical

Transition to react & recover as 1st wide defender
Mobility to create team crossing & opportunities timing of runs for central goal scoring opportunities from the opposite wing

Physical

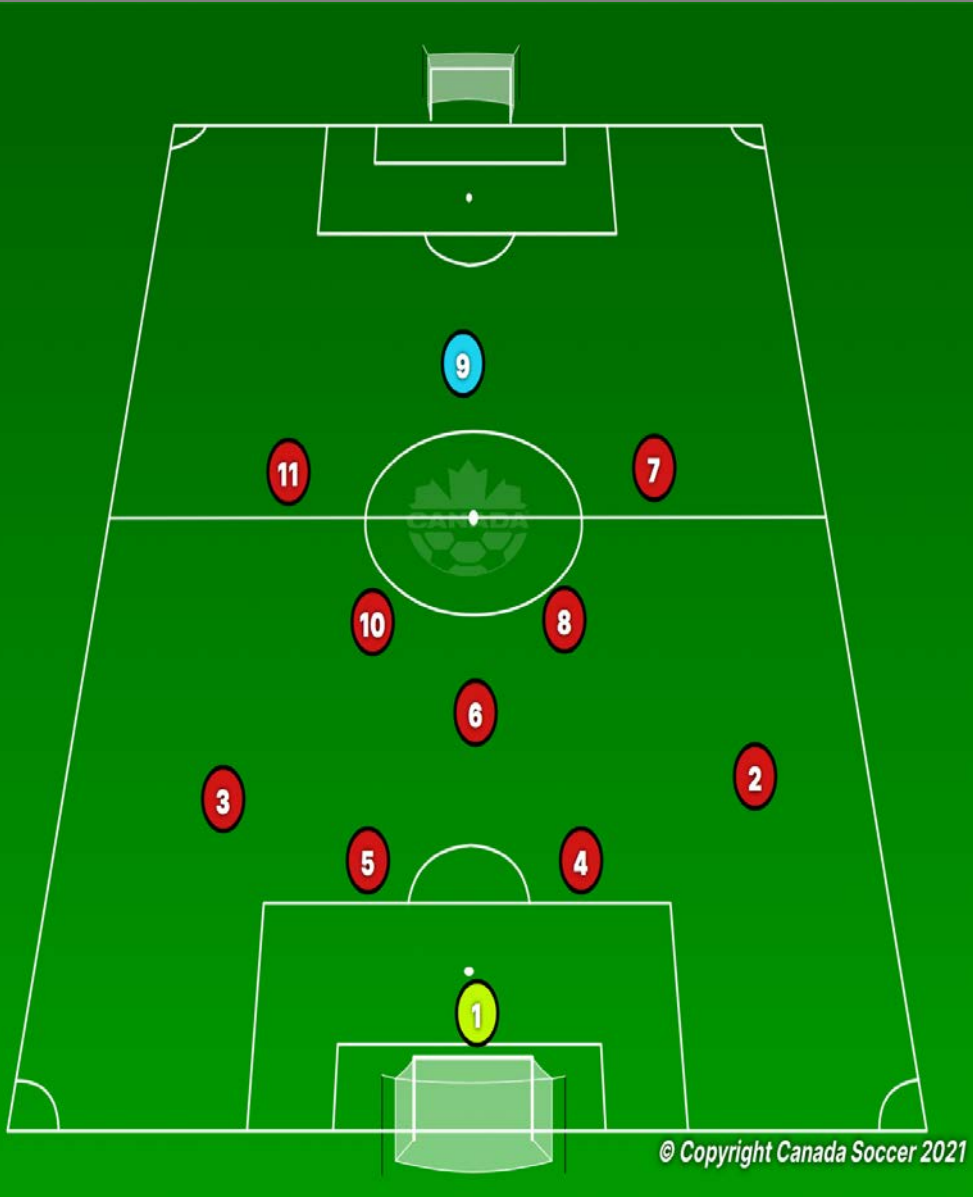
Speed endurance for high pace & frequent transition movements
Acceleration with & without the ball
Agility efficiency in changing direction

Psychological

Ambitious 7 positive attitude and aptitude
Patience to prepare to maximize opportunities with the ball
Focus constant attention to game cues without the ball



Central Striker



In Possession

Recognize when to shoot with power, placement & precision
Look to receive the ball at feet
Understand how to play with back to goal, & when to receive on the half turn
When play is developing in wide areas, find the space between defenders to attack crosses

Out of Possession

Make opposition play predictable
Force the central defenders to take risks and chancy passes
Attempt to prevent the ball going into midfield & win the ball from the weak side

Technical

Scoring ability with 1-touch on demand (all body parts including the head, volleys, half-volleys)
Receive & secure the ball under pressure
Ability to turn and face the goal

Tactical

Mobility to take advantage of scoring opportunities
When to recognize & attack the spaces behind the back line
Pressure & contain oppositions build up play

Physical

Speed Endurance for repetitive explosive runs
Strength to compete for possession
Explosive movement to compete for aerial balls

Psychological

Persistence to remain in advanced position (on side)
Aggressive attitude to compete & win the ball
Alert, anticipate positive opportunities



Game Model

Kelowna United FC