

POSITION-SPECIFIC ATTRIBUTES

INDIVIDUAL PLAYER ATTRIBUTES

The following information outlines the attributes required to perform certain roles and responsibilities within a team environment, and how the youth coach can effectively utilize this dynamic to create well-rounded, complete players.

KEY CONSIDERATIONS:

Each playing position on the field places a different demand on players, which, in turn, requires them to develop a different skill set in order to excel.

The precise combination of desired attributes varies greatly as a function of the formation, playing style, and philosophy a team employs.

For example, a team playing a 1-4-4-2 may require their central striker to have markedly different attributes to that of a team employing a 1-4-5-1.

However, there are a certain number of constants that remain true, irrespective of team shape and tactics.

For example, a defensively-minded player typically needs to be a more efficient tackler, while an attack-minded player may need to be more competent at dribbling.

PLAYER ATTRIBUTES:

The following technical, physical, and mental attributes have been selected to illustrate the varying demands of each playing position:

TECHNICAL	PHYSICAL	MENTAL
Short Passing	Speed	Concentration
Long Passing / Crossing	Acceleration	Discipline
First Touch	Strength	Aggression
Dribbling	Balance	Confidence
Shooting	Jumping	Composure
Heading (U13 & Above)	Agility	Anticipation
Tackling	Endurance	Creativity

CREATING BALANCED PLAYERS:

To develop well-rounded players, every attribute is important for every player on the field.

Some attributes are more valuable than others in certain positions, so the youth coach must rotate playing positions.

Rotation helps players see how the game looks from different areas of the field while simultaneously developing the attributes required to effectively cope with the full spectrum of positional demands.

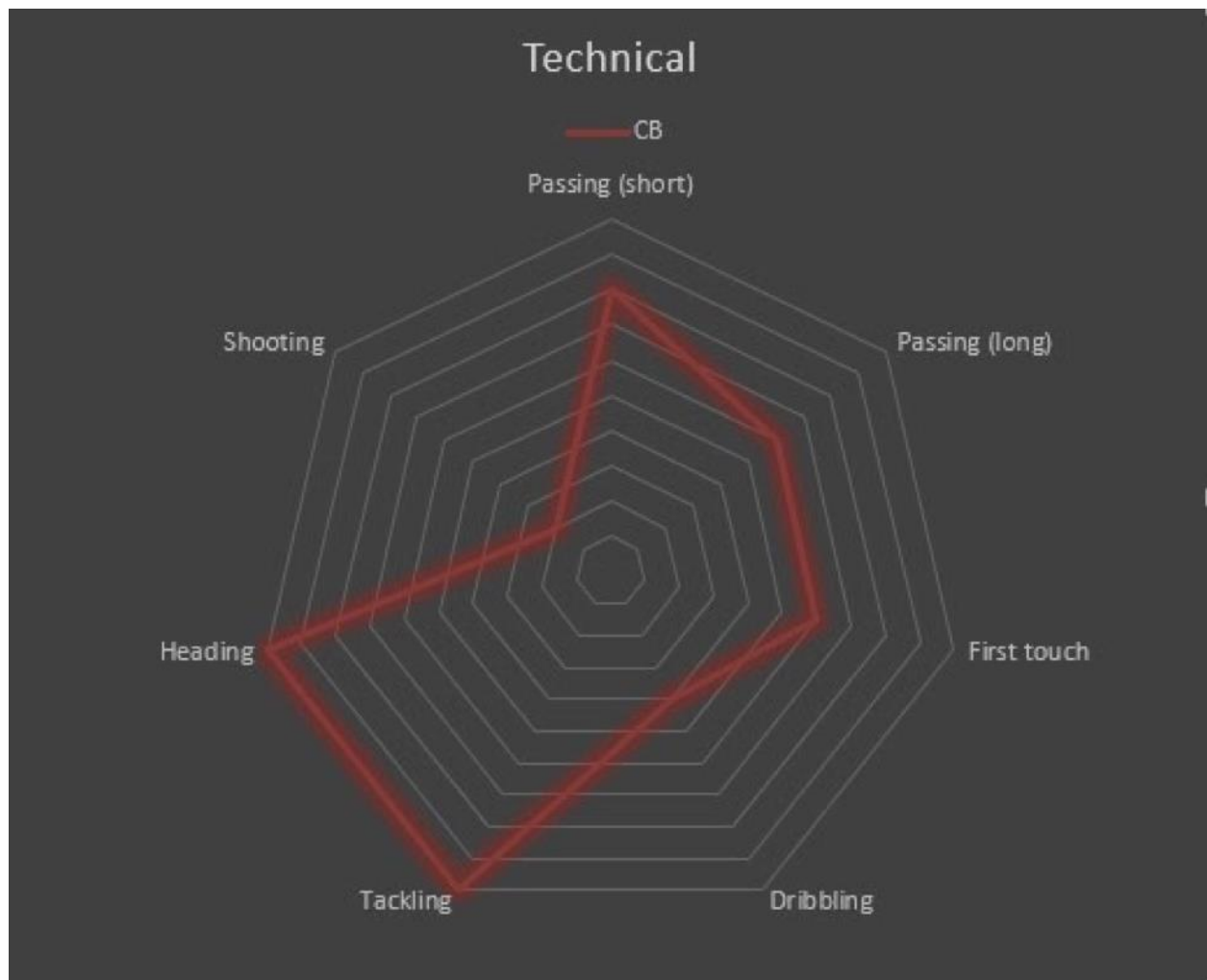
A VISUAL GUIDE:

Click on the positions specified below to view graphics which break down the fundamental player attributes into their technical, physical, and mental components. Each peak and valley illustrates how important a specific attribute is to each playing position.

The following positions are outlined:

Center Back (CB)

CENTER BACK (CB) - TECHNICAL							
Skill	Passing (Short)	Passing (Long)	First Touch	Dribbling	Tackling	Heading	Shooting
Rating	8	6	6	4	10	10	2



CENTER BACK (CB) - PHYSICAL							
Skill	Speed	Jumping	Acceleration	Strength	Agility	Balance	Endurance
Rating	6	10	8	10	6	4	2

Physical

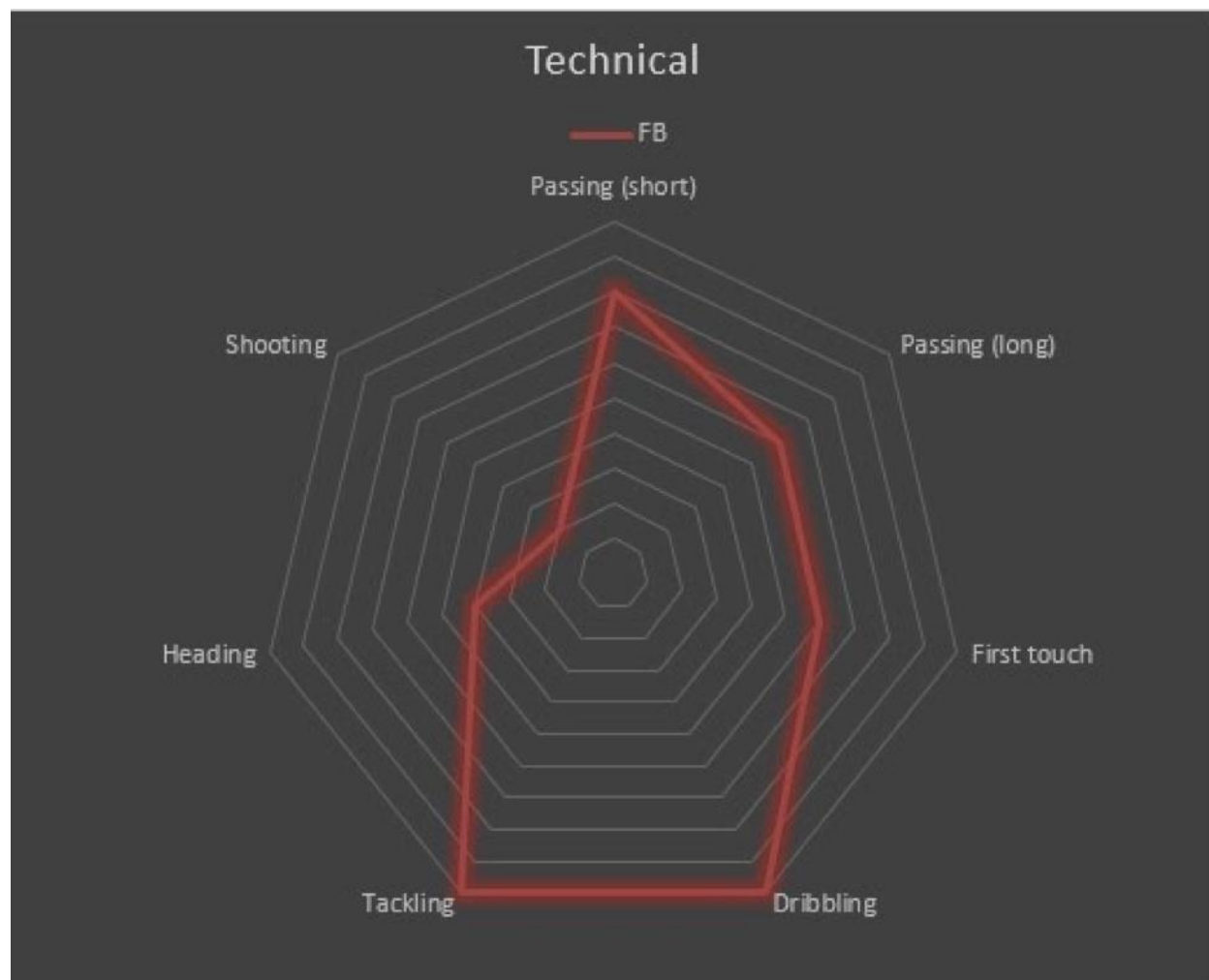
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Speed

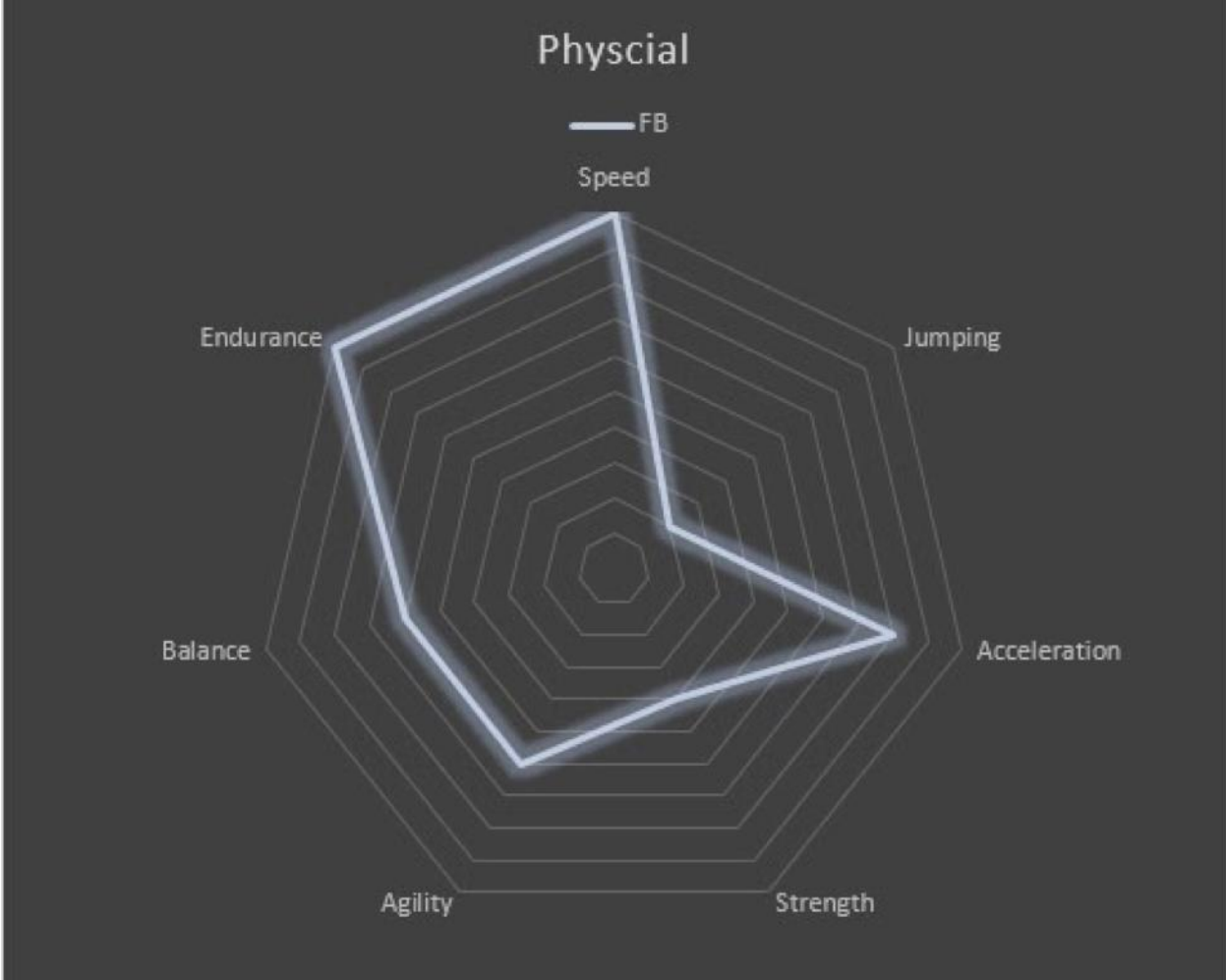


Full Back (FB)

FULL BACK (FB) - TECHNICAL							
Skill	Passing (Short)	Passing (Long)	First Touch	Dribbling	Tackling	Heading	Shooting
Rating	8	6	6	10	10	4	2



FULL BACK (FB) - PHYSICAL							
Skill	Speed	Jumping	Acceleration	Strength	Agility	Balance	Endurance
Rating	10	2	8	4	6	6	10

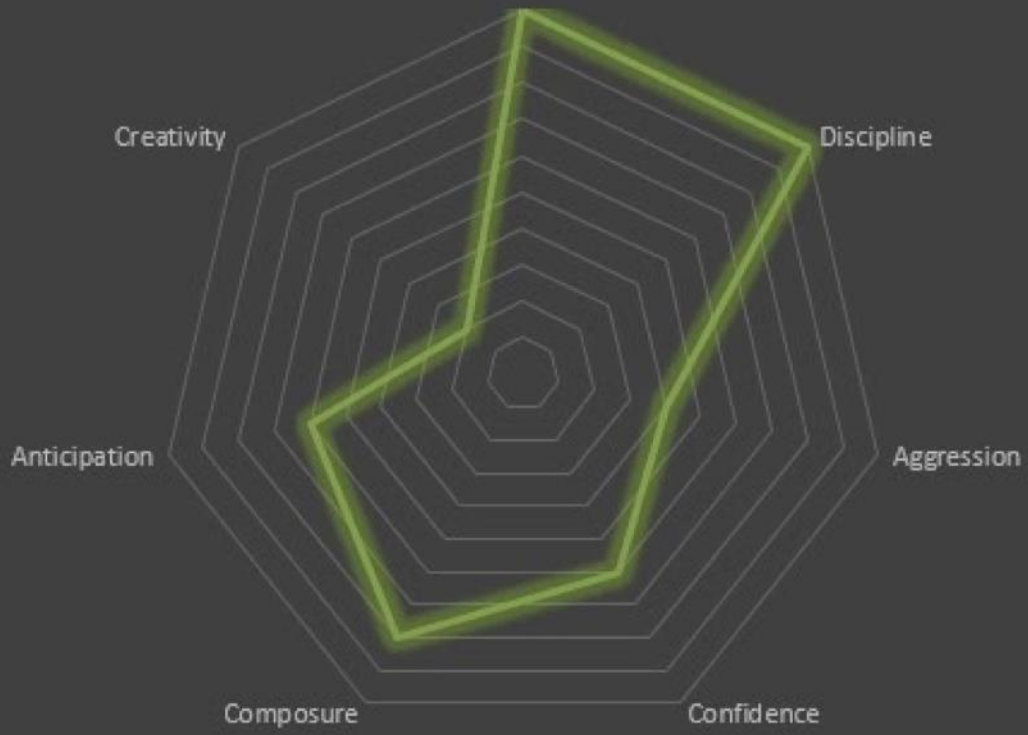


FULL BACK (FB) - MENTAL							
Skill	Concentration	Discipline	Aggression	Confidence	Composure	Anticipation	Creativity
Rating	10	10	4	6	8	6	2

Mental

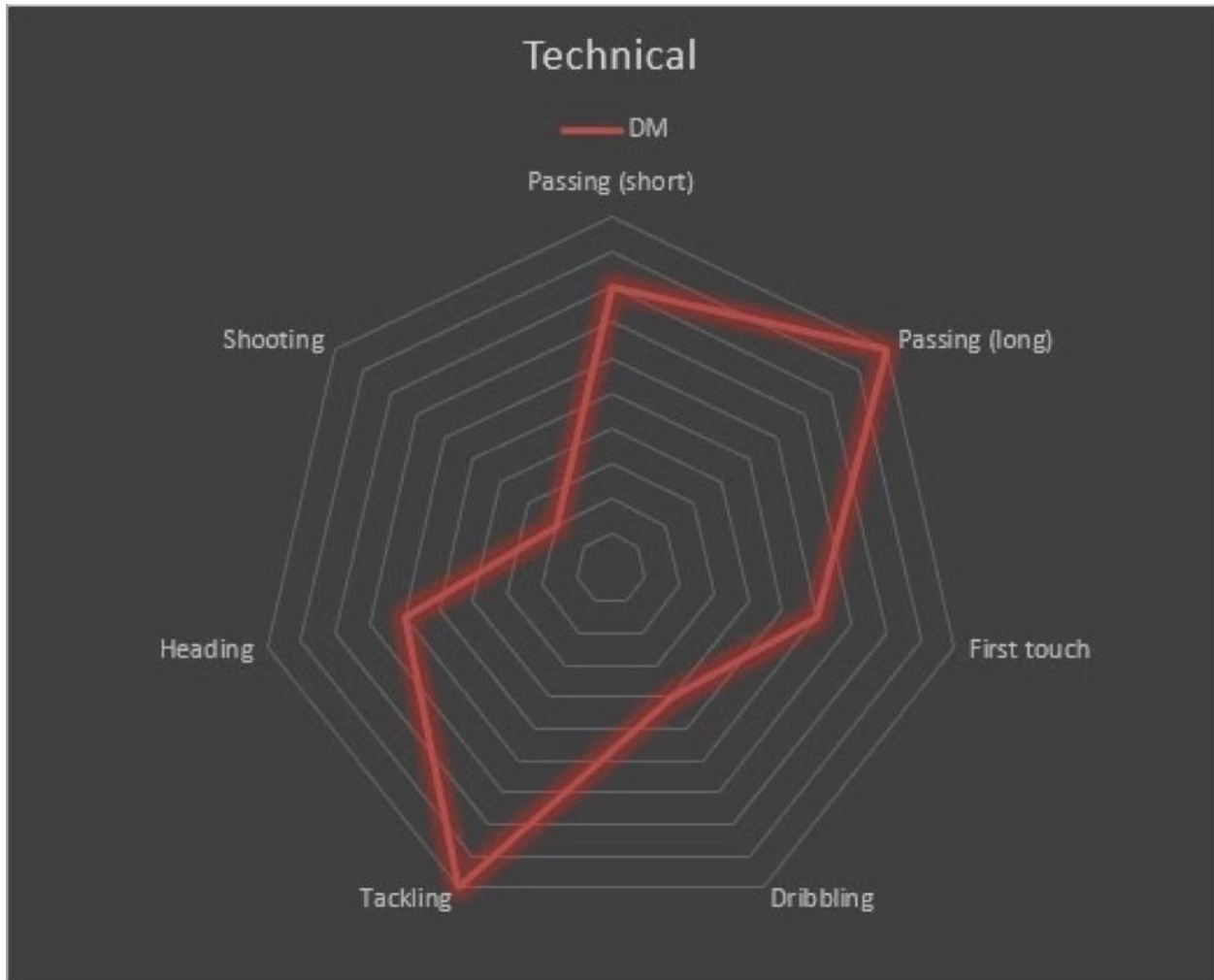
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Concentration

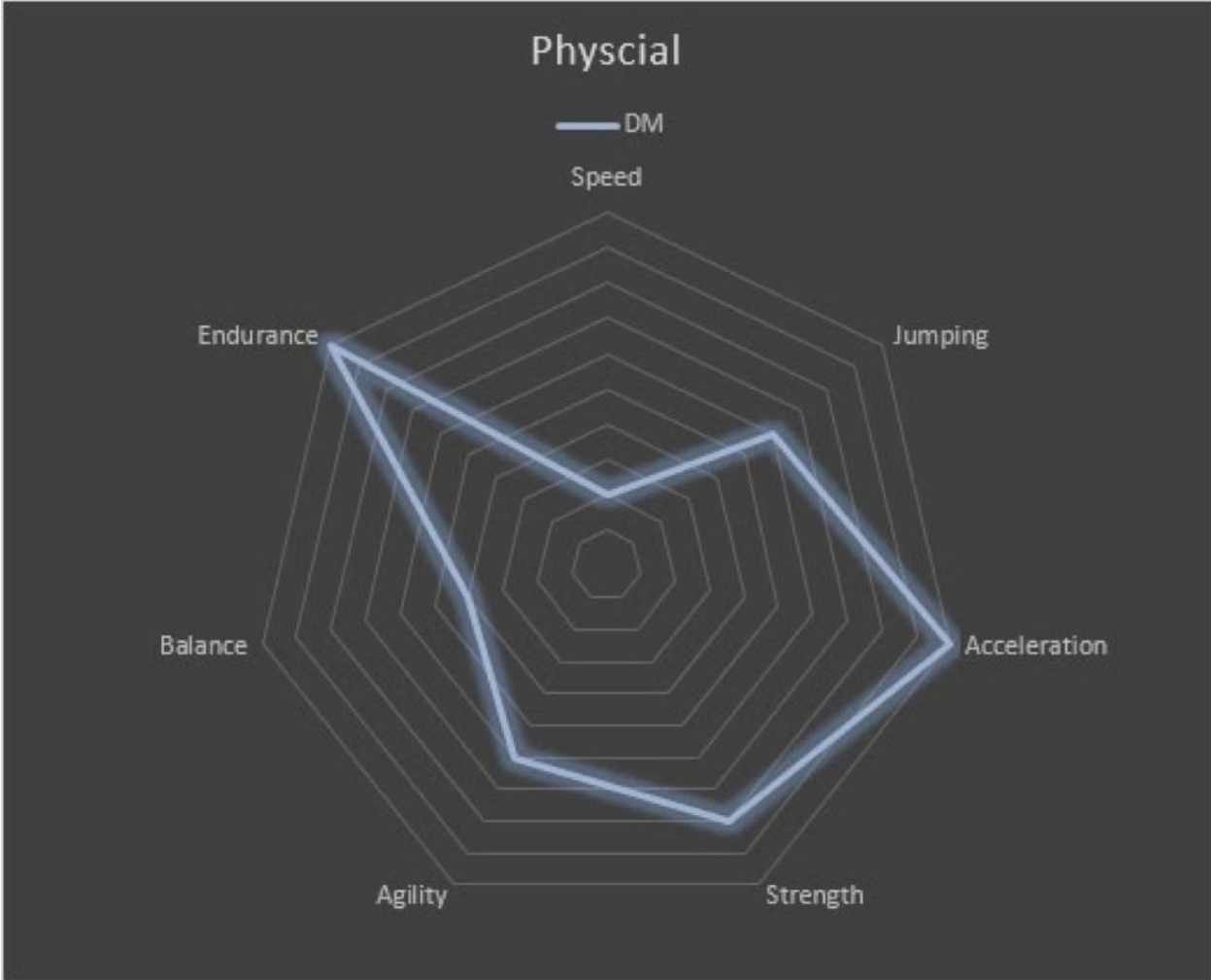


Defensive Midfielder (DM)

DEFENSIVE MIDFIELDER (DM) - TECHNICAL							
Skill	Passing (Short)	Passing (Long)	First Touch	Dribbling	Tackling	Heading	Shooting
Rating	8	10	6	4	10	6	2



DEFENSIVE MIDFIELDER (DM) - PHYSICAL							
Skill	Speed	Jumping	Acceleration	Strength	Agility	Balance	Endurance
Rating	2	6	10	8	6	4	10

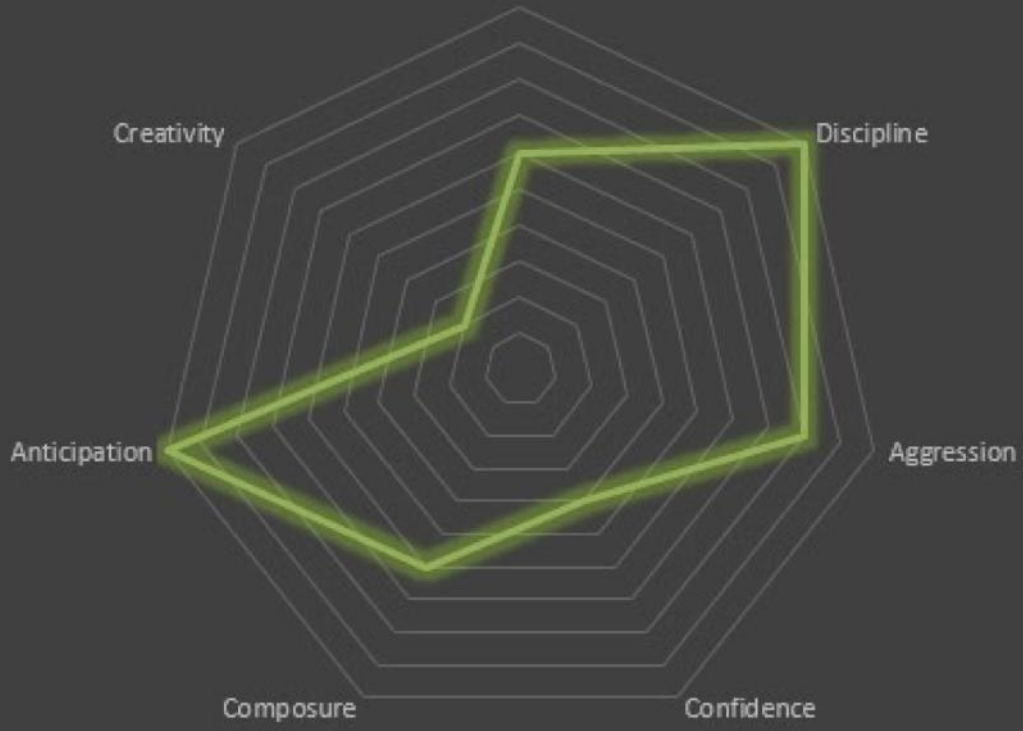


DEFENSIVE MIDFIELDER (DM) - MENTAL							
Skill	Concentration	Discipline	Aggression	Confidence	Composure	Anticipation	Creativity
Rating	6	10	8	4	6	10	2

Mental

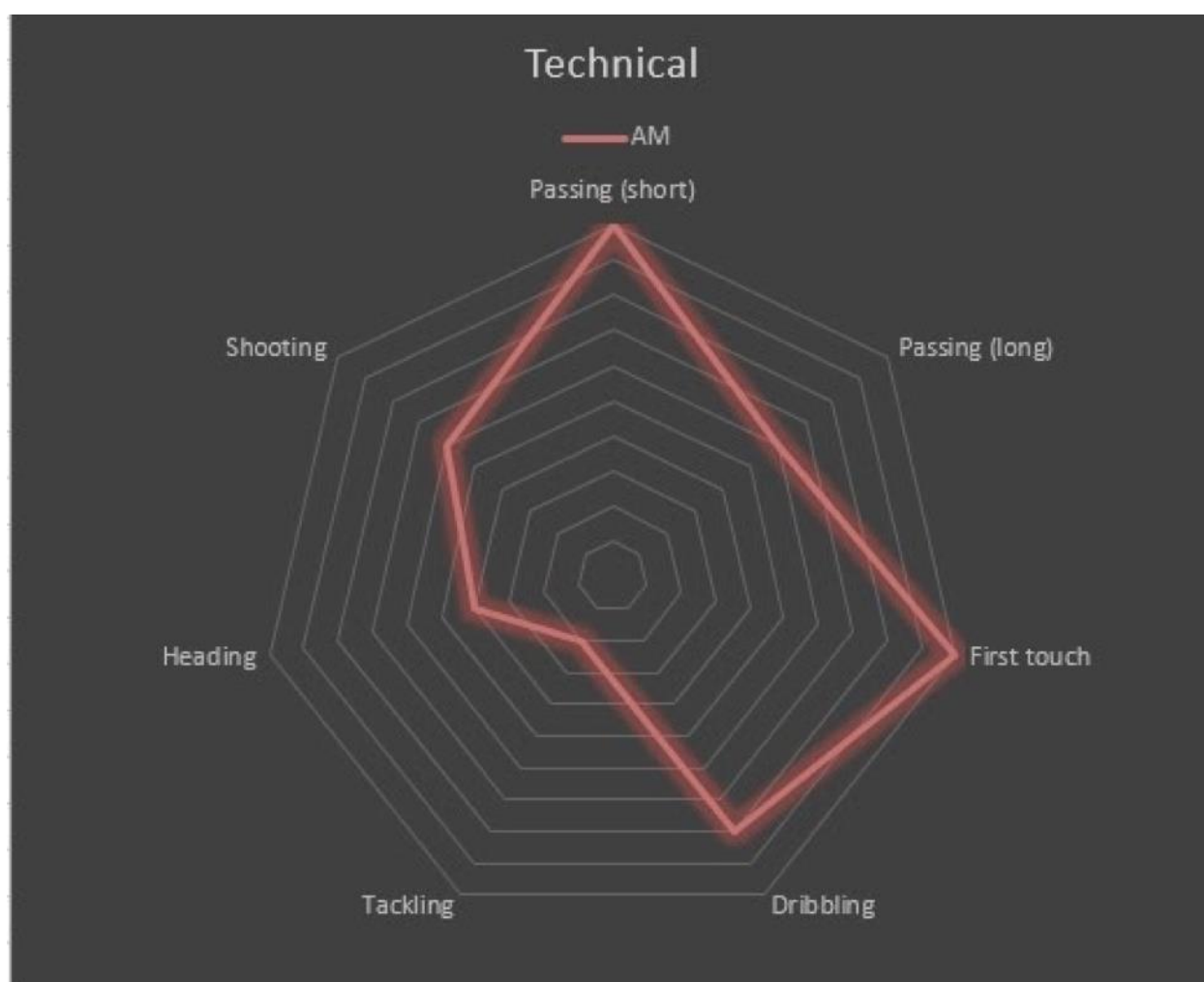
DM

Concentration

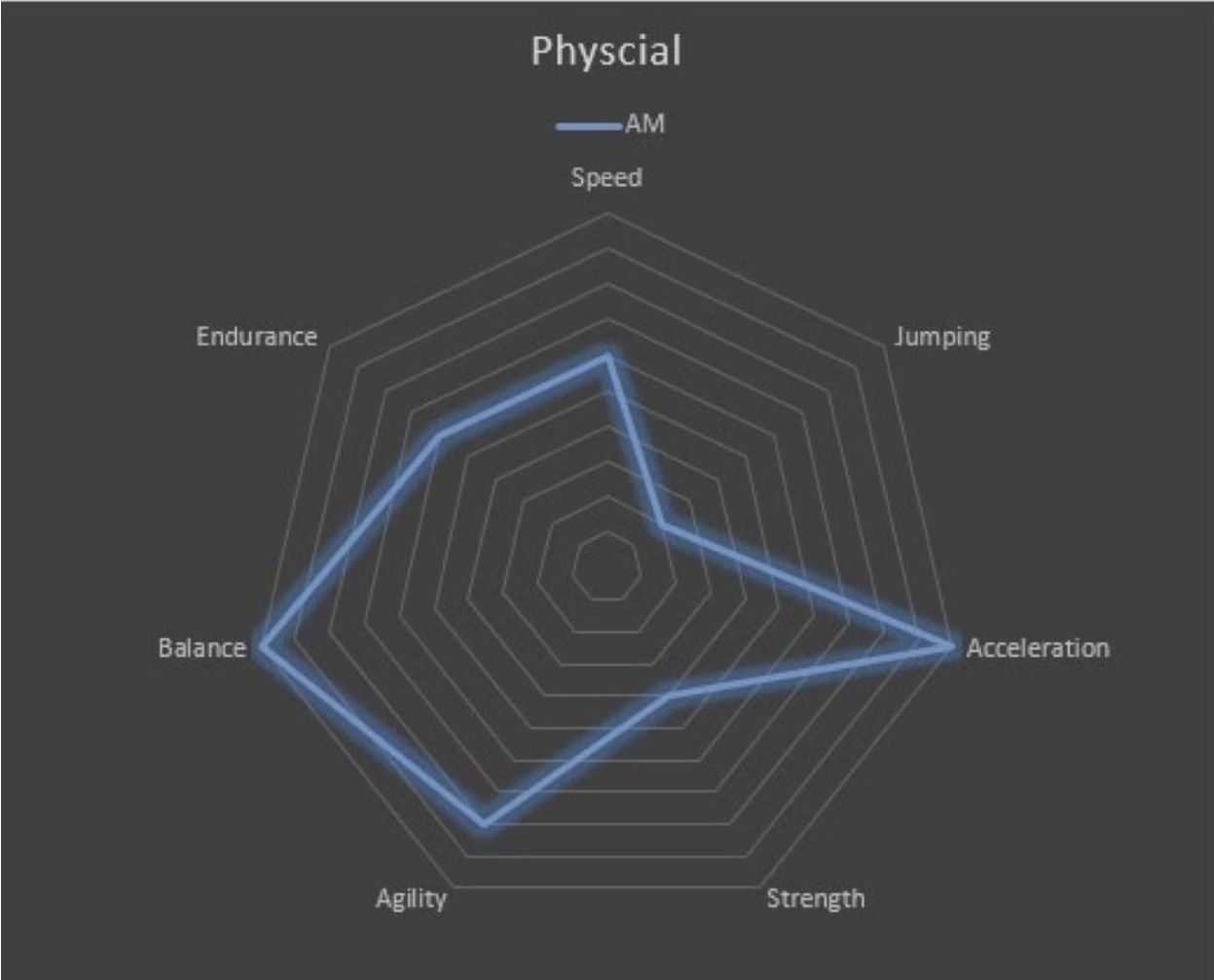


Attacking Midfielder (AM)

ATTACKING MIDFIELDER (AM) - TECHNICAL							
Skill	Passing (Short)	Passing (Long)	First Touch	Dribbling	Tackling	Heading	Shooting
Rating	10	6	10	8	2	4	6



ATTACKING MIDFIELDER (AM) - PHYSICAL							
Skill	Speed	Jumping	Acceleration	Strength	Agility	Balance	Endurance
Rating	6	2	10	4	8	10	6



ATTACKING MIDFIELDER (AM) - MENTAL							
Skill	Concentration	Discipline	Aggression	Confidence	Composure	Anticipation	Creativity
Rating	6	4	2	8	10	6	10

Mental

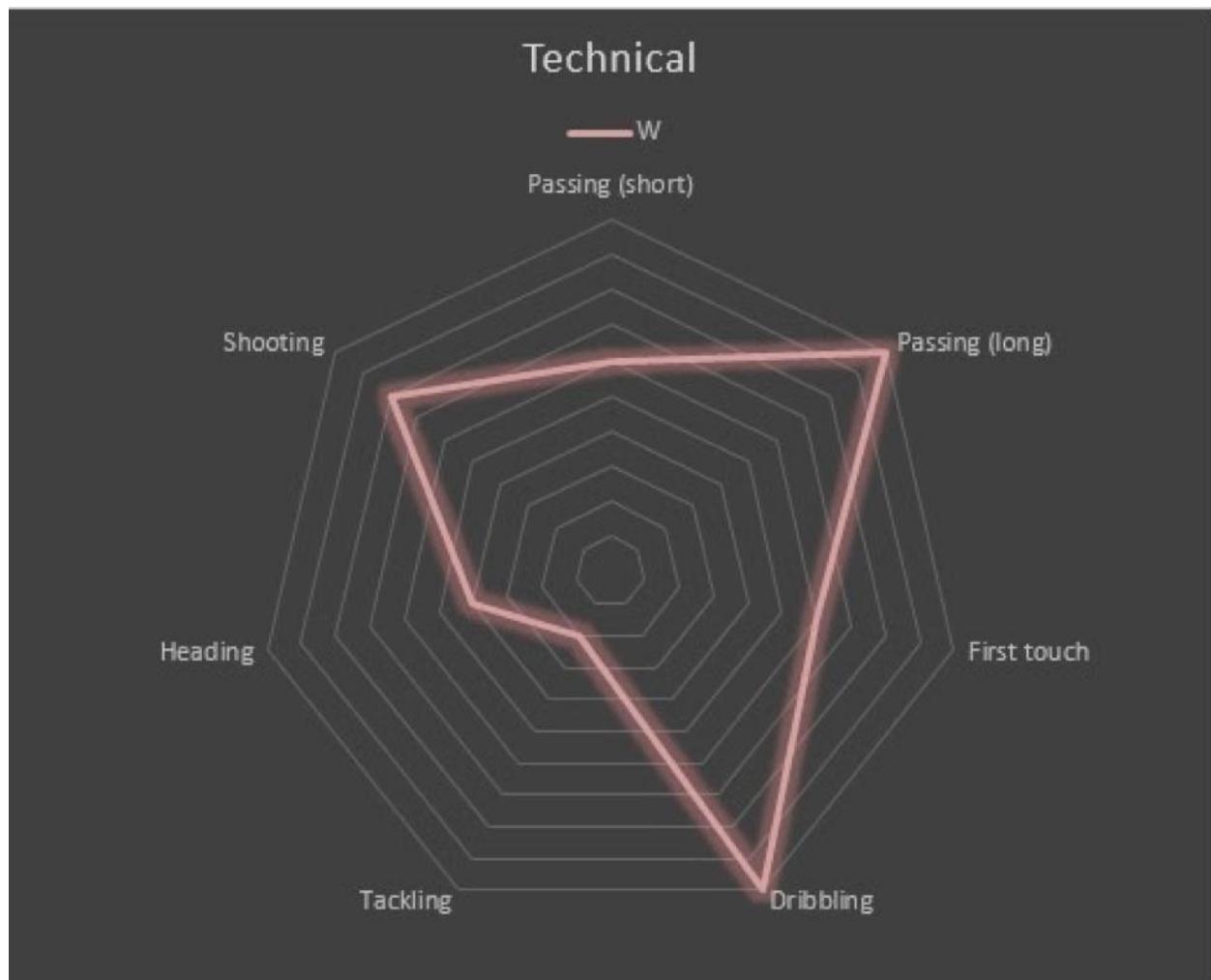
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Concentration

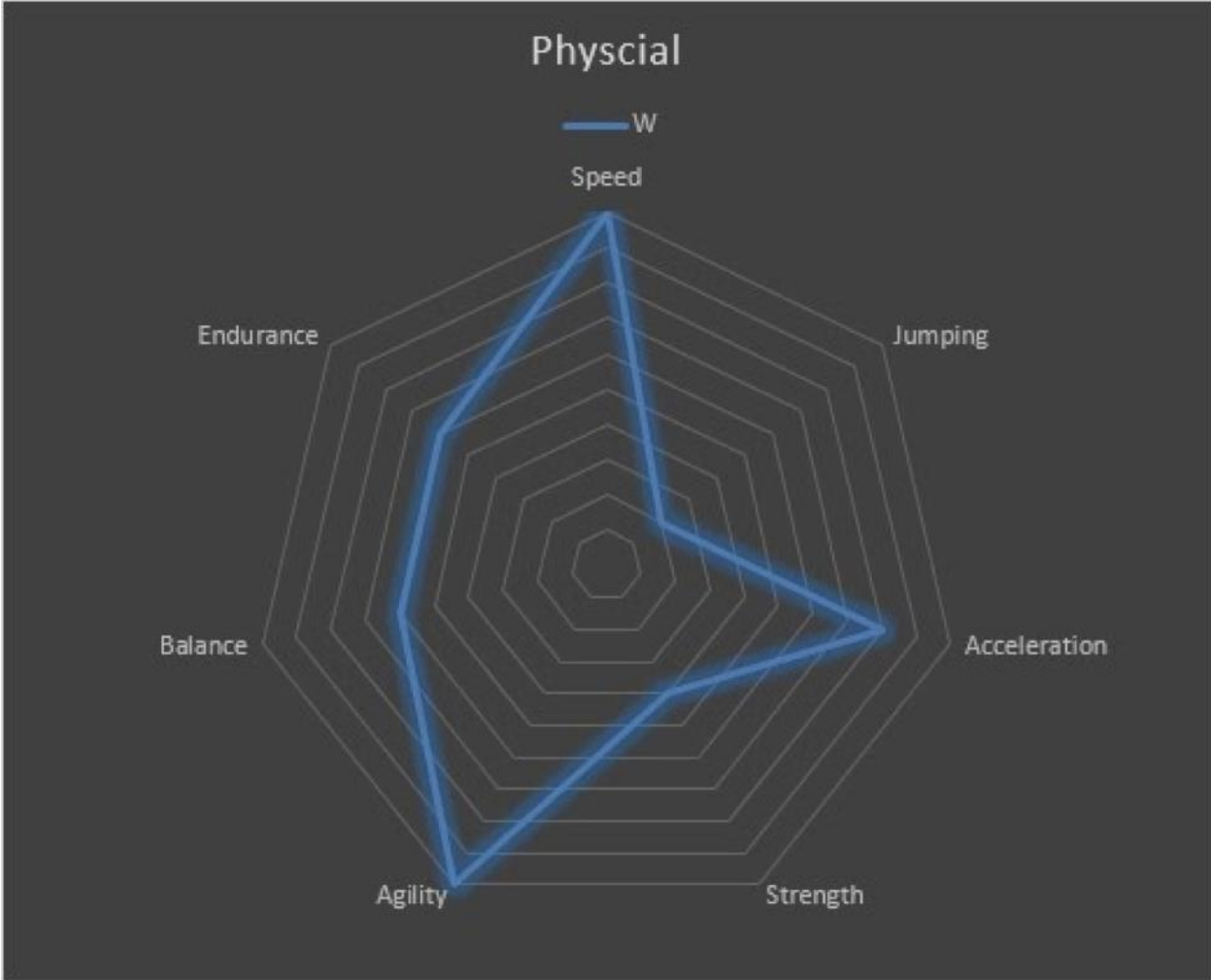


Winger (W)

WINGER (W) - TECHNICAL							
Skill	Passing (Short)	Passing (Long)	First Touch	Dribbling	Tackling	Heading	Shooting
Rating	6	10	6	10	2	4	8



WINGER (W) - PHYSICAL							
Skill	Speed	Jumping	Acceleration	Strength	Agility	Balance	Endurance
Rating	10	2	8	4	10	6	6



WINGER (W) - MENTAL							
Skill	Concentration	Discipline	Aggression	Confidence	Composure	Anticipation	Creativity
Rating	4	2	6	10	8	6	10

Mental

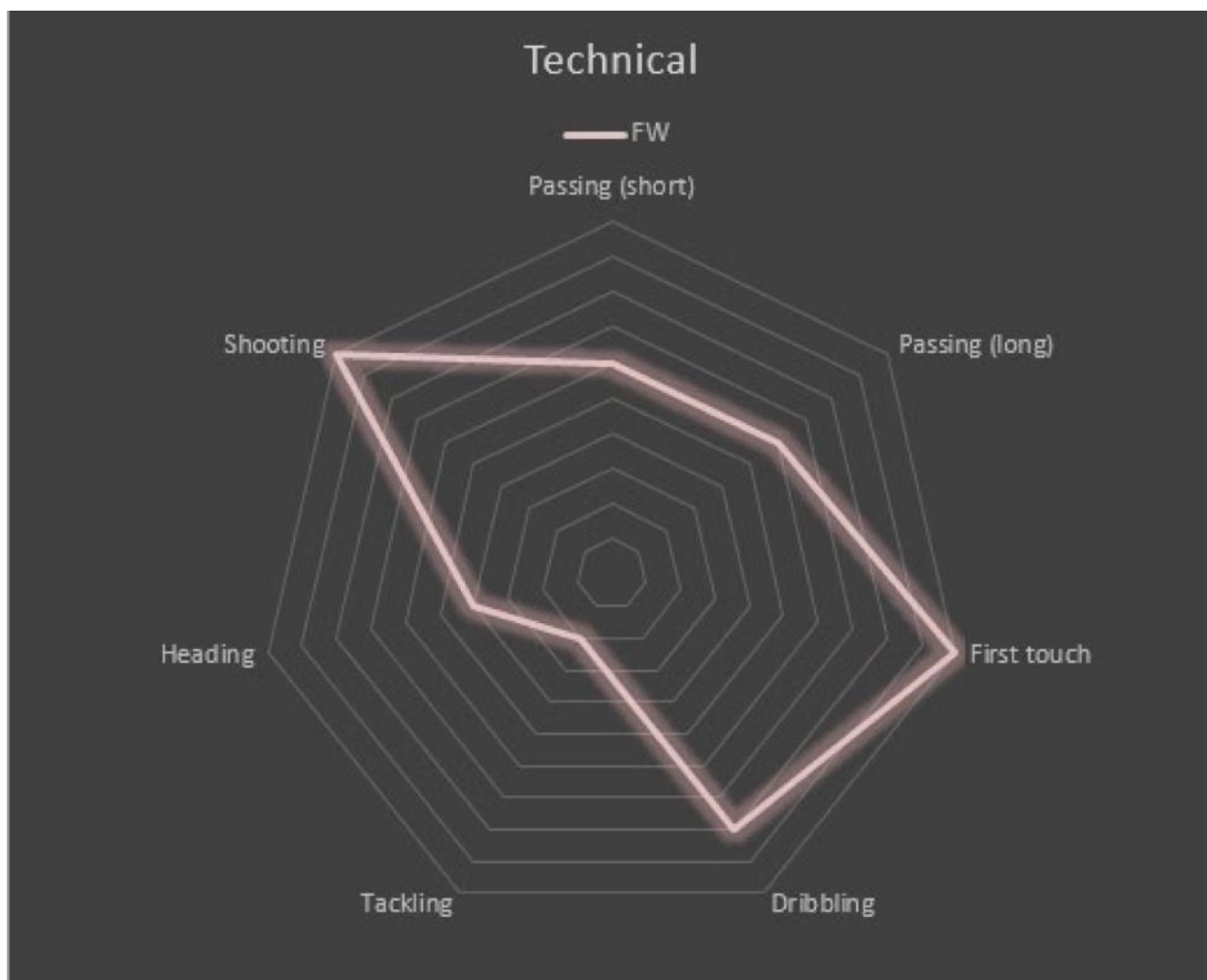
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Concentration

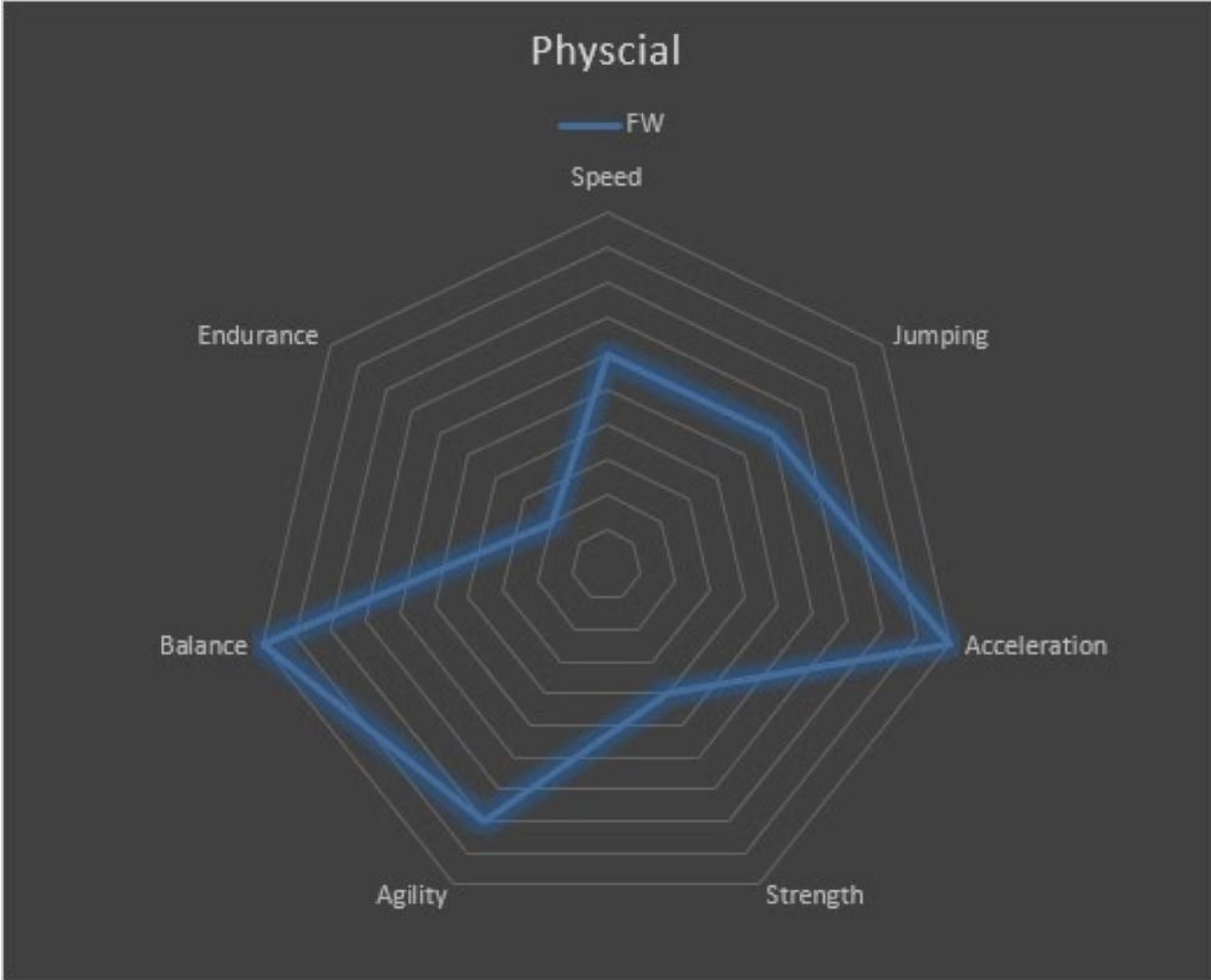


Forward (FW)

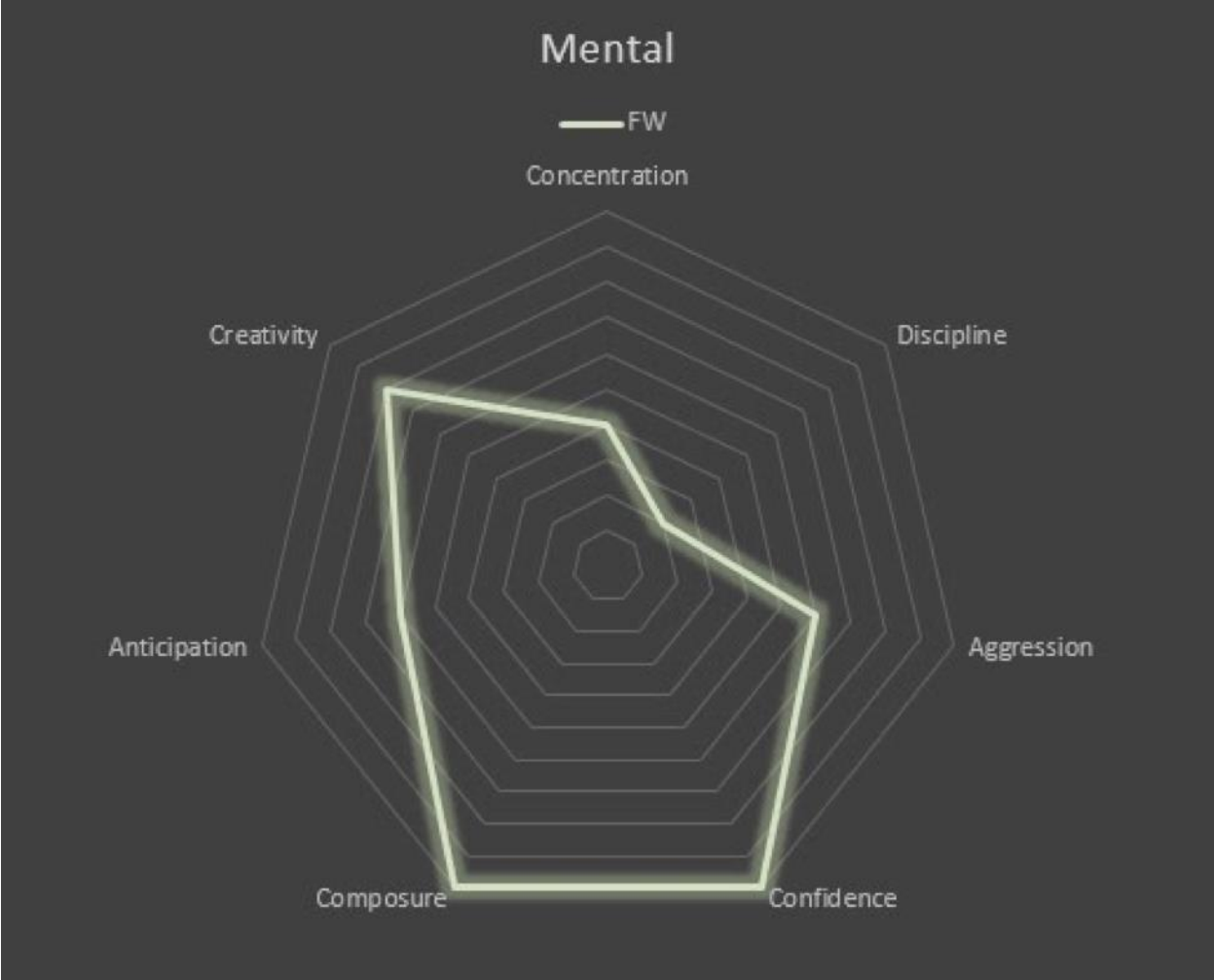
FORWARD (FW) - TECHNICAL							
Skill	Passing (Short)	Passing (Long)	First Touch	Dribbling	Tackling	Heading	Shooting
Rating	6	6	10	8	2	4	10



FORWARD (FW) - PHYSICAL							
Skill	Speed	Jumping	Acceleration	Strength	Agility	Balance	Endurance
Rating	6	6	10	4	8	10	2



FORWARD (FW) - MENTAL							
Skill	Concentration	Discipline	Aggression	Confidence	Composure	Anticipation	Creativity
Rating	4	2	6	10	10	6	8



IMPORTANT: These visuals are provided as guidelines only, and should not be used as justification to pigeonhole players into certain positions at an early age based on the attributes they already demonstrate. Rather, they should be used as incentive to rotate roles, enhance skill sets, and ultimately develop complete players.