



# PLAYER PROFILE





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# INTRODUCTION

## A. PURPOSE

BC Soccer's aim is to promote soccer environments that are inclusive, safe, enjoyable and meet the needs of player development for all participants. To achieve this BC Soccer's Technical Resources, provide an example of good practice that BC Organizations can fully integrate into their programming or use as a guideline to assist in the on-going development of their own documentation and program delivery. These documents are composed of (but not limited to) a Curriculum, Coach Profile, Player Profile and a Team Profile.

**This document focuses on the Player Profile for U10 to U18.**

## B. TECHNICAL RESOURCES

The Technical Resources indicated below detail how they fit together and where they support players and coaches. They highlight that the Curriculum and Coach Profile can be used for all ages, whereby the Player Profile is encouraged to be used at U10 to U18 and the Team Profile encouraged to be used for U14 to U18.



**Curriculum**

*U6 to U18*



**Coach Profile**

*U6 to U18*



**Player Profile**

*U10 to U18*



**Team Profile**

*U14 to U18*

A brief overview of the BC Soccer Technical Resources is described below.

### Curriculum

The Curriculum provides an age-appropriate developmental framework for the season-long training environment and can be paired with the Player and Team Profile. It identifies the attacking and defending actions for individual players as well as the team. Throughout the season within sessions, players should be experiencing these actions to aid their overall technical and tactical development.

Included within the curriculum are examples of session topics, plans and detailed explanations to support coaches with implementation.

### Coach Profile

The Coach Profile is composed of the Person, which refers to the Coach as an individual first as well as what coaches should focus on throughout the season to create a safe, positive and fun environment. These two combined provides the Coach Profile and is paired with the session themes of the curriculum which guides coaches in developing players as well as identifying the players' strengths and their areas for improvement.

### Team Profile

The Team Profile provides an age-appropriate developmental framework for the season-long game environment and is paired with the Curriculum. It identifies the attacking and defending actions for individual players as well as the team. Throughout the season within games, players should be experiencing these actions to aid their overall technical and tactical development.



# PLAYER PROFILE

## A. OVERVIEW

The Player Profile is composed of the Player as an individual person as well as the Player, which includes the individual players attacking and defending actions related to the game of soccer. These two combined provides the Player Profile and is paired with the session themes of the curriculum which guides coaches in developing players as well as identifying the player's strengths and their areas for improvement. The below graphics provides an overview of the Player Profile.





## B. THE PERSON

*The information below provides the definition for the person as well as the individual attributes of the person within this profile.*

The Player is an individual person and how they manage themselves, their performance and interactions with their teammates is related to the technical, tactical and physical components of the game.

<b>Character</b>	The player's mental and moral qualities as it relates to an individual and within the team.
<b>Self-Belief</b>	The player's ability to recognize their identity and self-worth as it relates to them as a person as well as their performance.
<b>Emotions</b>	The player's ability to manage their emotion and mood during the varying situations presented in sessions and games.
<b>Connection</b>	The player's ability to form relationships with others and how they work within the group.



## C. THE PLAYER

*The information below provides the definition for the player and the individual players attacking and defending actions related to the game of soccer.*

The attributes of the player and how they implement an action that takes place on the field and how that action is completed depending if the team are with or without the ball when attacking or defending.

### ATTACKING

<b>Receiving</b>	When the player identifies and occupies space to receive the ball, which typically includes all parts of the foot, the thigh, chest and head.
<b>Dribbling</b>	When a player has the ball at their feet and either has to implement a skill to beat a defender, a turn to change their direction or take larger touches to exploit space.
<b>Passing</b>	When a player is transferring the ball to keep possession by passing to a team-mate using techniques that include, side foot, laces, driven lofted, curled and first time.
<b>Shooting</b>	When a player is striking the ball to score a goal by shooting at the opponent's goal using techniques that include, side foot, laces, driven lofted, curled and first time.

### DEFENDING

<b>Marking</b>	When a player is positioning themselves to occupy space or to occupy an opponent, with the intent to intercept or challenge.
<b>Challenging</b>	When a player closest to the ball implements the tackling technique in a one v one situation to disrupt or regain possession of the ball from the opponent.
<b>Intercepting</b>	When a player is occupying space with the intent to regain possession when the opponent attempts to pass to a team-mate.
<b>Pressing</b>	When the player closest to the opponent with the ball applies pressure with the intent to gain possession of the ball or to limit their options.



## D. THE POSITION

The information below provides the general positions that players can play within a team as well as a brief definition of the actions that the position requires when attacking and defending.

The location on the field the player is designated to occupy while implementing the positional requirements of the role within the collective team when attacking and defending.



TYPES OF POSITIONS	DEFENDING	ATTACKING
<b>Goalkeeper</b>	<p>Stops the ball from going in the goal from a variety of shooting situations including, long range, short range, from crosses and in one v one situations.</p> <p>Prevent goalscoring opportunities by intercepting crosses and through balls or directs teammates to intervene instead.</p>	<p>Connects passes with players in advanced positions either in front, between or behind lines of the opponent.</p> <p>Is a passing option for the defenders as well as a safety pass if teammates cannot go forward or sideways.</p>
<b>Central Defender</b>	<p>Prevents the opponent from advancing in central areas by stopping shots on goal.</p> <p>Supports the goalkeeper and defenders with positioning to defend in and around the box preventing forward play.</p>	<p>Connects passes with players in advanced positions either in front, between or behind lines of the opponent.</p> <p>Is a passing option for the Goalkeeper as well as a safety pass if teammates cannot go forward or sideways.</p>
<b>Wide Defender</b>	<p>Prevents the opponent from advancing in wide areas by stopping crosses into the box.</p> <p>Supports the central defenders with positioning to defend in and around the box preventing forward play and shots on goal.</p>	<p>Supports the attack in wide areas to primarily provide crosses into the box for attacking players.</p> <p>Provides an option to switch the play when the team cannot go forward and need another outlet to attack.</p>
<b>Central Midfielder</b> ( <i>Defending</i> )	<p>Defends in a deeper position and connects with the defenders to prevent forward play in central areas.</p> <p>Directs the attacking players in front of them to occupy space or apply pressure to the opponent with the ball.</p>	<p>Provides a passing option for the defenders to connect the defenders with the attackers in front.</p> <p>Provides an option when attacking players cannot go forward or sideways as a safety pass. Typically to also switch the point of attack.</p>



## TYPES OF POSITIONS

### Central Midfielder *(Attacking)*

## DEFENDING

Defends in a higher position and connects with the attackers to prevent forward play in central areas.

Directs the attacking players in front of them to occupy space or apply pressure to the opponent with the ball.

## ATTACKING

Supports the attacking forwards with support in behind and in front.

Connects the play centrally with the defending midfielder as well as an option inside for wide players.

### Wide Midfielder

Defends in wide areas to prevent forward attacks.

Supports the other midfielders and attacking players to apply pressure to the opponents' defenders or protect space as a collective.

Supports the attacking forwards in wide areas with support in behind and in front.

Connects the play across the field as well as an option in wide attacking areas.

### Central Attacker

Defends in high central areas to prevent forward attacks.

Supports the other attacking players to apply pressure to the opponents' defenders or protect space as a collective.

Provides an option highest up the field of play and closest to the opponent's goal.

Creates opportunities to find space in goalscoring positions in and around the box.

### Wide Attacker

Defends in high wide areas to prevent forward attacks.

Supports the other attacking players to apply pressure to the opponents' defenders or protect space as a collective.

Supports the attacking forwards in wide areas with support in behind and in front.

Connects the play across the field as well as an option in wide attacking areas.



## E. THE ATHLETE

*The information below provides the definition of the athlete related to the physical actions a player will implement during the game.*

The athlete captures the general physical attributes of the player. It highlights the player's capacity to action the requirements of the game, taking into consideration the overall physical demand on the body to compete.

- Agility** The player's ability to perform quick whole body movements with a change of direction and or speed in response to a situation. Such as a player dribbling with the ball at speed.
- Endurance** The player's ability to sustain physical effort for long periods of times. Such as a player continuously pressing their opponent throughout the game.
- Speed** The player's ability to move quickly with and without the ball for a variety of short distances. Such as a player running in behind their opponents defence.
- Strength** The player's ability to exert force to overcome resistance. Such as a player protecting the ball from an opponent with their upper body.







# COACHING TIPS

## | THE PERSON



*The coaching tips have been formulated to support coaches in developing the person against the player profile and focuses on the key attributes of a person.*

### A. CHARACTER

The mental and moral qualities of the player as it relates to an individual and within the team.

- Take responsibility for your development and performance by consistently doing your best in every session and game.
- Always show respect to the game, including the rules, the officials, your opponents as well as your teammates and coaches.
- Develop the virtue of sportsmanship in your behaviours by being fair when competing against your opponents.

### B. SELF-BELIEF

The player's ability to recognize their identity and self-worth as it relates to them as a person as well as their performance.

- Believe in your abilities and keep setting new targets to improve upon and achieve.
- Know that everyone makes mistakes and it's how you recover and continue to play to your strengths that is important.
- Always reflect on the positives from your performance and by being your own biggest fan.

### C. EMOTIONS

The player's ability to manage their emotion and mood during the varying situations presented in sessions and games.

- For a positive outcome, draw from your different experiences so that you can learn to control your emotions.
- Soccer should be fun, make the most of your opportunity when you get to play and enjoy it.
- Things may not always go to plan, try to focus on what you can control, which includes your mood and state of mind.

### D. CONNECTION

The player's ability to form relationships with their teammates and how they work within the group.

- Demonstrate humility and treat your teammates how you would like to be treated
- Interact with your teammates as often as possible and try to build trust and friendships.
- Support your teammates and make an effort to acknowledge their contributions and achievements.



## COACHING TIPS | THE PLAYER



The Coaching Tips have been formulated to support coaches in developing players against the player profile and focuses on the technical attacking attributes of the player.

### RECEIVING

- Identify where the space is to receive the ball. Lose an opponent by moving in an opposite direction first to where you would like to receive the ball. Try and receive the ball on an angle, 'side on' so that you can see the ball, your opponent, as well as the area you would like to advance into.
- Decide which part of the body you choose to control the ball with, judge the surface area and required weight of your touch needed to go forward or move the ball away from pressure.
- Protect the ball from your opponent, by either placing your body in between your opponent and the ball and/or using your arm as a shield to keep your opponent away from the ball.



### DRIBBLING

- If you have limited space, then you will need to take smaller touches to keep the ball close to you. If you have a lot of space, then you can take larger touches to travel with the ball over distance and with speed.
- You may need to change direction to avoid an opponent or change the attack, to do this use a variety of turn techniques including, inside and outside of the foot, the bottom on the foot or even be inventive and make your own turn technique up.
- You may need to dribble past an opponent to advance up the field. Consider using a skill technique by changing your direction and speed as well as protecting the ball as you pass the defender.



## SHOOTING

- Are you in an area of the field or that is within shooting range of the goal, either in around the penalty box. Determine if you need to hit the shot first time (or even head the ball), take a touch to control the ball first or are you in a 1v1 situation with the goalkeeper.
- Using the same technique to passing, look up to decide where you want to shoot, taking into consideration the defenders that are attempting to block your shot as well as the goalkeeper. Consider the accuracy of the shot by bending the ball around the defenders/goalkeeper or the power of the shot by beating the goalkeeper with the speed of the shot.
- A header can also occur, the player must keep their eye on the ball, ideally make contact with their forehead and aim for the middle-high area of the ball to direct it downwards to make it hard for the keeper to save.



## PASSING

- Pass the ball to your teammate by placing your standing foot next to the ball and pointing it in the direction you want the ball to go to and then follow through with your selected passing foot at the middle of the ball. If you want to pass in the air you will need to hit underneath the ball. A pass could even be with your head.
- Consider the technique of your pass, for example, if you want to make a short pass use the inside of your foot, a long pass can be the front of the foot considering the weight and power of your pass to cover the distance required.
- By making eye contact with your teammate you can determine if the pass should be to their feet or into space. When choosing where to pass always attempt to look to play a forward pass first, sideways second and backwards last to help move team possession closer to the opponent's goal.





## CHALLENGING

- Making sure to keep your eye on the ball so that you can determine when you need to challenge for the ball whether that be on the ground through a tackle or in the air by a header.
- If looking to make a tackle, the player can do this by staying on their feet through a block tackle using the side of the foot to make contact with the ball. A slide tackle is when a player needs to go to ground and should only be used as a last resort if the opponent is progressing past with possession of the ball and needs to be stopped.
- An aerial challenge can also occur the player must keep their eye on the ball and make contact with the middle-low area of the ball with the forehead and with power through attacking the ball to get height and distance with the clearance away from goal.

## COACHING TIPS | THE PLAYER

The Coaching Tips have been formulated to support coaches in developing players against the player profile and focuses on the technical defending attributes of the player.

### MARKING

- Make sure you are protecting the space in front of your goal. You may need to mark space and look to intercept passes or mark a player. If the latter, can you place your body in between your goal and the opponent that you are marking, this is called 'goal-side'.
- Decide how tight you need to mark. This may vary if you are in your own penalty box it will need to be tighter of if you are higher up the field you may mark further away (marking space) until your opponent receives the ball.
- Once your opponent receives the ball, position yourself so that you can see your opponent as well as the ball, you may need to bend your knees so that you can adapt to where your opponent positions the ball. Or you may need to directly challenge to win the ball, for example a block or a defensive header.







## PRESSING

- Determine when to apply pressure to your opponent (get closer), this can be achieved by anticipating when the player is receiving the ball and arrive close to them when they are taking a touch to control the ball.
- When travelling towards the opponent you may need to curve your run to stop the player passing forward as well as attempting to only give them one side of the field to pass the ball to. This makes it more challenging for the player to play or go forward.
- If you are able to get close enough to the player with the ball, can you dispossess the ball from the opponent by challenging or blocking their shot. Even better, are you able to intercept the pass before they are able to receive the ball.

## INTERCEPTING

- To intercept the ball, you will need to be positioned so that you can see where the ball is, for example which player has the ball and where the opponent that you are closest to maybe positioning to receive the ball.
- As the ball is travelling to the player you are closest to or into the space you are occupying, can you anticipate where the ball is going to and disrupt the path of the pass or even better win possession of the ball.
- To recognize this, the player with the ball may make eye contact with the player they want to pass the ball to, as well as their body shape will be positioned to the direction they are passing to. Remember to move quickly as the ball has been played to get there first.







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