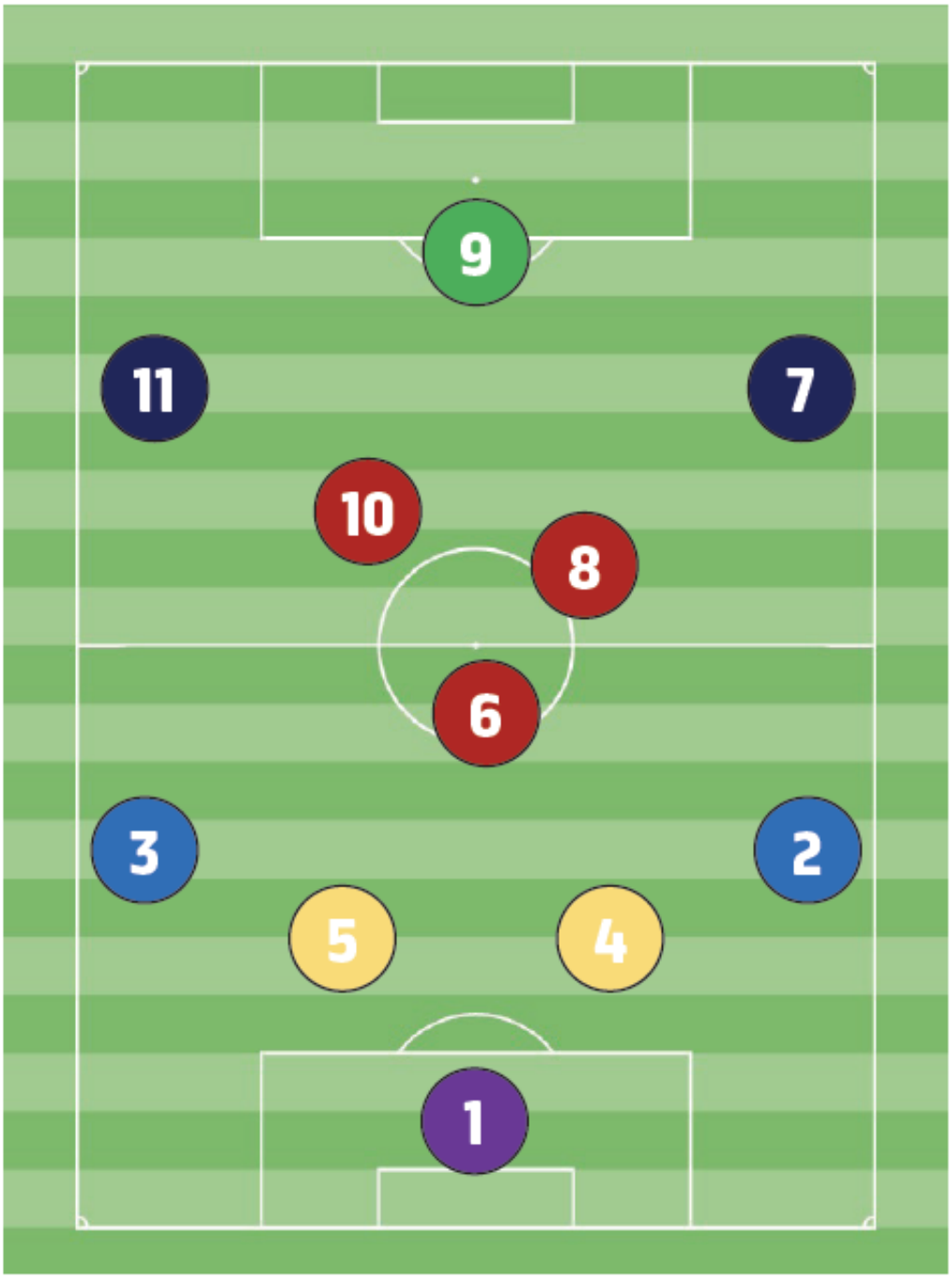
Position Profiles (11v11)



GOALKEEPER (#1)

Attacking	
Read the Game	Scan the field to observe and analyze: - the position of teammates and opponents. - the intentions of opponents (pressure). - teammates with an advantage (open).
Support Build Up	Passing and Receiving Under Pressure - Positioning for good support (Angle, Distance, Timing) - Adjust body shape to receive and play quickly
	Passing to break lines when possible.
	Switch the point of attack to exploit weak side
Keep Defensive Balance	Take defensive preventive actions, provide cover behind defensive line
	Push up the defensive line as the ball moves forward.
	Position to win balls that are cleared forward by the opponent.

Defending	
Organize the Defense	Read the game (analyze positions, identify intent and pressure)
	Direct teammates to maintain vertical and horizontal compactness: Push up / Shift / Hold the line / Drop off / Mark opponent - Clear Communication
Protect the Goal	Make Saves - Proper Set Position (Stance, Distance, Angle) - Proper Save Technique - Strength and Power
Own the Box	Intercept crosses and long passes.
	Dominate 1v1
Control the Space	Move into space to intercept or clear long balls played in behind the back line (when possible.)

Transition	
Attack > Defend	Provide support for back pass, anticipate/intercept long ball, track mvmt of opposition
Defend > Attack	Quickly initiate a counter-attack or hold the ball to allow teammates to take attacking positions.

Outside Back (#2, #3)

Attacking	
Read the Game	Scan the field to observe and analyze: - the position of teammates and opponents. - the intentions of opponents (pressure). - teammates with an advantage (open).

Support Build Up	Position to be a passing option.
	- Provide width and penetration.
	- Peel off at the right moments.
	- Adjust body shape to:
	  - See the field (side on).
	  - Receive and play quickly.

	Stay connected with midfielders and wide forward.
Move Forward with Intent	Play precise passes that break lines when possible.
	Create overloads with forward runs, with and without the ball: - overlap and underlap - give and go
Keep Defensive Balance	Provide balance in key attacking moments: - move central to balance the team when the ball is on the far side.
	Anticipate opponent clearances and quick counter-attacks.

Transition	
Attack > Defend	Quickly recover into defensive shape: - Anticipate the quick long ball. - Delay the opponent.
Defend > Attack	Recognize moments to counter quickly or keep the ball and play out of pressure: - Keep the ball. Peel off wide to provide a passing outlet to teammates who are under immediate pressure.

Defending	
Position to Form a Compact Block	Create and maintain a compact defensive block: - Maintain vertical and horizontal compactness (push up, shift, hold the line, drop off, etc.). - Connect with CB to close off central areas. - Direct Wide Forward.
Anticipate and Prevent Threats	Read the opponent's attack and intentions.
	Recognize unprotected space: - Between the lines of the block. - Behind the block. - Around the block (weak side).
	Position and move zonally to prevent threats: - Drop and delay when outnumbered. - Step up when the opponent is facing their own goal. - Provide cover to the CB. - Switch position with the CB when CB covers the wide area. - Intercept through pass or long ball (foot and head).
Dominate 1v1	Dominate 1v1 duels by using good technique and strength: - Quickly close down space. - Use your body to block or disrupt the opponent's movement. - Tackle when you can win it. - Delay or channel the opponent when it's not possible to tackle. - Recover quickly if the opponent gets by.
Preventing Scoring	Protect the goal: - Immediately block opponent shots. - Be the first to the ball (ground and air). - Position to see the attacker and the ball (have split vision).

Center Back (#4, #5)

Attacking	
Read the Game	Scan the field to observe and analyze: - the position of teammates and opponents. - the intentions of opponents (pressure). - teammates with an advantage (open).

Support Build Up	Position to be a passing option.
	- Provide Depth.
	- Support behind the ball.
	- Peel off at the right moments.
	- Adjust body shape to:
	  - See the field
	  - Receive and play forward quickly.

Move Forward with Intent	Play precise passes that break lines when possible.
	Dribble to create overloads.
	Draw the opponent - Invite pressure and then break it
	Switch the point of attack
Keep Defensive Balance	Provide support behind the ball
	Push up the defensive line and keep the team organized
	Anticipate opponent clearances and quick counter-attacks.

Transition	
Attack > Defend	Quickly organize the defensive shape: - Anticipate the quick long ball. - Delay the opponent.
Defend > Attack	Recognize moments to counter quickly or keep the ball and play out of pressure: - Keep the ball. Drop to provide a passing outlet to teammates who are under immediate pressure.

Defending	
Organize and Lead	Create and maintain a compact defensive block: - organize defensive positioning to stay compact (horizontal / vertical). - Direct teammates to organize pressure and maintain the defensive block. - push up, shift, hold the line, drop off.
Anticipate and Prevent Threats	Read the opponent's attack and intentions.
	Recognize unprotected space: - Between the lines of the block. - Behind the block. - Around the block (weak side).
	Position and move zonally to prevent threats: - Drop and delay when outnumbered. - Step up when the opponent is facing their own goal. - Provide cover to the CB or OB. - Intercept through pass or long ball (foot and head).
Dominate 1v1	Dominate 1v1 duels by using good technique and strength: - Quickly close down space. - Use your body to block or disrupt the opponent's movement. - Tackle when you can win it. - Delay or channel the opponent when it's not possible to tackle. - Recover quickly if the opponent gets by.
Preventing Scoring	Protect the goal: - Immediately block opponent shots. - Be the first to the ball (ground and air). - Position to see the attacker and the ball (have split vision).

MIDFIELDER (#6, #8, #10)

Attacking	
Read the Game	Scan the field to observe and analyze: - the position of teammates and opponents. - the intentions of opponents (pressure). - teammates with an advantage (open).
Support Build Up	Position to be a passing option. - Find space between the opponent's lines for penetration. - Peel off into blind spots - Adjust body shape to receive and play forward quickly.
	Create space for #2-5 to move or pass forward.
	Drop in to create an advantage or a passing option (#6, or #8).
Play Forward with Intent	Play precise passes that break lines when possible. - Use quick passing combos (1-touch) - Deceive the opponent
	Dictate the pace of the game. - Know when to play forward or when to keep possession by playing a safe pass back or sideways.
	Create overloads with aggressive forward runs, with and without the ball: - give and go
	Switch the point of attack to create advantages.
Break Down Defense and Finish the Attack	Create Scoring Opportunities: - make the final pass. - create 1v1 or 2v1
	Make aggressive forward runs into the box.

Defending	
Position to Form a Compact Block	Create and maintain a compact defensive block: - Maintain vertical and horizontal compactness (push up, shift, hold the line, drop off, etc.). - Position to reduce space centrally. - Stay connected with CBs. - Direct teammates to make and keep a compact block.
Build and Initiate Pressure	Read the opponent's attack and intentions.
	Press in identified situations. - Hunt in packs. Outnumber the opponent to force a mistake and win the ball with an interception or tackle.
	Drop and delay when outnumbered.
	Screen and protect the space in front of the CBs. - Cut off central passing lanes. - Intercept passes.
Dominate 1v1	Dominate 1v1 duels by using good technique and strength: - Quickly close down space centrally.. - Use your body to block or disrupt the opponent's movement. - Tackle when you can win it. - Delay or channel the opponent when it's not possible to tackle. - Recover quickly if the opponent gets by.
Preventing Scoring	Protect the goal: - Immediately block opponent shots. - Be the first to the ball (ground and air). - Deny opponent short passing combinations. - Track late runs into the box.

Wide Forward (#7, #11)

Attacking	
Read the Game	Scan the field to observe and analyze: - the position of teammates and opponents. - the intentions of opponents (pressure). - teammates with an advantage (open).
Support Build Up	Stretch the opponent: - position high and wide to stretch opp and create space for teammates. - Peel off to create width or draw the opponent.
	Position between the lines to provide diagonal passing options.
Play Forward with Intent	Play precise passes that break lines when possible. - Use quick passing combos (1-touch). - give and go. - Deceive the opponent. - Adjust body shape to make intentional first touch. - Switch the point of attack.
	Make aggressive forward runs, with and without the ball: - Make varied runs behind the defensive line. - Beat the offside line. - move central to create space for Outside Backs to move up the flank. - Beat opponent 1v1 using quick movement.
Break Down Defense and Finish the Attack	Deliver crosses and finishing passes: - play passes that beat defenders and goalkeeper. - identify late runners into the box. - create 2v1s
	Finish

Defending	
Position to Form a Compact Block	Create and maintain a compact defensive block: - Maintain vertical and horizontal compactness (push up, shift, hold the line, drop off, etc.). - Stay connected with midfielders.
Build and Initiate Pressure	Read the opponent's attack and intentions.
	Press in identified situations. - Hunt in packs. Outnumber the opponent to force a mistake and win the ball with an interception or tackle.
	Prevent the opponent from passing or dribbling forward. - Cut off passing lanes and intercept passes. - Prevent the opponent from switching the point of attack.
	Channel the opponent’s attack. - Force the opponent into the preferred pressing zone..
	Defend in low wide areas. - Assist OB in wide areas when needed. - Prevent crosses.

Transition	
Attack > Defend	Pressure the ball quickly to prevent the opponent from launching a quick counter-attack.
Defend > Attack	Position to help the team hold the ball (relieve pressure) or launch a quick counter-attack.

Center Forward (#9)

Attacking	
Read the Game	Scan the field to observe and analyze: - the position of teammates and opponents. - the intentions of opponents (pressure). - teammates with an advantage (open).
Support Build Up	Stretch the opponent: - position high and central to stretch the opponent and create space for teammates. - Peel off to find space or draw the opponent.
	Drop in between the lines to create an overload and/or provide diagonal passing options.
Play Forward with Intent	Play precise passes that break lines when possible. - Use quick passing combos (1-touch). - give and go. - Deceive the opponent. - Adjust body shape to make intentional first touch.
	Make aggressive forward runs, with and without the ball: - Make varied runs behind the defensive line. - Beat the offside line. - Beat opponent 1v1 using quick movement.
Break Down Defense and Finish the Attack	Score goals: - Finish from distance or off the dribble. - Finish from cross or pass (head or foot). - Finish loose balls and rebounds. - Recognize open teammates and assist.

Defending	
Position to Form a Compact Block	Create and maintain a compact defensive block: - Maintain vertical and horizontal compactness (push up, shift, hold the line, drop off, etc.). - Stay connected with midfielders.
Build and Initiate Pressure	Read the opponent's attack and intentions.
	Channel the opponent's attack. - Force the opponent into the preferred pressing zone..
	Prevent the opponent from passing or dribbling forward. - Cut off passing lanes and intercept passes. - Prevent the opponent from switching the point of attack.
	Press in identified situations. - Hunt in packs. Outnumber the opponent to force a mistake and win the ball.. - Assist the midfield by pressing from behind.
Keep Attacking Balance	Anticipate and position for a quick counter-attack for the moment we win the ball.

Transition	
Attack > Defend	Pressure the ball quickly to prevent the opponent from launching a quick counter-attack.
Defend > Attack	Position to help the team hold the ball (relieve pressure) or launch a quick counter-attack.