

POSITION SPECIFIC PLAYER PROFILE

ATTACKING CENTER MID #10



TECHNICAL

1st touch: Ball tight, consistent ability to protect the ball, always moves away from pressure, creates space, positive, comfortable receiving in tight space on either foot.

Passing: Creative, incisive passing ability short –medium- long, appropriate weight key for quick combinations with CF/WF/CM

Dribbling: Ability to create space in tight areas. Close control, comfortable on the ball under pressure, variety of feints or timely direct movements to unbalance & move defenders.

Heading: Technically Sound, ability to pass, flick under control w head, heading in critical areas (Scores Goals) Timely movements in final third to meet crosses.

1 v 1 defending: Desire to contribute defensively in all areas of the field (especially in higher areas) quickly closes down defenders and provides great pressure when asked.

1 v 1 attacking: Great deception w body movement, Ability to move defenders & create space by using and combining physical movements, small touches, hesitations or dynamic pushes into space.

Crossing: Consistent and accurate delivery of curling, cutback and driven crosses into dangerous areas.

Shooting: Precision in front of goal, ability to test GK's from distance w power.

PHYSICALITY

Acceleration: Quick first step, ability to immediately create space

Speed: Speed over short distance, ability to separate from defender & get out of tight areas with or without ball.

Endurance: Good aerobic & anaerobic capacity, sustains constant movement diversified with quick bursts & moments of acceleration.

Agility, balance, & co-ordination: Excellent agility & balance to ride tackles & maneuver in very tight areas. Moves under great control to create separation and unbalance defenders.

Strength & power: Resilience to endure a great deal of physical contact and come out with the ball or break away from situations consistently.

Reaction & quickness: Consistently reacts (& acts) quicker than opponents in the four moments of the game

TACTICAL

Positional discipline: Constant movement & mobility, searcher of dangerous space, gaps & holes in OPP. Decisive penetrating and diagonal movements to stretch & attack OPP. Defends high, supporting striker & CM's within game plan

Vision & awareness: Creative movement off the ball, creates space, makes penetrating movements and threatens space behind OPP midfield & defenders. Sees different pictures & asks questions of OPP consistently through movement, dribble or pass.

Transition (att): Excellent early recognition of ATT transition moments, ability to exploit unbalanced OPP w movement or pass.

Transition (def): Sharp & proactive reading of transition moments, reads OPP passes
Decision making IP (ball carrier): Intelligent recognition of situations, when to go quickly or keep possession (Tempo)

Decision making IP (support): Active movements off ball to create space, penetrate, threaten or combine

Decision making OOP (1st def): Quickly takes away space high up the field. Provides great pressure on ball carrier.

Decision making OOP (2nd/3rd def): Supports pressure high up the field.

Role & responsibility: Creates, unpredictable, dangerous, consistent threat to OPP – Support & defend within team plan

Game management: Good recognition of pattern or moments within game, (Slow it down, speed it up)

CHARACTER

Positive behavior: consistent outward projection of positivity, acts in a constructive manner that benefits the team regardless of game situation

Effective communication: communicates effectively with team-mates and coaches. chooses appropriate delivery of the right information at the right time with maximum effect

Coachable: receives and implements feedback effectively from team-mates and staff before, during and after the game

Emotional control: able to channel and utilize emotions in the best interest of the team, never acts selfishly and expresses emotion that negatively affects team performance. Manages the 'highs' and 'lows' of the game

Competitive: unwavering passion and desire to compete at the highest level regardless of opponent &/or game situation, gives 'best' effort always

Self-motivated: doesn't rely on external motivation. Mentally and physically engaged and 'ready' for challenge. Always gives best effort.

Confidence: High self confidence and personal belief, consistently believes in passing ability, makes most of key opportunities in critical areas. Consistently executing final pass or shot.