

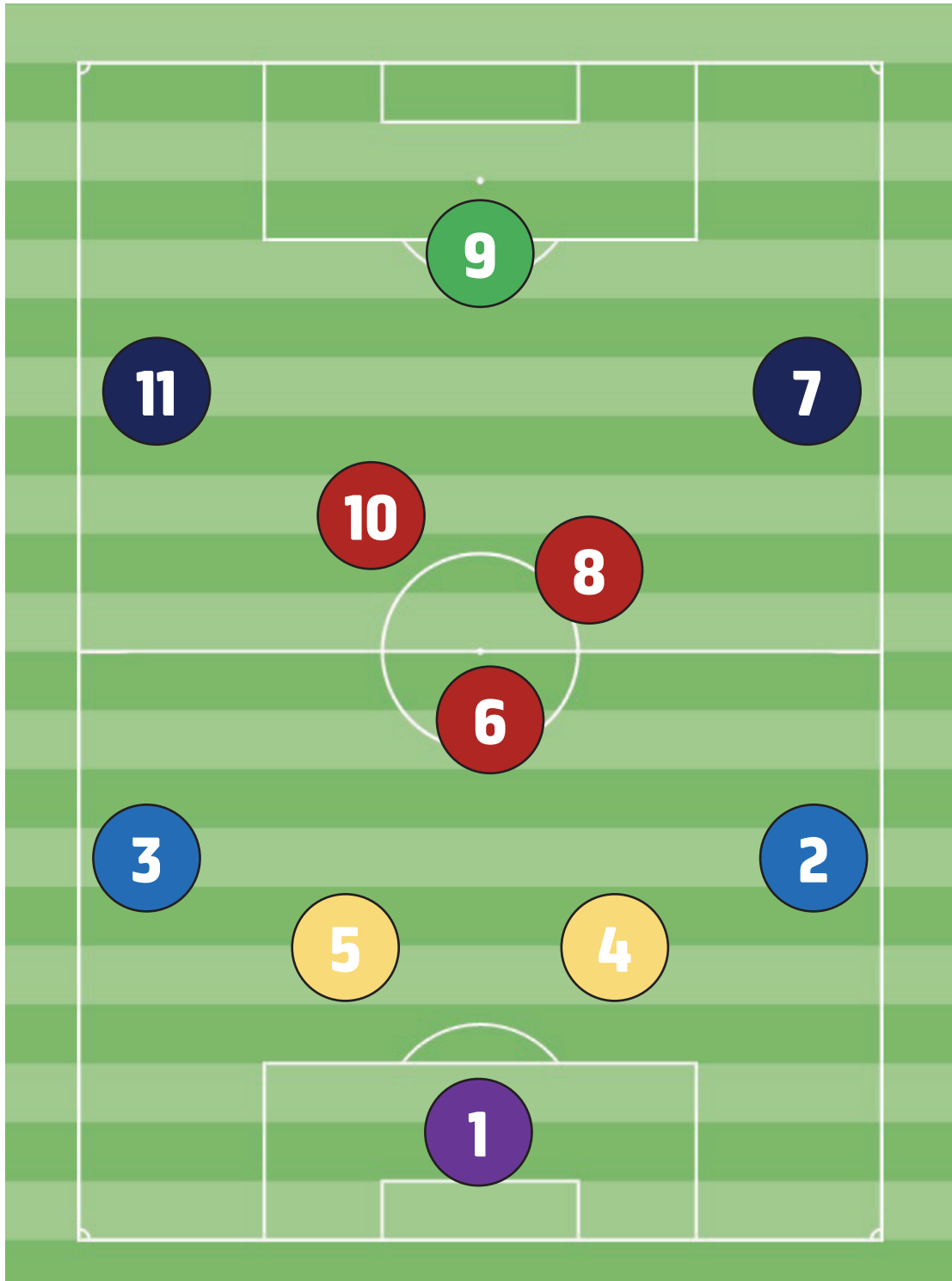
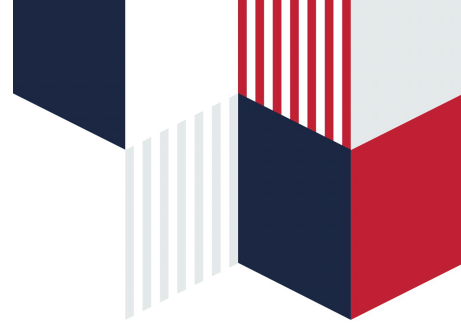


U . S . S O C C E R F E D E R A T I O N

POSITION PROFILES

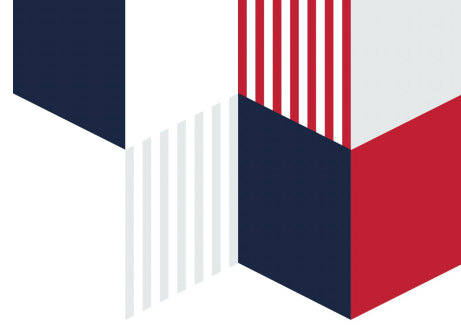


U.S. SOCCER FEDERATION
POSITION PROFILES





POSITION PROFILES - TRAITS



GOALKEEPER (1)



TRAITS:

- Directing teammates, leading defensive organization (clear communication)
- Anticipating and intercepting crosses and balls behind defensive line (starting position)
- Stopping shots and dominating 1v1 situations (bravery)
- Reading pressure and initiating build-up
- Receiving and passing under pressure (short and long)

PHYSICAL:

- Strength and power, agility and quick reactions to control the area and protect the goal (air and ground)

CENTER BACK (4,5)



TRAITS:

- Leading defensive organization
- Dominating 1v1 situations (heading, tackling and intercepting)
- Zonal marking, anticipation and preventive actions (shifting, stepping, dropping, and covering movements)
- Reading and breaking pressure (calm and decisive)
- Range of passing (through, over and around defensive block)

PHYSICAL:

- Strength and power in duels (jumping), speed and agility

WIDE FORWARD (7,11)



TRAITS:

- Dominating 1v1, dribbling and running with the ball to take-on opponent, creating chances and scoring
- Shooting and crossing (early, cut-back, etc.) off the dribble, coming inside or wide
- Making aggressive runs with and without the ball
- Reading and initiating pressing moments, closing space with speed and intensity
- Denying penetrations and assisting fullback in wide areas

PHYSICAL:

- Speed, change of direction and body feints
- Ability to make repeated accelerations

FULL BACK (2,3)



TRAITS:

- Continuously adjusting body shape and position to provide support and cover (height and width)
- Dominating 1v1 duels to create or regain the ball
- Receiving, dribbling and making quick combinations to create chances (crossing and shooting)
- Making overlap and underlap runs to create advantage

PHYSICAL:

- Speed, quickness, agility and endurance

CENTRAL MIDFIELDER (6,8,10)



TRAITS:

- Dominating positionally and individually, controlling and protecting central area
- Positioning between lines (spatial awareness and body orientation) and quick decision making (360° scanning)
- Technically advanced-receiving and turning in tight spaces, passing range including final pass
- Recognizing when to play forward, switch play and keep possession (ball security)
- Breaking down compact defenses and finishing the attack (insight and creativity)
- Providing offensive/defensive balance

PHYSICAL:

- Agility, endurance, quickness and use of body to protect ball

CENTER FORWARD (9)



TRAITS:

- Creating chances and scoring goals (foot or head)
- Receiving and holding the ball under pressure
- Making varied runs (movements and timing) to get behind opposition back line and create space for self and teammates
- Anticipating and moving into dangerous positions, untracking from opponent
- Receiving and passing under pressure (short and long)
- Showing advanced levels of focus, determination and control

PHYSICAL:

- Strength to hold off opponent, explosiveness to separate from opponent



GOALKEEPER (1)



ATTACKING	
READING THE OPPONENT'S PRESSURE	RECOGNIZING OPPORTUNITY: SPACE, TIME AND RISK
	Observe and analyze position of teammates and opponent's players
	Identify the intention of opponent's players (pressure)
INITIATING BUILD UP AND PLAYING FORWARD WITH INTENT: STATIC AND DYNAMIC SITUATIONS (KICK/ THROW)	Find player with an advantage
	ORIENTING AND RECEIVING (UNDER PRESSURE)
	Read pressure of direct opponent
	Adapt body shape to receive and play quickly
	PLAYING THROUGH
	Play a calculated risk pass: Break lines when possible
	PLAYING OVER
	Play into: Play precise long pass into a player within the defensive block (bypass first/second line)
	Play onto: Play long pass towards teammate or zone
	Play behind: Play long pass behind defensive block of the opposition (back line)
ADJUSTING POSITION IN RELATION TO TEAMMATES AND BALL	PLAYING AROUND
	Diagonal pass: Skip a player when possible
	Switch play: Exploit weak side
	SUPPORTING
	Push up the defensive line
Move and support behind the ball: act as an outfield player	
Countermeasures: Take defensive preventive actions, provide cover behind defensive line	
CLEARING	
Clear the ball: No risk mentality	

DEFENDING	
LEADING DEFENSIVE ORGANIZATION	RECOGNIZING THREATS: UNPROTECTED SPACE, TIME AND RISK
	Observe and analyze position and movement of opponent's players and teammates
	Identify the intention of opponent's players
	ORGANIZING COMPACT DEFENSIVE BLOCK
ADJUSTING STARTING POSITION	Determine/Check position and distances between teammates
	Direct teammates to maintain vertical and horizontal compactness: Push up / Shift / Hold the line / Drop off and/or mark opponent
CONTROLLING THE SPACE: ANTICIPATING AND INTERCEPTING THROUGH BALLS OR PASSES BEHIND THE BACK LINE	Reposition continuously in relation to ball, teammates and goal
	Adapt body shape and stance
	Move into space to intercept and clear the ball when realistic chance of winning the ball
	Move into space to gain possession of the ball
CONTROLLING THE BOX: DEFENDING CROSSES AND 1v1 SITUATIONS	Hold position: Waiting for the game situation to develop or allow your teammates to challenge
	Recover towards the goal: Allow your teammates time to recover and reorganize
	ANTICIPATING AND INTERCEPTING CROSSES AND LONG PASSES
	Intercept low/high - catch-punch - deflect (under pressure/crowded area)
PROTECTING THE GOAL: PREVENTING SCORING	DOMINATING 1v1 SITUATIONS
	Engage: Close-down space and/or force to one side (timing & create angle)
	Challenge: Use of body to win ball, make save, delay or throw-off opponent (Spread-Block-Smother)
ADJUSTING POSITION, DIRECTING TEAMMATES AND ANTICIPATING THREATS	MAKING SAVES (LONG - CENTRAL - ANGLED - CLOSE)
	Set position: Stance, distance, angle
	Secure ball: 1-2 touch(es)
	Move the ball away into safe spaces (Parry/Deflect/Punch/Foot)
	Improvising (whole body)
INITIATING THE COUNTERATTACK OR BUILD-UP	REACTING IMMEDIATELY TO RECOVER FOR SECOND PHASE
	Recover the ball or make second save
	Reposition: Adapt body shape and stance

ATTACKING - DEFENDING	
ADJUSTING POSITION, DIRECTING TEAMMATES AND ANTICIPATING THREATS	Adjust position and body shape in relation to goal, ball, opponent and teammate
	Track position, movement of opposition supporting players and direct teammates
	Anticipate (intercept) balls played behind the back line (long or through)
	Provide support for defender (back pass)

DEFENDING - ATTACKING	
INITIATING THE COUNTERATTACK OR BUILD-UP	INITIATING COUNTER-ATTACK
	Break out from crowded area immediately after securing the ball
	Pass forward (throw or kick) to initiate the attack immediately. Find the player with an advantage
	INITIATING BUILD-UP
	Keep the ball and allow teammates to take attacking positions
	TAKING COUNTERMEASURES
	Push up the defensive line: Keep team connected
Take defensive preventive action (to counter the counter) (Sweeper-Keeper)	



FULL BACK (2-3)



ATTACKING	
SUPPORTING BUILD UP PLAY	READING THE OPPONENT'S PRESSURE
	Observe and analyze position of teammates and opponent's players
	Identify the intention of opponent's players (pressure)
SUPPORTING BUILD UP PLAY	POSITIONING IN RELATION TO GOALKEEPER, DEFENSIVE LINE AND MIDFIELDERS
	Adjust position (width, height and depth) to provide passing option or create space for teammates
RECEIVING AND PASSING UNDER PRESSURE	ORIENTING, CONTROLLING AND TIMING
	Adapt body shape to receive pass (in order to play forward and play quick)
	Make first touch forward or use first touch to escape pressure
	Draw opponent, invite pressure and break it
PLAYING FORWARD WITH INTENT (WITH THE BALL)	Play a precise pass with appropriate ball speed, create conditions to play forward
	RECOGNIZING OPPORTUNITY: SPACE, TIME AND RISK
	Identify free teammate or teammate with advantage
	PLAYING THROUGH
	Diagonal pass forward: Play a calculated risk pass - break lines when possible
	Dribble with ball to create numerical overload/break lines in midfield (and final third)
	Give and Go: Combine with teammate to receive again
	PLAYING OVER
	Play long or cross pass to weak zone/weak side
	PLAYING AROUND
Pass forward to find open player or play behind	
SUPPORTING FORWARD WITH INTENT (WITHOUT THE BALL)	Switch play when unable to progress (center back)
	Support and penetrate in middle or final third: wide or inside
	Make underlapping and overlapping runs
ADJUSTING POSITION IN RELATION TO TEAMMATES, OPPONENT AND BALL	Take a higher position in and around the box
	Move up with the defensive line
	Stay connected with wide forward and/or central players
DOMINATING 1v1	Countermeasures: Take defensive preventive actions - move central, identify marking reference, anticipate threat
	Escape and draw the opponent
CROSSING	Dribble: Take on the opponent
	Observe and analyze positions and movements of attacking teammates and opponent's players
	Identify target and timing of the cross
FINISHING THE ATTACK: SCORE OR ASSIST	Play an accurate cross (air or ground) with appropriate ball speed (early, late, cut-back)
	Finish from distance: come from outside or straight
	Make aggressive (late) runs in the penalty box
	Finish or lay off in penalty area: head or foot

ATTACKING - DEFENDING	
READING AND PREVENTING THREATS	PROVIDING ORGANIZATION
	Recover quickly, to regain defensive position
	Anticipate the long ball
	Track movement of opposition supporting players
	PREVENTING AND DELAYING
	Counter-press to regain the ball
	Delay the opponent or drop to reorganize
	Challenge when realistic chance of winning the ball: Tackling or intercept
	When necessary, make a strategic foul to stop the opponent from getting behind

DEFENDING	
READING AND POSITIONING	RECOGNIZING THE OPPONENT'S BUILD-UP
	Observe and analyze the position of opponent's players and teammates
	Identify the intention of opponent's players
	CREATING AND MAINTAINING COMPACT DEFENSIVE BLOCK
	Determine/Check position and distances between teammates
	Maintain vertical and horizontal compactness: Push-up/Shift/Hold the line/Drop off
ANTICIPATING AND PREVENTING THREATS	Stay connected to the center back to close central areas
	Recognize pressing moment
	Direct wide forward
	RECOGNIZING UNPROTECTED SPACE OR DISADVANTAGES
	Within the defensive block: Link up players between the lines or numerical advantage
	Behind the defensive block: Penetrating players
	Around the defensive block: Weak side space (Split-Vision)
	ZONAL DEFENDING: (RE)POSITIONING AND MOVEMENT
	Hold: Stay with the line
	Drop: Drop and delay when outnumbered
DOMINATING 1v1	Step: Step up when opponent facing own goal: Intercept or deny turn
	Track: Adapt body shape, anticipate and track runner
	Provide cover to center back
	Pass on attacking player at right moment
	Switch position with center back when center back covers in wide area
	DENYING AND DISRUPTING FORWARD PASSES
	Adapt body shape to anticipate pass
	Intercept through pass or long ball: One touch defense, Keep or Clear (head/foot)
	CHALLENGING
	Create 1v1 in 2v1 situation
Close-down opponent (reduce time and space on the ball)	
Use of body to block or disrupt movement of the opponent	
Challenge when realistic chance of winning the ball: Heading, tackling or intercepting	
DENYING AND DEFENDING CROSSES, PREVENTING SCORING	OPPONENT RECEIVING BACK TO GOAL
	Deny turning
	Intercept ball or stay behind (bump)
	OPPONENT FACING FORWARD WITH BALL
	Press or Delay (keep opponent out of the penalty area)
	Force to one side and/or isolate
OPPONENT RUNNING (WITH AND WITHOUT THE BALL)	
Recover: Chasing, getting goal side	
Mark and track (body shape)	
Deny the cross: Prevent service	
Position to protect goal: First post or second post	
Split-Vision: Never lose sight of direct opponent and ball	
First to the ball: Duel on the ground and in the air	
Block shots	
Clear the ball: No risk mentality	

DEFENDING - ATTACKING	
RECOGNIZING OPPORTUNITY	STARTING AND SUPPORTING COUNTER-ATTACK
	Initiate the attack immediately with forward pass
	Penetrate with ball
	Give and Go: Combine with teammate
READING THREATS: PROTECTING AGAINST COUNTERATTACK	Penetrate without ball
	Move quickly into a supporting position (behind the ball)
	SECURING POSSESSION AND INITIATING BUILD-UP
	Keep the ball and play out of pressure when you can't play forward (allow teammates to take offensive positions)
	TAKING COUNTER-MEASURES
Push up the defensive line: Keep team connected	
Take defensive preventive action (to counter the counter)	



CENTER BACK (4-5)



ATTACKING	
SUPPORTING BUILD UP PLAY	READING THE OPPONENT'S PRESSURE
	Observe and analyze position of teammates and opponent's players
	Identify the intention of opponent's players (pressure)
	POSITIONING IN RELATION TO GOALKEEPER, DEFENSIVE LINE AND MIDFIELDERS
	Adjust position (width, height and depth) to provide passing option or create space for teammates
RECEIVING AND PASSING UNDER PRESSURE	ORIENTING, CONTROLLING AND TIMING
	Adapt body shape to receive pass (in order to play forward and quickly)
	Make first touch forward or use first touch to escape pressure
	Draw opponent, invite pressure and break it
	Play a precise pass with appropriate ball speed, create conditions to play forward
PLAYING AND MOVING FORWARD WITH INTENT (WITH AND WITHOUT BALL)	RECOGNIZING OPPORTUNITY: SPACE, TIME AND RISK
	Identify free teammate or teammate with advantage
	PLAYING THROUGH
	Pass Forward: Play a calculated risk pass - break lines when possible
	Dribble with ball to create numerical overload in midfield (and final third)
	Give and Go: Combine with teammate to receive again
	Penetrate without ball into middle or final third
	PLAYING OVER
	Play long or cross pass to weak zone/weak side
	PLAYING AROUND
Switch play (diagonal pass) to exploit weak side, skip a player when possible	
ADJUSTING POSITION IN RELATION TO TEAMMATES, OPPONENT AND BALL	Support behind the ball
	Push up the defensive line
	Countermeasures: Take defensive preventive actions - provide marking or cover to anticipate threat
FINISHING THE ATTACK: SCORE OR ASSIST	Finish from outside the penalty box: Shoot from distance
	Finish or lay off in penalty box: Head or foot
	Make the final pass

ATTACKING - DEFENDING	
READING AND PREVENTING THREATS	PROVIDING ORGANIZATION
	Return quickly to central position
	Anticipate the long ball
	Track movement of opposition supporting players
	PREVENTING AND DELAYING
	Delay the opponent or drop to reorganize
	Challenge when realistic chance of winning the ball: tackling or intercept
	When necessary, make a strategic foul to stop the opponent from getting behind
	Challenge to prevent shots or entry to penalty box

DEFENDING	
ORGANIZING AND LEADING	RECOGNIZING THE OPPONENT'S BUILD-UP
	Observe and analyze the position of opponent's players and teammates
	Identify the intention of opponent's players
	CREATING AND MAINTAINING COMPACT DEFENSIVE BLOCK
	Organize defensive positioning to maintain vertical and horizontal compactness: Push up / Shift / Hold the line / Drop off
	Determine/Check position and distances between teammates
	Recognize pressing moment
	Direct teammates
ANTICIPATING AND PREVENTING THREATS	RECOGNIZING UNPROTECTED SPACE OR DISADVANTAGES
	Within the defensive block: Link up players between the lines or numerical advantage
	Behind the defensive block: Penetrating players
	Around the defensive block: Weak side space (Split-Vision)
	ZONAL DEFENDING: (RE)POSITIONING AND MOVEMENT
	Hold: Stay with the line
	Drop: Drop and delay when outnumbered
	Step: Step up when opponent facing own goal, intercept or deny turn
	Track: Adapt body shape, anticipate and track runner
	Provide cover to center back or full back
DEFENDING AND DISRUPTING FORWARD PASSES	
Adapt body shape to anticipate pass	
Intercept through pass or long ball: One touch defense, Keep or Clear (head/foot)	
DOMINATING 1v1	CHALLENGING
	Close-down space (reduce time and space on the ball)
	Use of body to block or disrupt movement of the opponent
	Challenge when realistic chance of winning the ball: Heading, tackling or intercepting
	OPPONENT RECEIVING BACK TO GOAL
	Deny turning
	Intercept ball or stay behind (bump)
	Win aerial duels (heading)
	OPPONENT WITH BALL FACING FORWARD
	Press or delay (keep opponent out of the penalty box)
Force to one side and/or isolate	
OPPONENT RUNNING (WITH AND WITHOUT THE BALL)	
Recover: Chasing	
Mark and track runner from midfield (body shape)	
DEFENDING CROSSES AND PREVENTING SCORING	Position to anticipate cross and protect goal (in and around the penalty box)
	Split-Vision: Never lose sight of direct opponent and ball
	First to the ball: Duel on the ground and in the air (defensive heading)
	Block shots
	Clear the ball: No risk mentality

DEFENDING - ATTACKING	
RECOGNIZING OPPORTUNITY	STARTING AND SUPPORTING COUNTER-ATTACK
	Initiate the attack immediately with forward pass
	Penetrate with ball
	Give and Go: Combine with teammate
	Penetrate without ball
	Move quickly into a supporting position (behind the ball)
READING THREATS: PROTECTING AGAINST COUNTERATTACK	SECURING POSSESSION AND INITIATING BUILD-UP
	Keep the ball and play out of pressure when you can't play forward (allow teammates to take offensive positions)
	TAKING COUNTER-MEASURES
	Push up the defensive line: Keep team connected
	Take defensive preventive action (to counter the counter)



CENTRAL MIDFIELDER (6-8-10)



ATTACKING		
SUPPORTING BUILD-UP PLAY	READING THE OPPONENT'S PRESSURE Observe and analyze position of teammates and opponent's players Identify the intention of opponent's players (pressure)	
	POSITIONING IN RELATION TO GOALKEEPER, DEFENDERS AND MIDFIELDERS Drop to create an advantage and provide more passing options Align positioning with other midfielders and create space for defenders to move or pass forward	
	POSITIONING BETWEEN THE LINES TO RECEIVE (SPATIAL AWARENESS) Move into space and provide (diagonal) passing options between the lines Unmark from direct opponent: Move into blind spot Rotate and align movement with other central midfielders Scan 360° and read pressure from opponent before receiving	
	PLAY (FORWARD) IN TIGHT SPACES Open body shape to receive and play forward Make first touch forward to receive or turn when no pressure Turn using body of opponent Protect and secure the ball One touch play backwards (or sideways) when unable to turn	
RECEIVING AND TURNING UNDER PRESSURE	DICTATING THE PACE OF THE GAME: ACCELERATING PLAY OR SLOW DOWN PLAY Recognize when to play forward or keep possession Receive and pass quickly: Make limited touches Dribble forward at speed when no passing option and/or when open space	
	BREAKING LINES AND PRESSURE Use of deception and disguise Play a precise pass with appropriate ball speed, set-up the receiver Break lines with high-risk pass forward when possible Give and Go: Combine with teammate to receive again Play long or cross pass to weak zone/weak side Switch play quickly to isolate in 1v1 or create overload on the weak side	
	ADJUSTING POSITION TO PROVIDE BALANCE AND SUPPORT	Move forward and take position behind the ball Win 2nd ball (anticipate) Take counter measures: Protect against counter
		CREATING SCORING OPPORTUNITIES Make the final pass: Varied passing or crossing in front or behind the back line to assist Create 1v1: Take on opponent Create 2v1 or 3rd man combinations in tight areas Make aggressive forward runs in the penalty box Support from behind: Make late runs in the penalty box (rebounds, cut-backs)
	PLAYING FORWARD WITH INTENT	SCORING Finish from outside the box: Shoot from distance Finish in penalty area: Head or foot

DEFENDING		
CONTROLLING OPPONENT'S BUILD-UP	RECOGNIZING THE OPPONENT'S BUILD-UP Observe and analyze the position of opponent's players and teammates Identify the intention of opponent's players	
	CREATING AND MAINTAINING COMPACT DEFENSIVE BLOCK Determine and check positions and distances between teammates: Marking references and space Direct teammates to make and keep compact defensive block	
BUILDING AND INITIATING PRESSURE	BUILDING PRESSURE Shift and move to reduce central space, time on the ball and cut off/block passing lanes Make play predictable: Force play backwards or towards the preferred pressing zone Help teammates to outnumber the opponent	
	PRESSING IN THE IDENTIFIED SITUATION Pressure the opponent when chance of winning the ball (timing/cues) Increase speed and intensity: Close down space, force mistake Dispossess the opponent, regain the ball without fouling Regain defensive position when pressure is broken	
	DENYING FORWARD PASSES AND PENETRATIONS	Track the attacking movement of the opposition players with and without ball: Zonal or Man-Mark Cut off passing lanes to advanced midfielders and forwards Intercept passes to advanced players Provide cover to create 2v1
		CHALLENGING AND DISPOSSESSING Close-down, reduce time and space on the ball Win the ball: Heading, tackling or intercepting Use of body to block or disrupt movement of the opponent Make a strategic foul when necessary to allow team to reorganize
DOMINATING 1V1 SITUATIONS IN CENTRAL AREAS	OPPONENT RECEIVING BACK TO GOAL Intercept the ball Deny turning Force backwards	
	OPPONENT WITH BALL FACING FORWARD Press and/or delay Force sideways	
	SCREENING AND PROTECTING SPACE IN FRONT OF CENTER BACKS Hold central position and stay connected to center backs Win aerial duels on long balls (defensive headers) in front of the back line Challenge and win 2nd balls Turn, chase and recover	
DEFENDING CROSSES, PENETRATIONS, AND SHOTS	DEFENDING CROSSES Support full back to deny crosses Split-Vision: Never lose sight of direct opponent and ball First to the ball: Duel on the ground and in the air (defensive heading) Clear the ball: No risk mentality	
	DENYING PENETRATIONS Deny short-combinations Switch from zonal marking to player tracking Track late runs in the penalty box	
	BLOCKING SHOTS Block shots from inside and outside the penalty box	

ATTACKING - DEFENDING	
COUNTERPRESSING OR PROVIDING BALANCE	PRESSING (ADVANCED POSITION) Pressure the ball immediately after losing it to regain possession or prevent the counterattack
	ORGANIZING Return as quickly as possible in the defensive block: Get organized and balanced Track movement of opposition supporting players
	DELAYING (DEEPER POSITION) Delay the opponent to allow teammates to return in the defensive block Make strategic foul when necessary, to allow team to reorganize
	ANTICIPATING Stop pressing/chasing and take anticipated attacking action, move into dangerous position

DEFENDING - ATTACKING	
PROVIDING AND KEEPING BALANCE	STARTING AND SUPPORTING COUNTERATTACK Initiate the attack immediately with forward run, pass or dribble Move quickly into a supporting position (in front or behind the ball) Move up and stay connected between the lines
	SECURING POSSESSION AND INITIATING BUILD-UP Keep the ball and play out of pressure when you can't play forward
	TAKING COUNTERMEASURES Take defensive preventive action (to counter the counter)



WIDE FORWARD (7-11)



ATTACKING	
POSITIONING AND SUPPORTING BUILD-UP PLAY	STRETCHING THE OPPONENT: STARTING POSITION
	Position high and wide to spread opposition and create space for self and teammates
	Position inside to overload central area and create space for full back to move up
	READING THE OPPONENT'S PRESSURE
	Observe and analyze position of teammates and opponent's players
	Identify the intention of teammates and opponent's players (pressure)
	MOVING BETWEEN OR BEHIND THE LINES
	Identify space and move (or stay) to provide (diagonal) passing option between the lines
	Move inside to create space for full back to move up
Come deeper to support and provide (diagonal) passing option	
Run behind the defensive line	
RECEIVING UNDER PRESSURE	RECOGNIZING TIME, SPACE, OPPORTUNITY AND RISK: SPATIAL AND POSITIONAL AWARENESS
	Isolate full back in 1v1 or take position in between (1v2)
	Position to gain advantage over your opponent: In front, behind or next to (use of counter movement and blind spots)
	Scan 360° and read pressure from opponent before receiving
	RECEIVING AND TURNING TO PLAY FORWARD (IN TIGHT SPACES)
	Open body shape and make first touch forward to escape pressure
	Receive long and short passes on the run
	Use body of opponent to turn and face goal
	Use first touch to eliminate and beat direct opponent
SCREENING/SHIELDING THE BALL (RECEIVING BACK TO GOAL)	
Protect and hold the ball under pressure, wait for supporting teammates to move into better positions	
One touch play backwards to supporting teammate (3rd man)	
MAKING AGGRESSIVE FORWARD RUNS	BEATING THE OFFSIDE LINE
	Adapt (vary) starting position and times run to stay outside
	Adapt shape of the run to stay outside line (diagonal or bent)
	RUNNING WITHOUT THE BALL
	Make well timed vertical or diagonal runs behind the defensive line
RUNNING WITH THE BALL	
Run with the ball at high speed over distance (from deeper areas)	
DOMINATING 1v1	ISOLATING DEFENDER: CREATING 1v1
	Escape and/or draw defender out of position
	DRIBBLING: TAKE ON (ELIMINATE) OPPONENT
	Recognize body position, space and cover to go past opponent
Use change of speed and/or change of direction to beat or separate opponent	
Use body feints and quick movements to beat or separate from opponent	
COMBINING WITH TEAMMATES	CHANGING TEMPO
	Speed up playing by making limited touches and passing quickly
	PASSING TO SET UP RECEIVER
	Play through pass to penetrating teammate to receive in behind
	Cross pass: Move inside or lower to play long ball to weak side
Give and Go: Combine with teammate to receive again	
Flick or deviate in one touch	
CROSSING	IDENTIFYING SPACE AND TARGET
	Recognize space and position of attacking teammates and opponent's (watch for late runners)
	DELIVERING CROSSING
	Cross in the box using Left or Right
Cross at right time to beat defenders and goalkeeper (early, late or cut-back crosses)	
Cross accurately with appropriate ball speed from different positions behind or in-front of backline	
FINISHING AND SCORING	Make aggressive (late) runs in the penalty box
	Lose opponent: In front or out of sight
	Finish from the cross or pass: With head or foot
	Finish second/loose balls: Anticipate and react quickly
	Finish from distance off the dribble: Come from outside

ATTACKING - DEFENDING	
COUNTERPRESSING OR PROVIDING DEFENSIVE BALANCE	COUNTERPRESSING
	Pressure the ball immediately after losing it to prevent the counterattack and/or regain possession
	Chase immediately (sprint)
	ORGANIZING
	Return as quickly as possible in the defensive shape (Get organized and balanced)
	Track movement of opposition supporting players
Cover for overlapping full back	
ANTICIPATING	
Stop pressing/chasing and take anticipated attacking action, move into dangerous position	

DEFENDING	
READING AND POSITIONING	RECOGNIZING THE OPPONENT'S BUILD-UP
	Observe and analyze the position of opponent's players and teammates
	Identify the intention of opponent's players
	CREATING AND MAINTAINING COMPACT DEFENSIVE BLOCK
Determine and check position height, width and distances between teammates	
Move in coordination with teammates: Keep compactness and closes spaces	
BUILDING AND INITIATING PRESSURE	BUILDING PRESSURE
	Shift and move to reduce space, time on the ball and cut off/block passing lanes
	Make play predictable: Force play backwards or towards the preferred pressing zone
	Move centrally to provide cover and balance: Monitor central player or wide player on the weak side (split-vision)
	PRESSING IN IDENTIFIED SITUATION
	Identify pressing cues: Pressure the ball
Increase speed and intensity: Close down space, force mistake	
Dispossess the opponent, regain the ball without fouling	
Take defensive position when pressure is broken or take an anticipated attacking position	
DENYING FORWARD PASSES AND PENETRATIONS	PREVENTING OPPONENT FROM PASSING AND DRIBBLING FORWARD
	Recognize overloads in wide areas: Hold lower position
	Cut off passing lanes and intercept passes to advanced midfielders and forwards
	DEFENDING PENETRATIONS
Track back to mark attacking movement of opponent (with and without ball)	
Pass on direct opponent and take anticipated attacking position	
Support full back to provide cover or double team	
DEFENDING LOW IN WIDE AREAS	DEFENDING CROSSES
	Deny the cross: Prevent service (strong side)
	Position and mark in/around the penalty box (weakside)
	DEFENDING 1v1
Keep attacking player in front, close space, force backwards	
BLOCKING SHOTS	
Block shots from inside and outside the penalty box	
ANTICIPATING COUNTERATTACK	
Stop tracking and take anticipated attacking action	

DEFENDING - ATTACKING	
CREATING DANGEROUS COUNTERATTACKS: MOVING AND PLAYING FORWARD	ANTICIPATING COUNTERATTACK
	Unmark from defender before the ball is regained and provide (diagonal) passing option or run behind
	CONTINUING COUNTERATTACK
	Receive, turn and play forward
	Run at defender and create 2v1 or finish the attack
	Hold and protect the ball and wait for support when unable to play forward
	STARTING AND SUPPORTING COUNTERATTACK
	Initiate the attack immediately with forward run, pass or dribble
Move quickly into a supporting position in front or behind the ball	



CENTER FORWARD (9)



ATTACKING	
POSITIONING AND SUPPORTING BUILD-UP PLAY	STRETCHING THE OPPONENT Position high and central: Occupy opposition center backs, serve as target and create space for self or teammates
	READING THE OPPONENT'S PRESSURE Observe and analyze position of teammates and opponent's players Identify the intention of teammates and opponent's players (pressure)
	MOVING BETWEEN OR BEHIND THE LINES Drop into midfield to create an advantage and provide passing option for teammates Drop into midfield to create space for a penetrating midfielder Run behind the defensive line
	RECOGNIZING TIME, SPACE, OPPORTUNITY AND RISK: SPATIAL AND POSTIONAL AWARENESS Isolate center back (lv1) or take position between center backs (lv2) Unmark from direct opponent: in front, behind or next to (use of counter movement and blind spots) Scan 360° and read pressure from opponent before receiving
	RECEIVING AND TURNING TO PLAY FORWARD Open body shape to receive facing forward (first touch forward) Receive long and short passes on the run Turn and face goal (use body of opponent) Use first touch (and/or feinting) to eliminate or beat direct opponent
RECEIVING UNDER PRESSURE	SCREENING/SHIELDING THE BALL (RECEIVING BACK TO GOAL) Receive long ball: Air and ground Protect (shield) the ball under pressure, wait for support (lay off) or draw foul Lay-off: One touch play backwards to supporting teammate (3rd man)
	BEATING THE OFFSIDE LINE Adapt (vary) starting position and time run to stay onside Adapt shape of the run to stay onside line (diagonal or bent)
	RUNNING WITHOUT THE BALL Make well-timed vertical or diagonal runs behind the defensive line
	RUNNING WITH THE BALL Run with the ball at high speed over distance (while holding off opponent)
DOMINATING lv1	DRIBBLING: TAKE-ON (ELIMINATE) OPPONENT Recognize body position, space and cover to go past opponent Use change of speed and/or direction to beat or separate from opponent Use body feints and quick movements to beat or separate from opponent
	COMBINING WITH TEAMMATES Play a through pass to penetrating teammate in-behind Switch play quickly to isolate in lv1 or create overload on the weak side Give and Go: Combine with teammate to receive again Flick or deviate in one touch with head or foot
	FINISHING AND SCORING (CREATIVITY) Recognize space and position of opponents (and teammates) Make well timed runs (aggressive, delayed/late, pull away/drop off) in the box to unmark or to create space for teammates Hold-off or lose direct opponent Finish from distance or off the dribble Finish from cross or pass: With head or foot Finish second/loose balls: Anticipate and react quickly Recognize teammate in a better position to score (assist)

DEFENDING	
READING AND POSITIONING	RECOGNIZING THE OPPONENT'S BUILD-UP Observe and analyze the position of opponent's players and teammates Identify the intention of opponent's players
	CREATING AND MAINTAINING COMPACT DEFENSIVE BLOCK Determine and check defensive position (height) and distances between teammates Move in coordination with teammates: Keep compactness and close spaces
	BUILDING PRESSURE Shift and move to reduce space, time on the ball and cut off/block passing lanes Make play predictable: Force play backwards Make play predictable: Force to one side, and prevent switch
BUILDING AND INITIATING PRESSURE	PRESSING IN IDENTIFIED SITUATION Identify pressing cues: Pressure the ball Increase speed and intensity: Close-down space, force mistake Dispossess the opponent, regain the ball without fouling Take defensive position when pressure is broken or take an anticipated attacking position
	PREVENTING OPPONENT FROM PASSING AND DRIBBLING FORWARD Recognize overload in central areas: Hold position Cut off passing lanes and intercept to advanced midfielders and forwards
	ASSISTING THE MIDFIELDERS Press from behind Pass on direct opponent
	DEFENDING IN LOWER CENTRAL AREAS Take position to screen and protect in a lower block (understanding game situation)
	ANTICIPATING COUNTERATTACK Stop defending and take anticipated attacking action: Move into a dangerous position

DEFENDING - ATTACKING	
CREATING DANGEROUS COUNTERATTACKS: MOVING AND PLAYING FORWARD	ANTICIPATING COUNTERATTACK Stop defending and take anticipated attacking action Unmark from defender before the ball is regained and provide (diagonal) passing option or run behind
	CONTINUING COUNTERATTACK Receive, turn and play forward quickly Run at defender and create 2v1 or finish the attack Hold and protect the ball and wait for support when unable to play forward Move quickly into a supporting position in-front of the ball
	STARTING COUNTERATTACK Initiate the attack immediately with forward run, pass or dribble

ATTACKING - DEFENDING	
PREVENTING DANGEROUS COUNTERATTACKS	COUNTERPRESSING Pressure the ball immediately after losing it to prevent the counterattack and/or regain possession Chase immediately
	ANTICIPATING Stop pressing/chasing and take anticipated attacking action, move into dangerous position



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