

POSITION SPECIFIC PLAYER PROFILE

CENTER-BACK #4/5



TECHNICAL

1st touch: positive, open body position and away from pressure

Passing: executes short and mid-long range passes (inside, lofted, clipped, driven) and quick tempo

Dribbling: breaks opponents lines &/or takes space quickly, to create a positive attacking situation. Is comfortable to join attacks

Heading: defends the central area of the pitch & longer balls (direct play), with height & distance on clearances, accuracy and direction with passing. Needs to dominate both penalty areas in set-play situations

1 v 1 defending: good posture/footwork & timing of tackle or interception, forces opponent away from goal/danger (wide) to delay &/or regain. Has ability to delay the opposition but prepared to make last ditch tackles. Good shot blocker

1 v 1 attacking: Able to shield ball from opponent to buy time/options, able to break away from opponent with special skill/trick (when required)

Crossing: Is able to put in deep lying (diagonal) crosses from distance into the box

Shooting: Execute shot from distance and finishing inside the box set plays

PHYSICALITY

Acceleration: closes down forward/winger to deny cross/shot or drop and protect space behind. Creates separation from opponent to offer supporting option IP

Speed: tracks runners after penetration action by opponent

Endurance: relentless shifting, squeezing, dropping in relation to the ball . Movement is conducted at consistently high speed

Agility, balance, & co-ordination: remains balanced in 1v1 duels, moves feet effectively to twist/turn under control, good body control to execute technique on demand

Strength & power: dominance in 1v1 duels & aerial contests by holding off opponents, out jumping them, and effectively using strength to shield ball

Reaction & quickness: dominance in 1v1 duels & aerial contests by holding off opponents, out jumping them, and effectively using strength to shield the ball. Be prepared to put their body on the line with blocks just before an attempt at goal

TACTICAL

Positional discipline: Understands their role to support and organize their back line and to work as a unit. Aware of the half way line and constantly focused in all moments of game

Vision & awareness: open body (checking shoulders) aware of time/space & options when IP & opponents threats when OOP. Constantly adjusting position based on the ball and opponent

Transition (att): initiates &/or joins fast attacks by stepping the line up, always ready to join if the attack when required

Transition (def): immediate & accurate response to turnover of possession and reorganizing quickly i.e. organize/initiate press or drop/delay

Decision making IP (ball carrier): chooses appropriate action (pass or dribble) and when to retain or risk possession, priority is a positive action

Decision making IP (support): creates option for GK/CB/FB/HCM in build-up, Ready to want the ball in their half to change the POA

Decision making OOP (1st def): closes space with correct timing (angles, distance, speed) to force away from goal, good timing of tackle/interception. Standing up (keeping feet alive) and not diving in

Decision making OOP (2nd/3rd def): understands how/when to cover & support CB, HCM or FB. Also aware of that decision through other players i.e. Press or delay

Role & responsibility: complete understanding of positional expectations

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. Aspire to be a leader

Effective communication: communicates effectively with team-mates and coaches, chooses appropriate delivery of the right information at the right time with maximum effect. Must show organization and leadership qualities

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.