

ATTRIBUTES OF A DEFENDER



TECHNICAL

- Reads the game well and positions effectively.
- Understands when to mark opponents from different distances according to game circumstances.
- Presses opponents effectively intercepting passes, spoiling possession and containing attackers.
- Can defend in all 1v1 situations including counter attacks
- Tracks opponents movements and can pass players onto teammates if required.
- Challenges decisively and fairly
- Can cover defenders and mark spaces effectively.
- Runs with the ball into midfield and beyond with composure.
- Can play accurate passes to forward players in front and behind the opposing defense.
- Passes the ball with both feet, using any surface of the foot, over a variety of distances with deception and spin. Passing into Midfield and forward areas.
- Can beat an opponent with a safe trick if needed.



PSYCHOLOGICAL

- Mentally adaptable and tactically capable in a variety of defending circumstances.
- Courageous and focused throughout the game
- Displays composure and competitiveness.



PHYSICAL

- Quick and explosive, particular over short distances.
- Can compete aerially possessing spring and timing.
- Possesses upper body strength for contact situations



TACTICAL

- Understands how to defend individually and collectively and the concepts of defensive safety and risk.
- Defends with composure and accuracy.
- Reads and anticipates play and makes good decisions.
- Supports, receives and plays 'in' and from the defending third of the field.
- Can move into midfield areas and combine play with midfield players.
- Changes the ball and play position.