

POSITION SPECIFIC PLAYER PROFILE

FULL-BACK #2/3



TECHNICAL

- 1st touch:** positive, open body position and away from pressure
- Passing:** executes short, mid and long range passes (various types)
- Dribbling:** breaks opponents lines &/or takes space quickly
- Heading:** accuracy, height & distance (defending set plays)
- 1 v 1 defending:** footwork, timing of tackle/interception. forces opponent away from goal/danger to delay &/or regain possession
- 1 v 1 attacking:** creates crossing or shooting opportunities in att 1/3, and can break-away from opponent (def & mid 1/3's)
- Crossing:** executes various types of deliveries into the box i.e. driven, floated to back post, cut-back, disguised, and early cross
- Shooting:** finishes at the back post, and strikes from knock-downs in & around box

PHYSICALITY

- Acceleration:** closes down space to deny cross/shot, creates separation from opponent
- Speed:** tracks runners and joins attack to provide options (width)
- Endurance:** relentless probing runs into opponents half to create width & overloads and recovers to rejoin defensive unit/shape in defending transition.
- Agility, balance, & co-ordination:** remains balanced in 1v1 duels, moves effectively to twist/turn with 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:** reaction to intercept/press ball when OOP, and to exploit opponents and use space when IP. Consistently reacts quickly in the four moments of the game

TACTICAL

- Positional discipline:** understands when/how to stay connected to back 4 (unit) and when/how to join the attack to create a numerical advantage
- Vision & awareness:** open body (checking shoulders) aware of time/space & options when IP, & opponents threats when OOP
- Transition (att):** initiates &/or joins fast attacks, always ready to support
- Transition (def):** immediate & accurate response to turnover of possession
- 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 options in build up and penetration/finishing phases
- Decision making OOP (1st def):** closes space with correct timing (angles, distance, speed) to force away from goal, good timing of tackle/interception
- Decision making OOP (2nd/3rd def):** understands how/when to cover & support CB, HCM or WF when they engage as 1st defender
- 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
- 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 staff and team
- Emotional control:** able to channel and utilize emotions in the best interest of the team, never acts selfishly or expresses emotion that negatively affects team performance and 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.