**Player Profiles – Under 9s**

Goalkeeper



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Show a reasonable understanding of body position (into line & down the line) | Display a good level of physical fitness | Maintain appropriate behaviours away from the football club | Accept mistakes and deal with them appropriately |
| Understand that they can be a passing option for defenders | Use appropriate footwork to move around the area/make saves | Be a good team-mate | Understand his role in the team |
| Demonstrate good shot stopping ability |  | Assist the coach & team-mates when setting up/tidying up | Show good levels of concentration in training/games |
| Display good technique when kicking the ball with stronger foot (volley or ground) |  |  | Be willing to attempt to use the weaker foot appropriately |
| Be able to start attacks by rolling and throwing |  |  |  |
| Understand the difference between space or to feet |  |  |  |
| Be able to communicate obvious danger to defenders |  |  |  |

Full backs



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform basic techniques to a good level with stronger foot | Good levels of agility allowing them to react to opponents | Maintain appropriate behaviours away from the football club | Be willing to receive the ball in the defensive 3rd |
| Play the ball when stationary or moving at slow speed | Good footwork, coordination and stability | Be a good team-mate | Understand his role in the team |
| Understand how to create space as an individual | Be able to recover quickly when the ball turns over (transition) | Assist the coach & team-mates when setting up/tidying up | Show a determination to prevent and break up attacks |
| Understand the difference between RWTB and dribbling |  |  | Be willing to attempt to use the weaker foot appropriately |
| Attack & defend effectively in 1v1 situations |  |  |  |
| Be willing to receive the ball at all times |  |  |  |

Centre Backs



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform a range of techniques confidently with stronger foot | Show good footwork in 1v1 defensive situations | Maintain appropriate behaviours away from the football club | Understands his role in the team |
| Play the ball when stationary or moving at slow speed | Good agility to cope with changes of pace/direction | Be a good team-mate | Brave and courageous – to want the ball, to prevent shots, to win tackles |
| Understand how to create space as an individual | Ability to recover in transition | Assist the coach & team-mates when setting up/tidying up | Be willing to receive the ball in the defensive 3rd |
| Have a basic Understanding of how to mark & cover |  |  | Be willing to attempt to use the weaker foot appropriately |
| Ability to defend in 1v1 situations |  |  |  |
| Willing to receive the ball from GK behind retreat line and start attacks |  |  |  |

Wide Midfield Players



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform a range of techniques with stronger foot | Good footwork, coordination and stability | Maintain appropriate behaviours away from the football club | Confident to try tricks and feints in wide areas |
| Play the ball when stationary or moving at slow speed | Good energy levels to allow them to work up and down the pitch | Be a good team-mate | Imaginative in his attacking play |
| Understand the use of width and depth | The ability to recover quickly | Assist the coach & team-mates when setting up/tidying up | Be willing to attempt to use the weaker foot appropriately |
| Effective in 1v1 attacking situations using deception & disguise |  |  |  |
| Recognises space and how to use it RWTB or dribble? |  |  |  |
| Able to defend in 1v1 situations |  |  |  |

Central Midfield Players



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform a range of techniques with stronger foot | Speed over long, medium & short distances | Maintain appropriate behaviours away from the football club | Works for the team – providing support in attack & cover in defence |
| Play the ball when stationary or moving at slow speed | High energy levels to support attacks and recover defensively | Be a good team-mate | Confident to receive in tighter areas |
| Understand the concept of making and exploiting space | Good agility & flexibility | Assist the coach & team-mates when setting up/tidying up | Be willing to attempt to use the weaker foot appropriately |
| Ability to use a few turns and feints to protect the ball |  |  |  |
| Shoots effectively developing different techniques |  |  |  |
| Willing to receive the ball under pressure |  |  |  |
| Understand difference between passing to feet and space |  |  |  |

Strikers



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform a range of techniques with stronger foot | Speed over short & medium distances | Maintain appropriate behaviours away from the football club | A desire to score goals |
| Play the ball when stationary or moving at slow speed | Quick feet to create shooting opportunities | Be a good team-mate | Confident to shoot on goal even under pressure |
| Understand the concepts of width and depth | Good agility, coordination and reactions | Assist the coach & team-mates when setting up/tidying up | Works for the team – providing support in attack & cover in defence |
| Can spot opportunities to RWTB and dribble |  |  | Be willing to attempt to use the weaker foot appropriately |
| Uses a variety of techniques when shooting at goal |  |  |  |
| Recognises that he is the first line of defence |  |  |  |
| Use a range of turns and feints to protect the ball |  |  |  |

**Player Profiles – Under 10s**

Goalkeeper



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Show a reasonable understanding of body position (into line & down the line) | Display a good level of physical fitness | Maintain appropriate behaviours away from the football club | Accept mistakes and deal with them appropriately |
| Regularly providing a passing option for defenders | Use appropriate footwork to move around the area/make saves | Be a good team-mate | Understand his role in the team |
| Demonstrate good shot stopping ability, and a range of different saving techniques(catch/parry/punch) | Good mobility/flexibility and reactions | Assist the coach & team-mates when setting up/tidying up | Show good levels of concentration in training/games |
| Display good technique when kicking the ball with stronger foot (volley or ground) |  | Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle | Be willing to attempt to use the weaker foot appropriately |
| Be able to start attacks by rolling and throwing |  |  |  |
| Understand the difference between space or to feet |  |  |  |
| Be able to communicate obvious danger to defenders |  |  |  |
| Display a good understanding of starting position |  |  |  |

Full backs



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform basic techniques to a good level with stronger foot, and some with weaker foot | Good levels of agility allowing them to react to opponents | Maintain appropriate behaviours away from the football club | Be willing to receive the ball in the defensive 3rd |
| Play the ball when stationary or moving at slow speed | Good footwork, coordination and stability | Be a good team-mate | Understand his role in the team |
| Understand and demonstrate how to create space as an individual | Be able to recover quickly when the ball turns over (transition) | Assist the coach & team-mates when setting up/tidying up | Show a determination to prevent and break up attacks |
| Understand the difference between RWTB and dribbling and regular performance of these skills | Starting to time jumps with explosive power to win headers defensively | Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle | Be willing to attempt to use the weaker foot appropriately |
| Attack & defend effectively in 1v1 situations |  |  |  |
| Be willing to receive the ball at all times |  |  |  |
| Understanding concepts such as overlaps and underlaps, as well as supporting behind the play |  |  |  |

Centre Backs



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform a range of techniques confidently with stronger foot, and some with weaker foot | Show good footwork in 1v1 defensive situations | Maintain appropriate behaviours away from the football club | Understands his role in the team |
| Play the ball when stationary or moving at slow speed | Good agility to cope with changes of pace/direction | Be a good team-mate | Brave and courageous – to want the ball, to prevent shots, to win tackles |
| Understand and demonstrate how to create space as an individual | Ability to recover in transition | Assist the coach & team-mates when setting up/tidying up | Be willing to receive the ball in the defensive 3rd |
| Have a basic Understanding of how to mark & cover | Strong when making tackles | Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle | Be willing to attempt to use the weaker foot appropriately |
| Ability to turn & change direction |  |  |  |
| Ability to defend in 1v1 situations, showing good body shape and quick feet |  |  |  |
| Willing to receive the ball from GK behind retreat line and start attacks |  |  |  |
| Starting to spot and play good forward passes into midfield(starting attacks) |  |  |  |

Wide Midfield Players



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform a range of techniques with stronger foot, and some with weaker foot | Good footwork, coordination and stability | Maintain appropriate behaviours away from the football club | Confident to try tricks and feints in wide areas |
| Play the ball when stationary or moving at slow speed | Good energy levels to allow them to work up and down the pitch | Be a good team-mate | Start to show imagination/creativity in his attacking play |
| Understand and demonstrate the use of width and depth | The ability to recover quickly | Assist the coach & team-mates when setting up/tidying up | Be willing to attempt to use the weaker foot appropriately |
| Effective in 1v1 attacking situations using deception & disguise | Good acceleration away from opponents | Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle |  |
| Recognises space and how to use it RWTB or dribble? |  |  |  |
| Able to defend in 1v1 situations |  |  |  |
| Able to cross from different areas with relative success with stronger foot |  |  |  |
| Starting to recognise when, how and why to support the strikers |  |  |  |

Central Midfield Players



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
|  |  |  |  |
| Be able to perform a range of techniques with stronger foot, and some with weaker foot | Speed over long, medium & short distances | Maintain appropriate behaviours away from the football club | Works for the team – providing support in attack & cover in defence |
| Play the ball when stationary or moving at slow speed | High energy levels to support attacks and recover defensively | Be a good team-mate | Confident to receive in tighter areas |
| Understand the concept of making and exploiting space | Good agility & flexibility | Assist the coach & team-mates when setting up/tidying up | Be willing to attempt to use the weaker foot appropriately |
| Ability to use a variety turns and feints to protect the ball | Utilising body strength and balance to protect the ball | Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle |  |
| Shoots effectively developing different techniques |  |  |  |
| Willing to receive the ball under pressure |  |  |  |
| Understand difference between passing to feet and space |  |  |  |

Strikers



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform a range of techniques with stronger foot, and some with weaker foot | Speed over short & medium distances | Maintain appropriate behaviours away from the football club | A desire to score goals |
| Play the ball when stationary or moving at slow speed | Quick feet to create shooting opportunities | Be a good team-mate | Confident to shoot on goal even under pressure |
| Understand and demonstrate the concepts of width and depth | Good agility, coordination and reactions | Assist the coach & team-mates when setting up/tidying up | Works for the team – providing support in attack & cover in defence |
| Can spot opportunities to RWTB and dribble and starting to pick the right option | Good acceleration away from defenders | Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle | Be willing to attempt to use the weaker foot appropriately |
| Uses a variety of techniques when shooting at goal | Utilising body strength and balance to protect the ball |  |  |
| Recognises that he is the first line of defence |  |  |  |
| Use of a range turns and feints to protect the ball |  |  |  |
| Good timing of runs in behind opponent’s defences |  |  |  |

**Player Profiles – Under 11s**

Goalkeeper



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Show a reasonable understanding of body position (into line & down the line) | Display a good level of physical fitness | Maintain appropriate behaviours away from the football club | Accept mistakes and deal with them appropriately |
| Regularly providing a passing option for defenders | Use appropriate footwork to move around the area/make saves | Be a good team-mate | Understand his role in the team |
| Demonstrate good shot stopping ability, and a range of different saving techniques(catch/parry/punch) | Good mobility/flexibility and reactions | Assist the coach & team-mates when setting up/tidying up | Show good levels of concentration in training/games |
| Display good technique when kicking the ball with stronger foot (volley or ground) | Developing explosive leg strength and timing when catching crosses | Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle | Be willing to attempt to use the weaker foot appropriately |
| Be able to start attacks by rolling and throwing |  | Encourage teammates after making mistakes |  |
| Understand the difference between passing to space or to feet |  |  |  |
| Be able to communicate obvious danger to defenders |  |  |  |
| Display a good understanding of starting position |  |  |  |
| Good decision making when starting attack (controlled possession/counter attack) |  |  |  |

Full backs



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform basic techniques to a good level with stronger foot, and some with weaker foot | Good levels of agility allowing them to react to opponents | Maintain appropriate behaviours away from the football club | Be willing to receive the ball in the defensive 3rd |
| Play the ball when stationary or moving at slow speed | Good footwork, coordination and stability | Be a good team-mate | Understand his role in the team |
| Understand and demonstrate how to create space as an individual | Be able to recover quickly when the ball turns over (transition) | Assist the coach & team-mates when setting up/tidying up | Show a determination to prevent and break up attacks |
| Understand the difference between RWTB and dribbling and regular performance of these skills | Starting to time jumps with explosive power to win headers defensively | Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle | Be willing to attempt to use the weaker foot appropriately |
| Attack & defend effectively in 1v1 situations |  | Encourage teammates after making mistakes |  |
| Be willing to receive the ball at all times |  |  |  |
| Understanding concepts such as overlaps and underlaps, as well as supporting behind the play and make good decisions based on these concepts. |  |  |  |
| Understand the reason he may show inside or outside and start to demonstrate these decisions during game time |  |  |  |

Centre Backs



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform a range of techniques confidently with stronger foot, and some with weaker foot | Show good footwork in 1v1 defensive situations | Maintain appropriate behaviours away from the football club | Understands his role in the team |
| Play the ball when stationary or moving at slow speed | Good agility to cope with changes of pace/direction | Be a good team-mate | Brave and courageous – to want the ball, to prevent shots, to win tackles |
| Understand and demonstrate how to create space as an individual | Ability to recover in transition | Assist the coach & team-mates when setting up/tidying up | Be willing to receive the ball in the defensive 3rd |
| Have a basic understanding of how to mark & cover | Strong when making tackles | Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle | Be willing to attempt to use the weaker foot appropriately |
| Ability to turn & change direction |  | Encourage teammates after making mistakes |  |
| Ability to defend in 1v1 situations, showing good body shape and quick feet |  |  |  |
| Willing to receive the ball from GK behind retreat line and start attacks |  |  |  |
| Starting to spot and play good forward passes into midfield(starting attacks) |  |  |  |
| Displaying good knowledge of when and where to delay attacks |  |  |  |

Wide Midfield Players



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform a range of techniques with stronger foot, and some with weaker foot | Good footwork, coordination and stability | Maintain appropriate behaviours away from the football club | Confident to try tricks and feints in wide areas |
| Play the ball when stationary or moving at slow speed | Good energy levels to allow them to work up and down the pitch | Be a good team-mate | Imaginative in his attacking play |
| Understand and demonstrate the use of width and depth | The ability to recover quickly | Assist the coach & team-mates when setting up/tidying up | Be willing to attempt to use the weaker foot appropriately |
| Effective in 1v1 attacking situations using deception & disguise on a regular basis | Good acceleration away from opponents | Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle | Demands the ball in the attacking 3rd |
| Recognises space and how to use it RWTB or dribble? |  | Encourage teammates after making mistakes |  |
| Able to defend in 1v1 situations |  |  |  |
| Able to cross from different areas with relative success with stronger foot |  |  |  |
| Starting to recognise when, how and why to support the strikers |  |  |  |
| Good levels of 1 and 2 touch passing and receiving, starting to use combinations |  |  |  |

Central Midfield Players



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform a range of techniques with stronger foot, and some with weaker foot | Speed over long, medium & short distances | Maintain appropriate behaviours away from the football club | Works for the team – providing support in attack & cover in defence |
| Play the ball when stationary or moving at slow speed | High energy levels to support attacks and recover defensively | Be a good team-mate | Confident to receive in tighter areas |
| Understand the concept of making and exploiting space | Good agility & flexibility | Assist the coach & team-mates when setting up/tidying up | Be willing to attempt to use the weaker foot appropriately |
| Ability to use a range of turns and feints to protect the ball | Utilising body strength and balance to protect the ball | Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle | A creative approach when in possession |
| Shoots effectively using a variety of techniques |  | Encourage teammates after making mistakes |  |
| Willing to receive the ball under pressure |  |  |  |
| Understand difference between passing to feet and space |  |  |  |
| Good levels of 1 and 2 touch passing and receiving, starting to use combinations |  |  |  |

Strikers



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform a range of techniques with stronger foot, and some with weaker foot | Speed over short & medium distances | Maintain appropriate behaviours away from the football club | A desire to score goals |
| Play the ball when stationary or moving at slow speed | Quick feet to create shooting opportunities | Be a good team-mate | Confident to shoot on goal even under pressure |
| Understand and demonstrate the concepts of width and depth | Good agility, coordination and reactions | Assist the coach & team-mates when setting up/tidying up | Works for the team – providing support in attack & cover in defence |
| Can spot opportunities to RWTB and dribble and starting to pick the right option | Good acceleration away from defenders | Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle | Be willing to attempt to use the weaker foot appropriately |
| Uses a good range of techniques when shooting at goal | Utilising body strength and balance to protect the ball | Encourage teammates after making mistakes | A creative approach in front of goal |
| Recognises that he is the first line of defence |  |  |  |
| Use of a range of turns and feints to protect the ball |  |  |  |
| Good timing of runs in behind opponent defences |  |  |  |

**Player Profiles – Under 12**

Goalkeeper



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Show a good understanding of body position (into line & down the line) | Display a good level of physical fitness | Maintain appropriate behaviours away from the football club | Understand his role in the team |
| Show a good understanding of how to support the game (outfield play) | Use appropriate footwork to move around the area/make saves | Be a good team-mate | Show good levels of concentration in training/games |
| Demonstrate good shot stopping ability | Be able to accelerate/decelerate effectively | Assist the coach & team-mates when setting up/tidying up | Be a “leader” of the defence |
| Display good technique when kicking the ball with both feet (volley & half-volley) | Have good range of movement in the upper body | Contribute to your own development by asking questions | Accept mistakes and deal with them appropriately |
| Be able to start attacks by rolling and throwing | Display good core strength | Take responsibility for contacting the club regarding non-availability for training/games. | Disciplined, structured lifestyle |
| Know when & where to deliver (feet or space) |  | Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle |  |
| Be able to communicate and organise the team in front of him |  |  |  |
| Know when to punch, parry or catch |  |  |  |
| Understand and manage the “state” of the game (when to play quick/slow down) |  |  |  |
| Know when and how to come for crosses. |  |  |  |

Full backs



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Play the ball when stationary or moving at speed | Good speed over short, medium & long distances | Maintain appropriate behaviours away from the football club | Understand his role in the team |
| Understand how to create space as an individual | Good aerobic fitness levels | Be a good team-mate | Disciplined, structured lifestyle |
| Understand when to run with the ball to attack space | Explosive power/timing to be an effective header of the ball | Assist the coach & team-mates when setting up/tidying up | Willing to work for the team – provide attacking support and defensive cover |
| Attack & defend effectively in 1v1 situations | Good agility to cope with changes of pace/direction | Contribute to your own development by asking questions | Brave and courageous – to want the ball, to prevent shots, to win tackles |
| Head the ball both offensively & defensively | Be able to cope physically with opponents | Take responsibility for contacting the club regarding non-availability for training/games |  |
| Use a wide range of techniques to regain the ball (tackling & intercepting) | Be able to recover quickly when the ball turns over (transition) | Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle |  |
| Be willing to receive the ball at all times |  |  |  |
| Understands when/where to make forward runs (overlaps/underlaps) |  |  |  |
| Understand how to mark & cover |  |  |  |
| Recognise defensive triggers (step up, press, drop off) |  |  |  |
| Can adapt/evolve to changes in the game (tactical, role etc.) |  |  |  |

Centre Backs



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Play the ball when stationary or moving at speed | Show good speed over short & medium distances | Maintain appropriate behaviours away from the football club | Disciplined, structured lifestyle |
| Understand how to create space as an individual | Good anaerobic fitness | Be a good team-mate | Works for the team – provides attacking support & defensive cover |
| Understand when to advance into midfield with the ball | Ability to recover in transition | Assist the coach & team-mates when setting up/tidying up | Understands his role in the team |
| Ability to turn & change direction | Explosive power/timing to be an effective header of the ball | Contribute to your own development by asking questions | Brave and courageous – to want the ball, to prevent shots, to win tackles |
| Ability to defend in 1v1 situations | Good agility to cope with changes of pace/direction | Take responsibility for contacting the club regarding non-availability for training/games | Be a leader on & off the pitch |
| Can defend/compete aerially | Be able to cope physically with opponents | Be a good communicator & organiser |  |
| Understand how & where to clear a variety of balls & crosses | Good upper body strength to cope with duels in and around the area | Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle |  |
| Use a wide range of techniques to regain the ball (tackling & intercepting) |  |  |  |
| Willing to receive the ball at all times |  |  |  |
| Recognise the risk involved in playing this position |  |  |  |
| Understand how to mark & cover |  |  |  |
| Begin to recognise defensive triggers (step up, press, drop off) |  |  |  |
| Positional Awareness |  |  |  |

Wide Midfield Players



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Play the ball when stationary or moving at speed | Good speed over short, medium & long distances | Maintain appropriate behaviours away from the football club | Disciplined & structured lifestyle |
| Understand how to create space as an individual & as a team | The ability to recover quickly | Be a good team-mate | Brave & courageous – is available when his team needs him |
| Effective in 1v1 attacking situations using deception & disguise | Explosive power for changes of pace, direction and jumping | Assist the coach & team-mates when setting up/tidying up | Imaginative in his attacking play |
| Able to defend in 1v1 situations | Good strength to cope with physically stronger opponents | Contribute to your own development by asking questions | Willing to receive the ball at all times |
| Begin to head the ball effectively both offensively & defensively |  | Take responsibility for contacting the club regarding non-availability for training/games |  |
| Use a wide range of techniques to regain the ball |  |  |  |
| Recognises space and how to use it |  |  |  |
| Understands the importance of combination play |  |  |  |
| Understands how to operate as an attacker when away from the ball |  |  |  |
| Recognises his role as a defender when out of possession |  |  |  |

Central Midfield Players



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Play the ball when stationary or moving at speed | Speed over long, medium & short distances | Maintain appropriate behaviours away from the football club | Disciplined & structured lifestyle |
| Understand how to create space as an individual & as a team | Good agility & flexibility | Be a good team-mate | Works for the team – providing support in attack & cover in defence |
| Effective in 1v1 attacking situations using deception & disguise & 1v1 defending situations | The ability to recover | Assist the coach & team-mates when setting up/tidying up | Brave & courageous in all aspects of play |
| Shoots effectively & with a range of techniques | Explosive power to aid all aspects of the game | Take responsibility for contacting the club regarding non-availability for training/games | Authoritative – big personality & a leader on & off the pitch |
| Can defend/compete aerially | Ability to dominate this critical area of the pitch | Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle | Willing to receive the ball at all times |
| Use a wide range of techniques to regain the ball e.g. tackling/intercepting |  | Important to develop good communication skills |  |
| Able to change the point of attack using different techniques |  |  |  |
| Is able to time & anticipate forward runs |  |  |  |
| Understands his position in relation to the location of the ball |  |  |  |
| Can adapt/evolve to changes in the game (tactical, role etc.) |  |  |  |

Strikers



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Play the ball when stationary or moving at speed | Speed over short & medium distances | Maintain appropriate behaviours away from the football club | A desire to score goals |
| Understand how to create space as an individual & as a team | A high level of anaerobic fitness | Be a good team-mate | Disciplined & structured lifestyle |
| Effective in 1v1 attacking situations using deception & disguise & 1v1 defending situations | The ability to recover quickly | Assist the coach & team-mates when setting up/tidying up | Works for the team – providing support in attack & cover in defence |
| Shoots effectively & with a range of techniques |  | Take responsibility for contacting the club regarding non-availability for training/games | Brave & courageous in all aspects of play |
| Is comfortable receiving the ball with his back to goal with limited pressure |  | Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle | Authoritative – big personality & a leader on & off the pitch |
| Shows an ability to improvise in the area |  |  | Responsible & stable temperament |
| Understands how & why to time forward runs |  |  | Calm & controlled when presented with scoring opportunities |
| Understands when to play quickly & when to hold the ball up |  |  |  |
| Positions himself to attack crosses into the box |  |  |  |
| Recognises that he is the first line of defence |  |  |  |
| Understands his position in relation to the location of the ball |  |  |  |

**Player Profiles – Under 13**

Goalkeeper



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Show a good understanding of body position (into line & down the line) | Display a good level of physical fitness | Maintain appropriate behaviours away from the football club | Understand his role in the team |
| Show a good understanding of how to support the game (outfield play) | Use appropriate footwork to move around the area/make saves | Be a good team-mate | Show good levels of concentration in training/games |
| Demonstrate good shot stopping ability | Be able to accelerate/decelerate effectively | Assist the coach & team-mates when setting up/tidying up | Be a “leader” of the defence |
| Display good technique when kicking the ball with both feet (volley & half-volley) | Have good range of movement in the upper body | Contribute to your own development by asking questions | Accept mistakes and deal with them appropriately |
| Be able to start attacks by rolling and throwing | Display good core strength | Take responsibility for contacting the club regarding non-availability for training/games. | Disciplined, structured lifestyle |
| Know when & where to deliver (feet or space) |  | Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle |  |
| Be able to communicate and organise the team in front of him |  |  |  |
| Know when to punch, parry or catch |  |  |  |
| Understand and manage the “state” of the game (when to play quick/slow down) |  |  |  |
| Know when and how to come for crosses. |  |  |  |

Full backs



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Play the ball when stationary or moving at speed | Good speed over short, medium & long distances | Maintain appropriate behaviours away from the football club | Understand his role in the team |
| Understand how to create space as an individual | Good aerobic fitness levels | Be a good team-mate | Disciplined, structured lifestyle |
| Understand when to run with the ball to attack space | Explosive power/timing to be an effective header of the ball | Assist the coach & team-mates when setting up/tidying up | Willing to work for the team – provide attacking support and defensive cover |
| Attack & defend effectively in 1v1 situations | Good agility to cope with changes of pace/direction | Contribute to your own development by asking questions | Brave and courageous – to want the ball, to prevent shots, to win tackles |
| Head the ball both offensively & defensively | Be able to cope physically with opponents | Take responsibility for contacting the club regarding non-availability for training/games |  |
| Use a wide range of techniques to regain the ball (tackling & intercepting) | Be able to recover quickly when the ball turns over (transition) | Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle |  |
| Be willing to receive the ball at all times |  |  |  |
| Understands when/where to make forward runs (overlaps/underlaps) |  |  |  |
| Understand how to mark & cover |  |  |  |
| Recognise defensive triggers (step up, press, drop off) |  |  |  |
| Can adapt/evolve to changes in the game (tactical, role etc.) |  |  |  |

Centre Backs



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Play the ball when stationary or moving at speed | Show good speed over short & medium distances | Maintain appropriate behaviours away from the football club | Disciplined, structured lifestyle |
| Understand how to create space as an individual | Ability to recover in transition | Be a good team-mate | Works for the team – provides attacking support & defensive cover |
| Understand when to advance into midfield with the ball | Explosive power/timing to be an effective header of the ball | Assist the coach & team-mates when setting up/tidying up | Understands his role in the team |
| Ability to turn & change direction | Good agility to cope with changes of pace/direction | Contribute to your own development by asking questions | Brave and courageous – to want the ball, to prevent shots, to win tackles |
| Ability to defend in 1v1 situations | Be able to cope physically with opponents | Take responsibility for contacting the club regarding non-availability for training/games | Be a leader on & off the pitch |
| Can defend/compete aerially | Good upper body strength to cope with duels in and around the area | Be a good communicator & organiser | Willing to receive the ball at all times |
| Understand how & where to clear a variety of balls & crosses |  | Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle |  |
| Use a wide range of techniques to regain the ball (tackling & intercepting) |  |  |  |
| Able to switch play effectively using combination play |  |  |  |
| Recognise the risk involved in playing this position |  |  |  |
| Understand how to mark & cover |  |  |  |
| Recognise defensive triggers (step up, press, drop off) |  |  |  |
| Can adapt/evolve to changes in the game (tactical, role etc.) |  |  |  |

Wide Midfield Players



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Play the ball when stationary or moving at speed | Good speed over short, medium & long distances | Maintain appropriate behaviours away from the football club | Disciplined & structured lifestyle |
| Understand how to create space as an individual & as a team | The ability to recover quickly | Be a good team-mate | Brave & courageous – is available when his team needs him |
| Effective in 1v1 attacking situations using deception & disguise | Explosive power for changes of pace, direction and jumping | Assist the coach & team-mates when setting up/tidying up | Imaginative in his attacking play |
| Able to defend in 1v1 situations | Good strength to cope with physically stronger opponents | Contribute to your own development by asking questions | Willing to receive the ball at all times |
| Able to head the ball effectively both offensively & defensively |  | Take responsibility for contacting the club regarding non-availability for training/games |  |
| Use a wide range of techniques to regain the ball |  |  |  |
| Recognises space and how to use it |  |  |  |
| Recognise when to play wide & when to come inside |  |  |  |
| Understands the importance of combination play |  |  |  |
| Understands how to operate as an attacker when away from the ball |  |  |  |
| Recognises his role as a defender when out of possession |  |  |  |
| Understands how & when to provide cover, track runners |  |  |  |
| Can adapt/evolve to changes in the game (tactical, role etc.) |  |  |  |

Central Midfield Players



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Play the ball when stationary or moving at speed | Speed over long, medium & short distances | Maintain appropriate behaviours away from the football club | Disciplined & structured lifestyle |
| Understand how to create space as an individual & as a team | A high level of aerobic & anaerobic fitness | Be a good team-mate | Works for the team – providing support in attack & cover in defence |
| Effective in 1v1 attacking situations using deception & disguise & 1v1 defending situations | Good agility & flexibility | Assist the coach & team-mates when setting up/tidying up | Brave & courageous in all aspects of play |
| Shoots effectively & with a range of techniques | The ability to recover | Take responsibility for contacting the club regarding non-availability for training/games | Authoritative – big personality & a leader on & off the pitch |
| Can defend/compete aerially | Explosive power to aid all aspects of the game | Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle | Willing to receive the ball at all times |
| Use a wide range of techniques to regain the ball e.g. tackling/intercepting | Ability to dominate this critical area of the pitch | Important to have good communication skills |  |
| Can operate in different formations |  |  |  |
| Able to change the point of attack using different techniques |  |  |  |
| Begins to understand about the tempo of the game |  |  |  |
| Is able to time & anticipate forward runs |  |  |  |
| Understands his position in relation to the location of the ball |  |  |  |
| Can adapt/evolve to changes in the game (tactical, role etc.) |  |  |  |

Strikers



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Play the ball when stationary or moving at speed | Speed over short & medium distances | Maintain appropriate behaviours away from the football club | A desire to score goals |
| Understand how to create space as an individual & as a team | A high level of anaerobic fitness | Be a good team-mate | Disciplined & structured lifestyle |
| Effective in 1v1 attacking situations using deception & disguise & 1v1 defending situations | The ability to recover quickly | Assist the coach & team-mates when setting up/tidying up | Works for the team – providing support in attack & cover in defence |
| Shoots effectively & with a range of techniques | Good upper body strength to enable him to dominate duels | Take responsibility for contacting the club regarding non-availability for training/games | Brave & courageous in all aspects of play |
| Is comfortable receiving the ball with his back to goal whilst under pressure |  | Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle | Authoritative – big personality & a leader on & off the pitch |
| Shows an ability to improvise in the area |  |  | Responsible & stable temperament |
| Can cross effectively from all areas |  |  | Calm & controlled when presented with scoring opportunities |
| Understands when to play quickly & when to hold the ball up |  |  |  |
| Positions himself to attack crosses into the box |  |  |  |
| Recognises that he is the first line of defence |  |  |  |
| Understands his position in relation to the location of the ball |  |  |  |
| Can adapt/evolve to changes in the game (tactical, role etc.) |  |  |  |
| Understand that his role is based around scoring goals and providing opportunities for others |  |  |  |

**Player Profiles – Under 14**

Goalkeeper



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Show a good understanding of body position (into line & down the line) | Display a good level of physical fitness | Maintain appropriate behaviours away from the football club | Understand his role in the team |
| Show a good understanding of how to support the game (outfield play) | Use appropriate footwork to move around the area/make saves | Be a good team-mate | Show good levels of concentration in training/games |
| Demonstrate good shot stopping ability | Be able to accelerate/decelerate effectively | Assist the coach & team-mates when setting up/tidying up | Be a “leader” of the defence |
| Display good technique when kicking the ball with both feet (volley & half-volley) | Have good range of movement in the upper body | Contribute to your own development by asking questions | Accept mistakes and deal with them appropriately |
| Be able to start attacks by rolling and throwing | Display good core strength | Take responsibility for contacting the club regarding non-availability for training/games. | Disciplined, structured lifestyle |
| Know when & where to deliver (feet or space) | Have good upper body strength (wrists, hands, shoulders) | Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle |  |
| Be able to communicate and organise the team in front of him |  |  |  |
| Know when to punch, parry or catch |  |  |  |
| Understand and manage the “state” of the game (when to play quick/slow down) |  |  |  |
| Know when and how to come for crosses. |  |  |  |

Full backs



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side | Good speed over short, medium & long distances | Maintain appropriate behaviours away from the football club | Understand his role in the team |
| Play the ball when stationary or moving at speed | Good fitness levels | Be a good team-mate | Disciplined, structured lifestyle |
| Understand how to create space as an individual | Explosive power/timing to be an effective header of the ball | Assist the coach & team-mates when setting up/tidying up | Willing to work for the team – provide attacking support and defensive cover |
| Understand when to run with the ball to attack space | Good agility to cope with changes of pace/direction | Contribute to your own development by asking questions | Brave and courageous – to want the ball, to prevent shots, to win tackles |
| Attack & defend effectively in 1v1 situations | Be able to cope physically with opponents | Take responsibility for contacting the club regarding non-availability for training/games | Be willing to receive the ball at all times |
| Head the ball both offensively & defensively | Be able to recover quickly when the ball turns over (transition) | Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle |  |
| Use a wide range of techniques to regain the ball (tackling & intercepting) |  |  |  |
| Understands when/where to make forward runs (overlaps/underlaps) |  |  |  |
| Understand how to mark & cover |  |  |  |
| Recognise defensive triggers (step up, press, drop off) |  |  |  |
| Can adapt/evolve to changes in the game (tactical, role etc.) |  |  |  |

Centre Backs



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side | Show good speed over short & medium distances | Maintain appropriate behaviours away from the football club | Disciplined, structured lifestyle |
| Play the ball when stationary or moving at speed | Good fitness levels | Be a good team-mate | Works for the team – provides attacking support & defensive cover |
| Understand how to create space as an individual | Ability to recover in transition | Assist the coach & team-mates when setting up/tidying up | Understands his role in the team |
| Understand when to advance into midfield with the ball | Explosive power/timing to be an effective header of the ball | Contribute to your own development by asking questions | Brave and courageous – to want the ball, to prevent shots, to win tackles |
| Ability to turn & change direction | Good agility to cope with changes of pace/direction | Take responsibility for contacting the club regarding non-availability for training/games | Be a leader on & off the pitch |
| Ability to defend in 1v1 situations | Be able to cope physically with opponents | Be a good communicator & organiser | Willing to receive the ball at all times |
| Can defend/compete aerially | Good upper body strength to cope with duels in and around the area | Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle |  |
| Can head powerfully both offensively & defensively |  |  |  |
| Understand how & where to clear a variety of balls & crosses |  |  |  |
| Use a wide range of techniques to regain the ball (tackling & intercepting) |  |  |  |
| Able to switch play effectively |  |  |  |
| Recognise the risk involved in playing this position |  |  |  |
| Understand how to mark & cover |  |  |  |
| Recognise defensive triggers (step up, press, drop off) |  |  |  |
| Can adapt/evolve to changes in the game (tactical, role etc.) |  |  |  |

Wide Midfield Players



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side | Good speed over short, medium & long distances | Maintain appropriate behaviours away from the football club | Disciplined & structured lifestyle |
| Play the ball when stationary or moving at speed | High aerobic & anaerobic fitness levels | Be a good team-mate | Brave & courageous – is available when his team needs him |
| Understand how to create space as an individual & as a team | The ability to recover quickly | Assist the coach & team-mates when setting up/tidying up | Imaginative in his attacking play |
| Effective in 1v1 attacking situations using deception & disguise | Explosive power for changes of pace, direction and jumping | Contribute to your own development by asking questions | Willing to receive the ball at all times |
| Ability to cross from all areas | Good strength to cope with physically stronger opponents | Take responsibility for contacting the club regarding non-availability for training/games |  |
| Able to defend in 1v1 situations |  |  |  |
| Able to head the ball effectively both offensively & defensively |  |  |  |
| Use a wide range of techniques to regain the ball |  |  |  |
| Recognises space and how to use it |  |  |  |
| Begin to recognise when to play wide & when to come inside |  |  |  |
| Understands the importance of combination play |  |  |  |
| Understands how to operate as an attacker when away from the ball |  |  |  |
| Recognises his role as a defender when out of possession |  |  |  |
| Understands how & when to provide cover, track runners |  |  |  |
| Can adapt/evolve to changes in the game (tactical, role etc.) |  |  |  |

Central Midfield Players



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side | Speed over long, medium & short distances | Maintain appropriate behaviours away from the football club | Disciplined & structured lifestyle |
| Play the ball when stationary or moving at speed | A high level of aerobic & anaerobic fitness | Be a good team-mate | Works for the team – providing support in attack & cover in defence |
| Understand how to create space as an individual & as a team | Good agility & flexibility | Assist the coach & team-mates when setting up/tidying up | Brave & courageous in all aspects of play |
| Effective in 1v1 attacking situations using deception & disguise & 1v1 defending situations | The ability to recover | Take responsibility for contacting the club regarding non-availability for training/games | Authoritative – big personality & a leader on & off the pitch |
| Shoots effectively & with a range of techniques | Explosive power to aid all aspects of the game | Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle | Willing to receive the ball at all times |
| Can defend/compete aerially | Ability to dominate this critical area of the pitch | Important to have good communication skills |  |
| Use a wide range of techniques to regain the ball e.g. tackling/intercepting |  |  |  |
| Can operate in different formations |  |  |  |
| Understands how to break defensive lines |  |  |  |
| Able to change the point of attack using different techniques |  |  |  |
| Is able to control the tempo of the game |  |  |  |
| Is able to time & anticipate forward runs |  |  |  |
| Understands the importance of midfield rotation |  |  |  |
| Understands his position in relation to the location of the ball |  |  |  |
| Can adapt/evolve to changes in the game (tactical, role etc.) |  |  |  |

Strikers



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side | Speed over short & medium distances | Maintain appropriate behaviours away from the football club | A desire to score goals |
| Play the ball when stationary or moving at speed | A high level of fitness | Be a good team-mate | Disciplined & structured lifestyle |
| Understand how to create space as an individual & as a team | The ability to recover quickly | Assist the coach & team-mates when setting up/tidying up | Works for the team – providing support in attack & cover in defence |
| Effective in 1v1 attacking situations using deception & disguise & 1v1 defending situations | Explosive power for all aspects of the game | Take responsibility for contacting the club regarding non-availability for training/games | Brave & courageous in all aspects of play |
| Shoots effectively & with a range of techniques | Good upper body strength to enable him to dominate duels | Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle | Authoritative – big personality & a leader on & off the pitch |
| Is comfortable receiving the ball with his back to goal whilst under pressure |  |  | Responsible & stable temperament |
| Shows an ability to improvise in the area |  |  | Calm & controlled when presented with scoring opportunities |
| Can cross effectively from all areas |  |  |  |
| Understands how & when to make runs in front & behind defensive lines |  |  |  |
| Understands when to play quickly & when to hold the ball up |  |  |  |
| Positions himself to attack crosses into the box |  |  |  |
| Recognises that he is the first line of defence |  |  |  |
| Understands his position in relation to the location of the ball |  |  |  |
| Can adapt/evolve to changes in the game (tactical, role etc.) |  |  |  |
| Understand that his role is based around scoring goals and providing opportunities for others |  |  |  |

**Player Profiles – Under 15**

Goalkeeper



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Show a good understanding of body position (into line & down the line) | Display a good level of physical fitness | Maintain appropriate behaviours away from the football club | Understand his role in the team |
| Show a good understanding of how to support the game (outfield play) | Use appropriate footwork to move around the area/make saves | Be a good team-mate | Show good levels of concentration in training/games |
| Demonstrate good shot stopping ability | Be able to accelerate/decelerate effectively | Assist the coach & team-mates when setting up/tidying up | Be a “leader” of the defence |
| Display good technique when kicking the ball with both feet (volley & half-volley) | Have good range of movement in the upper body | Contribute to your own development by asking questions | Accept mistakes and deal with them appropriately |
| Be able to start attacks by rolling and throwing | Display good core strength | Take responsibility for contacting the club regarding non-availability for training/games. | Disciplined, structured lifestyle |
| Know when & where to deliver (feet or space) | Have good upper body strength (wrists, hands, shoulders) | Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle | Be Mentally Strong |
| Be able to communicate and organise the team in front of him |  |  |  |
| Know when to punch, parry or catch |  |  |  |
| Understand and manage the “state” of the game (when to play quick/slow down) |  |  |  |
| Know when and how to come for crosses. |  |  |  |

Full backs



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side | Good speed over short, medium & long distances | Maintain appropriate behaviours away from the football club | Understand his role in the team |
| Play the ball when stationary or moving at speed | Good fitness levels | Be a good team-mate | Disciplined, structured lifestyle |
| Understand how to create space as an individual | Explosive power/timing to be an effective header of the ball | Assist the coach & team-mates when setting up/tidying up | Willing to work for the team – provide attacking support and defensive cover |
| Understand when to run with the ball to attack space | Good agility to cope with changes of pace/direction | Contribute to your own development by asking questions | Be confident at all times |
| Attack & defend effectively in 1v1 situations | Be able to cope physically with opponents | Take responsibility for contacting the club regarding non-availability for training/games | Brave and courageous – to want the ball, to prevent shots, to win tackles |
| Cross the ball from all areas | Be able to recover quickly when the ball turns over (transition) | Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle | Important to remain focused |
| Head the ball both offensively & defensively |  |  | Be willing to receive the ball at all times |
| Use a wide range of techniques to regain the ball (tackling & intercepting) |  |  |  |
| Understands when/where to make forward runs (overlaps/underlaps) |  |  |  |
| Understand how to mark & cover |  |  |  |
| Recognise defensive triggers (step up, press, drop off) |  |  |  |
| Can adapt/evolve to changes in the game (tactical, role etc.) |  |  |  |

Centre Backs



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side | Show good speed over short & medium distances | Maintain appropriate behaviours away from the football club | Disciplined, structured lifestyle |
| Play the ball when stationary or moving at speed | Good fitness levels | Be a good team-mate | Works for the team – provides attacking support & defensive cover |
| Understand how to create space as an individual | Ability to recover in transition | Assist the coach & team-mates when setting up/tidying up | Be confident at all times |
| Understand when to advance into midfield with the ball | Explosive power/timing to be an effective header of the ball | Contribute to your own development by asking questions | Understands his role in the team |
| Ability to turn & change direction | Good agility to cope with changes of pace/direction | Take responsibility for contacting the club regarding non-availability for training/games | Brave and courageous – to want the ball, to prevent shots, to win tackles |
| Ability to defend in 1v1 situations | Be able to cope physically with opponents | Be a good communicator & organiser | Be a leader on & off the pitch |
| Can defend/compete aerially | Good upper body strength to cope with duels in and around the area | Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle | Important to remain focused |
| Can head powerfully both offensively & defensively |  |  | Willing to receive the ball at all times |
| Understand how & where to clear a variety of balls & crosses |  |  |  |
| Use a wide range of techniques to regain the ball (tackling & intercepting) |  |  |  |
| Able to switch play effectively |  |  |  |
| Recognise the risk involved in playing this position |  |  |  |
| Understand how to mark & cover |  |  |  |
| Recognise defensive triggers (step up, press, drop off) |  |  |  |
| Can adapt/evolve to changes in the game (tactical, role etc.) |  |  |  |

Wide Midfield Players



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side | Good speed over short, medium & long distances | Maintain appropriate behaviours away from the football club | Disciplined & structured lifestyle |
| Play the ball when stationary or moving at speed | Good fitness levels | Be a good team-mate | Brave & courageous – is available when his team needs him |
| Understand how to create space as an individual & as a team | The ability to recover quickly | Assist the coach & team-mates when setting up/tidying up | Imaginative in his attacking play |
| Effective in 1v1 attacking situations using deception & disguise | Explosive power for changes of pace, direction and jumping | Contribute to your own development by asking questions | Takes risks in the right areas |
| Ability to cross from all areas | Good strength to cope with physically stronger opponents | Take responsibility for contacting the club regarding non-availability for training/games | Mentally strong to cope when targeted |
| Able to defend in 1v1 situations | Good Range of Flexibility | Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle | Important to remain focused |
| Able to head the ball effectively both offensively & defensively |  |  | Willing to receive the ball at all times |
| Use a wide range of techniques to regain the ball |  |  |  |
| Recognises space and how to use it |  |  |  |
| Recognise when to play wide & when to come inside |  |  |  |
| Understands the importance of combination play |  |  |  |
| Understands how to operate as an attacker when away from the ball |  |  |  |
| Recognises his role as a defender when out of possession |  |  |  |
| Understands how & when to provide cover, track runners |  |  |  |
| Can adapt/evolve to changes in the game (tactical, role etc.) |  |  |  |

Central Midfield Players



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side | Speed over long, medium & short distances | Maintain appropriate behaviours away from the football club | Disciplined & structured lifestyle |
| Play the ball when stationary or moving at speed | A high level of aerobic & anaerobic fitness | Be a good team-mate | Works for the team – providing support in attack & cover in defence |
| Understand how to create space as an individual & as a team | Good agility & flexibility | Assist the coach & team-mates when setting up/tidying up | Brave & courageous in all aspects of play |
| Effective in 1v1 attacking situations using deception & disguise & 1v1 defending situations | The ability to recover | Take responsibility for contacting the club regarding non-availability for training/games | Authoritative – big personality & a leader on & off the pitch |
| Shoots effectively & with a range of techniques | Explosive power to aid all aspects of the game | Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle | Responsible & stable temperament |
| Can defend/compete aerially | Ability to dominate this critical area of the pitch | Important to have good communication skills | Important to remain focused |
| Use a wide range of techniques to regain the ball e.g. tackling/intercepting |  |  | Willing to receive the ball at all times |
| Can operate in different formations |  |  |  |
| Understands how to break defensive lines |  |  |  |
| Able to change the point of attack using different techniques |  |  |  |
| Is able to control the tempo of the game |  |  |  |
| Is able to time & anticipate forward runs |  |  |  |
| Understands the importance of midfield rotation |  |  |  |
| Understands his position in relation to the location of the ball |  |  |  |
| Can adapt/evolve to changes in the game (tactical, role etc.) |  |  |  |

Strikers



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side | Speed over short & medium distances | Maintain appropriate behaviours away from the football club | A desire to score goals |
| Play the ball when stationary or moving at speed | A high level of anaerobic fitness | Be a good team-mate | Disciplined & structured lifestyle |
| Understand how to create space as an individual & as a team | The ability to recover quickly | Assist the coach & team-mates when setting up/tidying up | Works for the team – providing support in attack & cover in defence |
| Effective in 1v1 attacking situations using deception & disguise & 1v1 defending situations | Explosive power for all aspects of the game | Take responsibility for contacting the club regarding non-availability for training/games | Brave & courageous in all aspects of play |
| Shoots effectively & with a range of techniques | Good upper body strength to enable him to dominate duels | Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle | Authoritative – big personality & a leader on & off the pitch |
| Is comfortable receiving the ball with his back to goal whilst under pressure |  |  | Responsible & stable temperament |
| Shows an ability to improvise in the area |  |  | Calm & controlled when presented with scoring opportunities |
| Can cross effectively from all areas |  |  | Willing to receive the ball in all areas |
| Understands how & when to make runs in front & behind defensive lines |  |  |  |
| Understands when to play quickly & when to hold the ball up |  |  |  |
| Positions himself to attack crosses into the box |  |  |  |
| Recognises that he is the first line of defence |  |  |  |
| Understands his position in relation to the location of the ball |  |  |  |
| Can adapt/evolve to changes in the game (tactical, role etc.) |  |  |  |
| Understand that his role is based around scoring goals and providing opportunities for others |  |  |  |

**Player Profiles – Under 16**

Goalkeeper



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Show a good understanding of body position (into line & down the line) | Display a good level of physical fitness | Maintain appropriate behaviours away from the football club | Understand his role in the team |
| Show a good understanding of how to support the game (outfield play) | Use appropriate footwork to move around the area/make saves | Be a good team-mate | Show good levels of concentration in training/games |
| Demonstrate good shot stopping ability | Be able to accelerate/decelerate effectively | Assist the coach & team-mates when setting up/tidying up | Be a “leader” of the defence |
| Display good technique when kicking the ball with both feet (volley & half-volley) | Have good range of movement in the upper body | Contribute to your own development by asking questions | Accept mistakes and deal with them appropriately |
| Be able to start attacks by rolling and throwing | Display good core strength | Take responsibility for contacting the club regarding non-availability for training/games. | Disciplined, structured lifestyle |
| Know when & where to deliver (feet or space) | Have good upper body strength (wrists, hands, shoulders) | Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle | Be Mentally Strong |
| Be able to communicate and organise the team in front of him |  |  |  |
| Know when to punch, parry or catch |  |  |  |
| Understand and manage the “state” of the game (when to play quick/slow down) |  |  |  |
| Know when and how to come for crosses. |  |  |  |

Full backs



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side | Good speed over short, medium & long distances | Maintain appropriate behaviours away from the football club | Understand his role in the team |
| Play the ball when stationary or moving at speed | Good aerobic fitness levels | Be a good team-mate | Disciplined, structured lifestyle |
| Understand how to create space as an individual | Explosive power/timing to be an effective header of the ball | Assist the coach & team-mates when setting up/tidying up | Willing to work for the team – provide attacking support and defensive cover |
| Understand when to run with the ball to attack space | Good agility to cope with changes of pace/direction | Contribute to your own development by asking questions | Be confident at all times |
| Attack & defend effectively in 1v1 situations | Be able to cope physically with opponents | Take responsibility for contacting the club regarding non-availability for training/games | Brave and courageous – to want the ball, to prevent shots, to win tackles |
| Cross the ball from all areas | Be able to recover quickly when the ball turns over (transition) | Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle | Important to remain focused |
| Head the ball both offensively & defensively |  |  |  |
| Use a wide range of techniques to regain the ball (tackling & intercepting) |  |  |  |
| Be willing to receive the ball at all times |  |  |  |
| Understands when/where to make forward runs (overlaps/underlaps) |  |  |  |
| Understand how to mark & cover |  |  |  |
| Recognise defensive triggers (step up, press, drop off) |  |  |  |
| Can adapt/evolve to changes in the game (tactical, role etc.) |  |  |  |

Centre Backs



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side | Show good speed over short & medium distances | Maintain appropriate behaviours away from the football club | Disciplined, structured lifestyle |
| Play the ball when stationary or moving at speed | Good anaerobic fitness | Be a good team-mate | Works for the team – provides attacking support & defensive cover |
| Understand how to create space as an individual | Ability to recover in transition | Assist the coach & team-mates when setting up/tidying up | Be confident at all times |
| Understand when to advance into midfield with the ball | Explosive power/timing to be an effective header of the ball | Contribute to your own development by asking questions | Understands his role in the team |
| Ability to turn & change direction | Good agility to cope with changes of pace/direction | Take responsibility for contacting the club regarding non-availability for training/games | Brave and courageous – to want the ball, to prevent shots, to win tackles |
| Ability to defend in 1v1 situations | Be able to cope physically with opponents | Be a good communicator & organiser | Be a leader on & off the pitch |
| Can defend/compete aerially | Good upper body strength to cope with duels in and around the area | Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle | Important to remain focused |
| Can head powerfully both offensively & defensively |  |  |  |
| Understand how & where to clear a variety of balls & crosses |  |  |  |
| Use a wide range of techniques to regain the ball (tackling & intercepting) |  |  |  |
| Willing to receive the ball at all times |  |  |  |
| Able to switch play effectively |  |  |  |
| Recognise the risk involved in playing this position |  |  |  |
| Understand how to mark & cover |  |  |  |
| Recognise defensive triggers (step up, press, drop off) |  |  |  |
| Can adapt/evolve to changes in the game (tactical, role etc.) |  |  |  |
| Positional Awareness |  |  |  |

Wide Midfield Players



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side | Good speed over short, medium & long distances | Maintain appropriate behaviours away from the football club | Disciplined & structured lifestyle |
| Play the ball when stationary or moving at speed | High aerobic & anaerobic fitness levels | Be a good team-mate | Brave & courageous – is available when his team needs him |
| Understand how to create space as an individual & as a team | The ability to recover quickly | Assist the coach & team-mates when setting up/tidying up | Imaginative in his attacking play |
| Effective in 1v1 attacking situations using deception & disguise | Explosive power for changes of pace, direction and jumping | Contribute to your own development by asking questions | Takes risks in the right areas |
| Ability to cross from all areas | Good strength to cope with physically stronger opponents | Take responsibility for contacting the club regarding non-availability for training/games | Mentally strong to cope when targeted |
| Able to defend in 1v1 situations | Good Range of Flexibility | Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle | Important to remain focused |
| Able to head the ball effectively both offensively & defensively |  |  |  |
| Use a wide range of techniques to regain the ball |  |  |  |
| Recognises space and how to use it |  |  |  |
| Willing to receive the ball at all times |  |  |  |
| Tries to operate in the space between defensive lines |  |  |  |
| Recognise when to play wide & when to come inside |  |  |  |
| Understands the importance of combination play |  |  |  |
| Understands how to operate as an attacker when away from the ball |  |  |  |
| Recognises his role as a defender when out of possession |  |  |  |
| Understands how & when to provide cover, track runners |  |  |  |
| Can adapt/evolve to changes in the game (tactical, role etc.) |  |  |  |

Central Midfield Players



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
|  |  |  |  |
| Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side | Speed over long, medium & short distances | Maintain appropriate behaviours away from the football club | Disciplined & structured lifestyle |
| Play the ball when stationary or moving at speed | A high level of aerobic & anaerobic fitness | Be a good team-mate | Works for the team – providing support in attack & cover in defence |
| Understand how to create space as an individual & as a team | Good agility & flexibility | Assist the coach & team-mates when setting up/tidying up | Brave & courageous in all aspects of play |
| Effective in 1v1 attacking situations using deception & disguise & 1v1 defending situations | The ability to recover | Take responsibility for contacting the club regarding non-availability for training/games | Authoritative – big personality & a leader on & off the pitch |
| Shoots effectively & with a range of techniques | Explosive power to aid all aspects of the game | Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle | Responsible & stable temperament |
| Can defend/compete aerially | Ability to dominate this critical area of the pitch | Important to have good communication skills | Important to remain focused |
| Use a wide range of techniques to regain the ball e.g. tackling/intercepting |  |  |  |
| Can operate in different formations |  |  |  |
| Willing to receive the ball at all times |  |  |  |
| Understands how to break defensive lines |  |  |  |
| Able to change the point of attack using different techniques |  |  |  |
| Is able to control the tempo of the game |  |  |  |
| Is able to time & anticipate forward runs |  |  |  |
| Understands the importance of midfield rotation |  |  |  |
| Understands his position in relation to the location of the ball |  |  |  |
| Can adapt/evolve to changes in the game (tactical, role etc.) |  |  |  |

Strikers



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side | Speed over short & medium distances | Maintain appropriate behaviours away from the football club | A desire to score goals |
| Play the ball when stationary or moving at speed | A high level of anaerobic fitness | Be a good team-mate | Disciplined & structured lifestyle |
| Understand how to create space as an individual & as a team | The ability to recover quickly | Assist the coach & team-mates when setting up/tidying up | Works for the team – providing support in attack & cover in defence |
| Effective in 1v1 attacking situations using deception & disguise & 1v1 defending situations | Explosive power for all aspects of the game | Take responsibility for contacting the club regarding non-availability for training/games | Brave & courageous in all aspects of play |
| Shoots effectively & with a range of techniques | Good upper body strength to enable him to dominate duels | Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle | Authoritative – big personality & a leader on & off the pitch |
| Is comfortable receiving the ball with his back to goal whilst under pressure |  |  | Responsible & stable temperament |
| Shows an ability to improvise in the area |  |  | Calm & controlled when presented with scoring opportunities |
| Can cross effectively from all areas |  |  |  |
| Understands how & when to make runs in front & behind defensive lines |  |  |  |
| Understands when to play quickly & when to hold the ball up |  |  |  |
| Positions himself to attack crosses into the box |  |  |  |
| Recognises that he is the first line of defence |  |  |  |
| Understands his position in relation to the location of the ball |  |  |  |
| Can adapt/evolve to changes in the game (tactical, role etc.) |  |  |  |
| Understand that his role is based around scoring goals and providing opportunities for others |  |  |  |

**Player Profiles – Under 18’s**

Goalkeeper



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Show a good understanding of body position (into line & down the line) | Display a good level of physical fitness | Maintain appropriate behaviours away from the football club | Be confident at all times |
| Show a good understanding of how to support the game (outfield play) | Use appropriate footwork to move around the area/make saves | Be a good team-mate | Understand his role in the team |
| Demonstrate good shot stopping ability | Be able to accelerate/decelerate effectively | Assist the coach & team-mates when setting up/tidying up | Show good levels of concentration in training/games |
| Display good technique when kicking the ball with both feet (volley & half-volley) | Have good range of movement in the upper body | Contribute to your own development by asking questions | Be a “leader” of the defence |
| Be able to start attacks by rolling and throwing | Display good core strength | Take responsibility for contacting the club regarding non-availability for training/games. | Accept mistakes and deal with them appropriately |
| Know when & where to deliver (feet or space) | Have good upper body strength (wrists, hands, shoulders) | Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle | Disciplined, structured lifestyle |
| Be able to communicate and organise the team in front of him | Explosive leg strength | Organise team for set plays, i.e. set the wall quickly | Bravery, when diving at players feet, coming for crosses |
| Know when to punch, parry or catch | Be able to deal with physical pressure from opponents at set plays | Communication, make players aware when coming for the ball | Desire and determination to win games |
| Understand and manage the “state” of the game (when to play quick/slow down) |  |  | Decision making, when to distribute early, or slow the game down |
| Know when and how to come for crosses. |  |  |  |
| Understand the importance of appropriate starting positions. |  |  |  |

Full backs



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side | Good speed over short, medium & long distances | Maintain appropriate behaviours away from the football club | Be determined to be the fittest |
| Play the ball when stationary or moving at speed | Good aerobic fitness levels | Be a good team-mate | Understand his role in the team |
| Understand how to create space as an individual | Explosive power/timing to be an effective header of the ball | Assist the coach & team-mates when setting up/tidying up | Disciplined, structured lifestyle |
| Understand when to run with the ball to attack space | Good agility to cope with changes of pace/direction | Contribute to your own development by asking questions | Willing to work for the team – provide attacking support and defensive cover |
| Attack & defend effectively in 1v1 situations | Be able to cope physically with opponents | Take responsibility for contacting the club regarding non-availability for training/games | Be confident at all times |
| Cross the ball from all areas | Be able to recover quickly when the ball turns over (transition) | Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle | Brave and courageous – to want the ball, to prevent shots, to win tackles |
| Head the ball both offensively & defensively | Be able to press the ball quickly and effectively being hard to beat | Communication with team-mates on the pitch | Desire and determination to win games |
| Use a wide range of techniques to regain the ball (tackling & intercepting) |  |  | Awareness of space, team-mates, and opponents |
| Be willing to receive the ball at all times |  |  | Decision making, when to tackle, delay, get tight, drop off. When to break forward, when to remain in a defensive formation |
| Understands when/where to make forward runs (overlaps/underlaps) |  |  |  |
| Understand how to mark & cover |  |  |  |
| Recognise defensive triggers (step up, press, drop off) |  |  |  |
| Can adapt/evolve to changes in the game (tactical, role etc.) |  |  |  |

Centre Backs



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side | Show good speed over short & medium distances | Maintain appropriate behaviours away from the football club | Be determined to be the strongest |
| Play the ball when stationary or moving at speed | Good anaerobic fitness | Be a good team-mate | Disciplined, structured lifestyle |
| Understand how to create space as an individual | Ability to recover in transition | Assist the coach & team-mates when setting up/tidying up | Works for the team – provides attacking support & defensive cover |
| Understand when to advance into midfield with the ball | Explosive power/timing to be an effective header of the ball | Contribute to your own development by asking questions | Be confident at all times |
| Ability to turn & change direction | Good agility to cope with changes of pace/direction | Take responsibility for contacting the club regarding non-availability for training/games | Understands his role in the team |
| Ability to defend in 1v1 situations | Be able to cope physically with opponents | Be a good communicator & organiser | Brave and courageous – to want the ball, to prevent shots, to win tackles |
| Can defend/compete aerially | Good upper body strength to cope with duels in and around the area | Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle | Be a leader on & off the pitch |
| Can head powerfully both offensively & defensively | Be able to press the ball quickly and effectively being hard to beat | Loud and clear when attacking the ball in the air | Desire and determination to win games |
| Understand how & where to clear a variety of balls & crosses |  | Be a leader on the pitch | Decision making, when to tackle, delay, get tight, drop off |
| Use a wide range of techniques to regain the ball (tackling & intercepting) |  |  | Awareness of space, team-mates, and opponents |
| Willing to receive the ball at all times |  |  |  |
| Able to switch play effectively |  |  |  |
| Recognise the risk involved in playing this position |  |  |  |
| Understand how to mark & cover |  |  |  |
| Recognise defensive triggers (step up, press, drop off) |  |  |  |
| Can adapt/evolve to changes in the game (tactical, role etc.) |  |  |  |

Wide Midfield Players



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side | Good speed over short, medium & long distances | Maintain appropriate behaviours away from the football club | Determination to be the fittest |
| Play the ball when stationary or moving at speed | High aerobic & anaerobic fitness levels | Be a good team-mate | Disciplined & structured lifestyle |
| Understand how to create space as an individual & as a team | The ability to recover quickly | Assist the coach & team-mates when setting up/tidying up | Confident at all times |
| Effective in 1v1 attacking situations using deception & disguise | Explosive power for changes of pace, direction and jumping | Contribute to your own development by asking questions | Brave & courageous – is available when his team needs him |
| Ability to cross from all areas using a variety of crosses, drilled, clips to far post, in swinging, out swinging | Good strength to cope with physically stronger opponents | Take responsibility for contacting the club regarding non-availability for training/games | Imaginative in his attacking play |
| Able to defend in 1v1 situations | Be able to press the ball quickly and effectively being hard to beat | Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle | Takes risks in the right areas |
| Able to head the ball effectively both offensively & defensively | Body strength to protect the ball | Communication with team-mates on the pitch | Mentally strong to cope when targeted |
| Use a wide range of techniques to regain the ball |  | Demand the ball | Desire and determination to win games |
| Recognises space and how to use it |  |  | Decision making, when to dribble when to pass |
| Willing to receive the ball at all times |  |  | Awareness of space, team-mates, and opponents |
| Tries to operate in the space between defensive lines |  |  |  |
| Recognise when to play wide & when to come inside |  |  |  |
| Understands the importance of combination play |  |  |  |
| Understands how to operate as an attacker when away from the ball |  |  |  |
| Recognises his role as a defender when out of possession |  |  |  |
| Understands how & when to provide cover, track runners |  |  |  |
| Can adapt/evolve to changes in the game (tactical, role etc.) |  |  |  |

Central Midfield Players



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side | Speed over long, medium & short distances | Maintain appropriate behaviours away from the football club | Determination to be the fittest |
| Play the ball when stationary or moving at speed | A high level of aerobic & anaerobic fitness | Be a good team-mate | Disciplined & structured lifestyle |
| Understand how to create space as an individual & as a team | Good agility & flexibility | Assist the coach & team-mates when setting up/tidying up | Works for the team – providing support in attack & cover in defence |
| Effective in 1v1 attacking situations using deception & disguise & 1v1 defending situations | The ability to recover | Take responsibility for contacting the club regarding non-availability for training/games | Confident at all times |
| Shoots effectively & with a range of techniques | Explosive power to aid all aspects of the game | Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle | Brave & courageous in all aspects of play |
| Can defend/compete aerially | Ability to dominate this critical area of the pitch | Communication with team-mates on the pitch | Authoritative – big personality & a leader on & off the pitch |
| Use a wide range of techniques to regain the ball e.g. tackling/intercepting | Be able to press the ball quickly and effectively being hard to beat | Demand the ball | Responsible & stable temperament |
| Can operate in different formations |  |  | Desire and determination to win games |
| Willing to receive the ball at all times |  |  | Decision making, when to dribble when to pass |
| Understands how to break defensive lines |  |  | Awareness of space, team-mates, and opponents |
| Able to change the point of attack using different techniques |  |  |  |
| Is able to control the tempo of the game |  |  |  |
| Is able to time & anticipate forward runs |  |  |  |
| Understands the importance of midfield rotation |  |  |  |
| Understands his position in relation to the location of the ball |  |  |  |
| Can adapt/evolve to changes in the game (tactical, role etc.) |  |  |  |

Strikers



|  |  |  |  |
| --- | --- | --- | --- |
| **Technical/Tactical** | **Physical** | **Social** | **Psychological** |
| Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side | Speed over short & medium distances | Maintain appropriate behaviours away from the football club | A desire to score goals |
| Play the ball when stationary or moving at speed | A high level of anaerobic fitness | Be a good team-mate | Disciplined & structured lifestyle |
| Understand how to create space as an individual & as a team | The ability to recover quickly | Assist the coach & team-mates when setting up/tidying up | Works for the team – providing support in attack & cover in defence |
| Effective in 1v1 attacking situations using deception & disguise & 1v1 defending situations | Explosive power for all aspects of the game | Take responsibility for contacting the club regarding non-availability for training/games | Confident at all times |
| Shoots effectively & with a range of techniques | Good upper body strength to enable him to dominate duels | Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle | Brave & courageous in all aspects of play |
| Is comfortable receiving the ball with his back to goal whilst under pressure | Be able to press the ball quickly and effectively being hard to beat | Communication with team-mates on the pitch | Authoritative – big personality & a leader on & off the pitch |
| Shows an ability to improvise in the area |  | Demand the ball | Responsible & stable temperament |
| Can cross effectively from all areas |  |  | Calm & controlled when presented with scoring opportunities |
| Understands how & when to make runs in front & behind defensive lines |  |  | Desire and determination to win games |
| Understands when to play quickly & when to hold the ball up |  |  | Awareness of space, team-mates, and opponents |
| Positions himself to attack crosses into the box |  |  | Decision making, runs near post, far post. When to shoot, when to pass |
| Recognises that he is the first line of defence |  |  |  |
| Understands his position in relation to the location of the ball |  |  |  |
| Can adapt/evolve to changes in the game (tactical, role etc.) |  |  |  |
| Understand that his role is based around scoring goals and providing opportunities for others |  |  |  |