

POSITION SPECIFIC PLAYER PROFILE

CENTER FORWARD #9



TECHNICAL

1st touch: Using different surfaces of both feet, using chest, thigh and head to set control. Back to goal, to the side, in behind, from long pass's, to take a new action

Passing: Both feet ,short or medium pass back, to wide areas or deep in behind

Dribbling: To beat opponent , to score , to keep possession (away from defenders)

Heading: To score (crosses & set-pieces), to flick "2nd or 3rd man runs", to hold play up, to defend set pieces

1 v 1 defending: To press the ball, press player from behind, to defend set pieces

1 v 1 attacking: Creating scoring chances either from dribbling (beat last defender or GK) to shoot on goal or to cross from wide area's

Crossing: To cross from wide area's if run is into channels, deliver different ranges of cross's (back post,near-post, cut-back)

Shooting: To shoot from various ranges using different surfaces of foot, varied from driven, lofted or side foot shots, both feet. Consistently hit the target in high pressure situations.

PHYSICALITY

Acceleration: Change of pace to break lines and accelerate beyond defenders, to accelerate into the box to connect with pass or cross, changing rhythm to press defenders with the ball

Speed: In short, medium and long distances

Endurance: To keep moving in & out of space to create scoring opportunities, to have endurance to run into channels & challenge for opportunities. To perform defending duties for the entire match. Always available for the ball.

Agility, balance, & co-ordination: Ability to change direction under pressure from opposition, coordination & balance to pass or shoot while under physical contact, to leap & keep balanced in the air while under physical contact, co-ordination to dribble past opponent whilst withstanding physical contact

Functional strength & power: To use strength & power to physically hold opposition off while receiving the ball, release shot with little time or back-lift, heading power, dealing physical contact in 1 v 1 duels.

Reaction & quickness: Quick reactions to finish goal scoring opportunities, to react across defender to meet pass or cross.

TACTICAL

Positional discipline: Always in position to receive (ball side of field when ball is with back 4), receive off shoulder, receive in behind, staying centrally when ball is wide, runs into box " near, middle or far post runs", bounce play "back to goal"

Vision & awareness: To be aware of runs in behind 2nd or 3rd man, able to change point of attack with pass, know how/when to link with team-mates &/or create space

Transition (att): To be active and ready in transition, bounce (set) play or runs in behind, ready and active to score off mistake

Transition (def): To press ball to regain possession for positive attack

Decision making IP (ball carrier): Know when to dribble, pass or shoot, to make the right decision for the team. Know when to be selfish and when to involve teammates.

Decision making IP (support): Make the right support angles. Pulling defender away from the ball to create space in more dangerous areas i.e. behind the back line.

Decision making OOP (1st def): To start the press for the team, angled run cutting of channels to pass. Know when to engage the press and when to drop/delay.

Decision making OOP (2nd/3rd def): To drop into space "passing channel" if #10 is the 1st defender, or to block the SOP if the #7/11 is the 1st defender.

Role & responsibility: To communicate with teammates in relation to opposition, keep team in possession of the ball, hold up play, to defend "pressing the ball" or press the player from behind, staying centrally when ball is out, to run channels , to defend set pieces. Always in 'ready' stance to score goals

Game management: Processes all factors (game plan, time of game, situation in game, opponent, weather...) to make correct 'team' decisions

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