

POSITION SPECIFIC PLAYER PROFILE

HOLDING CENTER MID #6/8



TECHNICAL

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

Passing: Executes short and mid-long range passes (varying distances & types), and SOP long passes into opposite CM/ACM/WF/CF or overlapping FB

Dribbling: Breaks opponents lines &/or takes space quickly, to create a positive attacking situation i.e. overloads or direct goal chances

Heading: Defends longer diagonals (direct play), height & distance on clearances, accuracy and direction with passing/knock-downs. Attacks direct build-up and wide play i.e. longer diagonals or cross balls

1 v 1 defending: Good posture/footwork & timing of tackle or interception, forces opponent away from goal/danger (wide) to delay &/or regain

1 v 1 attacking: Creates goal scoring opportunities in att 1/3 by unbalancing the opposition i.e. final pass or driving forward

Crossing: Executes various types of deliveries into the box when necessary

Shooting: Finishes with late runs into box, dribble and strike, and strikes from knock-downs in & around box

PHYSICALITY

Acceleration: Closes down opponent (HCM,ACM, CF) to deny progress, and creates separation from opponent to offer supporting option IP

Speed: Tracks runners after penetration action by opponent (5-30 yds), and joins attack to provide options (depth) in attacking ½ (5-50 yds)

Endurance: Relentless probing runs into opponents half to create depth & overloads and recovers to assist defensively during transition. 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

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

Reaction & quickness: Reacts to pertinent stimuli to intercept/press the ball when OOP, and to exploit opponents and use space when IP. Consistently reacts (& acts) quicker than opponents in the four moments of the game

TACTICAL

Positional discipline: Understands when/how to stay connected to back 4 while maintaining midfield balance. Understands 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 join

Transition (def): Immediate & appropriate 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): Always creates option for GK/CB/FB in build-up, & ACM/WF/CF in penetration/finishing phases to provide depth

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,CM,ACM 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 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 or 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.