

## **Technical/Tactical Functions of Goalkeepers**

### **Technical Functions**

- Shot stopping and ball handling: on ground, below waist, above waist, diving, tip overs, parrying, catching and holding, body position.
- Crosses: catching, boxing one and two handed, attacking the ball, body position, jumping technique.
- Distribution: throwing, bowling, kicking, punting, and drop kicking.
- Break away technical aspects.
- Receiving with all parts of the feet and all parts of the body.
- Passing in the air, on the ground, and striking the ball for distance.

### **Tactical Application of Technique**

#### *Tactical Functions: Defensive*

- Organization of the defense
- Playing as a sweeper, providing cover and balance
- Starting positions in reference to the movement of the ball, pressure on the ball, athletic ability, and movement of players
- Distribution as the first attacker and as a support player in the back
- Ability to close down players on a breakaway and cut down shooting angles
- Range of the goalkeeper in the box to handle crosses and come off the line

#### *Tactical Functions: Attacking*

- Support player, ability to change the point of attack in order to relieve pressure and keep possession
- Distribution to be the first attacker
- Transition

## **Technical/Tactical Functions of the Defenders**

### **Technical Functions**

- Heading
- Ability to clear the ball with either foot and your head
- Tackling
- Passing off the interception of the ball to start the attack
- Passing over long and short distances
- Receiving with all parts of the foot
- Long range striking of the ball for goal
- Crossing using lofted and driven balls
- Dribbling to beat an opponent and to keep possession
- Finishing with all parts of the body

### **Tactical Functions: Defensive**

#### *Sweeper*

- Play behind, even, and in front of the back line
- Organize the team defensively, communication
- Establish and control the line and rate of defensive retreat
- Offside tactics and space consideration

- Positional play in reference to the ball and players
- Marking responsibilities and zonal coverage
- Provide cover and balance
- Stepping up to close players down, playing numbers up and down in the defense

#### *Center Backs*

- Marking responsibilities, starting positions in relation to the ball and movement of players, denying, containing, and winning the ball.
- Proper angles of recovery appropriate to the ball on the field and the attacking players as a whole
- Man to man marking, zonal and combination coverage
- Offside tactics and space usage
- Providing cover and balance
- Controlled aggression in tackling and closing players down, picking moments when to win the ball
- Defending numbers up and down and in transition

#### *Outside Backs*

- Deny penetration on the flank, 1v1, numbers down
- Positional play depending on the movement of the ball and players and the defensive scheme and system of play for the team
- Provide cover and balance to the other defenders and the midfield players
- Tracking of players and recovery runs into spaces where the attack is most dangerous
- Marking responsibilities when players come into your defensive zones or passed on from the central defenders

### **Tactical Functions: Attacking**

#### *Sweeper*

- Play as a free player to penetrate with or without the ball
- Play as a support player for the players in advance of the ball to change the point of attack and dictate or change the rhythm of the game, and to play out of the back
- Play as a counterattacking player to start counter attacks

#### *Center Backs*

- Distribution of the ball, long and short
- Support for players in advance of the ball
- Establish width in the attack
- Win ball and play forward quickly
- Flank play to play into the attack as a wide midfielder or winger by overlapping
- Play off side of the ball in attack, team shape
- Be dangerous on restarts

#### *Outside Backs*

- Provide an early outlet after the ball is won, provide width in the attack
- Establish self in the attack when necessary
- Play as a flank player, wide midfielder, or winger in the attack, on the ball or without the ball
- Maintain team shape in the attack on the side of the ball and away from the ball

- Provide support both behind the ball and in advance of the ball
- Play ball forward immediately upon winning the ball to start transition

### **Technical/Tactical Functions of the Midfielders**

#### **Technical Functions**

- Receiving ball under pressure
- Turning ball under pressure
- Passing, long and short
- Finishing from in and around the goal and from distance
- Dribbling, imagination and creativity, speed, shielding
- Tackling,
- Heading, defensive and attacking
- Crossing, all variations
- Ability to clear balls when needed

#### **Tactical Functions: Defensive**

##### *Group Defending*

- Transition to get goal side of the ball, recovery runs, and positioning
- Delay the attacking progress, and winning the ball when appropriate and zonally pressuring in pockets as dictated by the team's style of play
- Provide pressure, cover, and balance
- Man to man, zonal and combination defensive play
- Win 1v1 duels
- Changing the rhythm of play defensively by pressing

### *Defensive Midfielders*

- Organize the players, communication to midfielders and forwards
- Provide cover to pressuring defensive players in the midfield
- Provide balance in the midfield
- Marking responsibilities
- Specific marking responsibilities vs. opposing attacking midfielders
- Zonal play
- Delay to attack playing numbers down in defense
- Play numbers up in defense
- Tracking down players
- Skillful in the air and at tackling
- Ability to win 1v1 battles

### *Flank Midfielders*

- Defend the flank 1v1, numbers up and down
- Recovery runs
- Understand man to man, zonal, and combination defending
- Provide pressure, cover, and balance, in the defensive scheme of play
- Tracking down players
- Ability to win 1v1 duels
- Skillful in the air and at tackling

## **Tactical Functions: Attacking**

### *Group*

- Link the play from the back to the front
- Support in advance and behind the ball
- Create width in the attack
- Create space for self and others to attack
- Penetrate with and without the ball
- Changing the point of attack and the rhythm of play
- Finishing, long range shooting

### *Defensive Midfielders*

- Support in advance of the defenders
- Support behind the midfielders and forwards
- Penetration with and without the ball
- Changing the point of attack and the rhythm of play
- Finishing and long range shooting

### *Flank Midfielders*

- Ability to play on the entire flank: fitness level
- Ability to play as a winger
- Establish width in the attack
- Create space for self and others with and without the ball
- Ability to penetrate with and without the ball, combination play
- Ability to support in advance and behind the other players and the ball

- Ability to serve the ball effectively from the flank

#### *Playmaking Midfielders*

- Support in advance of the ball
- Support behind the ball
- Availability to make the game, angles, and distances in support, vision
- Penetration with and without the ball
- Ability to create space for self to play
- Dictate rhythm of the game, changing the point of attack
- Finishing and long range shooting

#### *Attacking Midfielders*

- Play in advance of the other midfielders and support to the forwards
- Penetration with and without the ball
- Support in advance and behind the ball
- Finishing and long range shooting

### **Technical/Tactical Functions of the Forwards**

#### *Defensive Functions as a Group*

- Transition as a group (psychological aspects), not worrying about losing a ball or missing goals
- Part of collective defending as a team within the team posture of defending, i.e. funneling vs. fanning
- Tracking down
- Pressing

#### *Central Forwards: Strikers (Defending)*

- Close down the space of the central defending players
- Push up on the sweeper
- Stretch the defense lengthwise
- Create space for others central

#### *Attacking Functions as a Group*

- Support in advance of the ball
- Ability to penetrate with and without the ball
- Timing of runs to get behind defense and then support the ball
- Ability to create space for self and others
- Team Shape and ability to pull the defense apart
- Finishing

#### *Central Forwards: Strikers (Attacking)*

- Pull apart the central defense and covering system
- Diagonal runs to the flanks to pull apart defense

- Diagonal runs to get behind the defense
- Create space behind the defense by coming to the ball in midfield
- Availability to play with other players in combination
- Bending runs to free oneself of opponents
- Finishing
- 1v1 ability to beat opponents with and without the ball

*Wingers (Attacking)*

- Play wide in the attack
- Support in advance of the ball
- Creating space for self and others with and without the ball
- Ability to beat opponent with and without the ball
- Playing wide and coming into central areas to create opportunities
- Crossing
- Finishing

*Withdrawn Wingers (Attacking)*

- Play wide but not as far up the field as a winger
- Understanding of how to play as a winger and a wide midfielder
- Support in advance and behind the ball
- Creating width in the attack
- Penetration with and without the ball
- 1v1 duels
- Create space for self and others
- Ability to come central or penetrate the flank
- Finishing

*Withdrawn Central (Attacking)*

- Support in advance and behind the ball
- Timing of runs, angles, and distances to play off another player
- Penetration with and without the ball
- Finishing