

ATTRIBUTES OF A MIDFIELD PLAYER

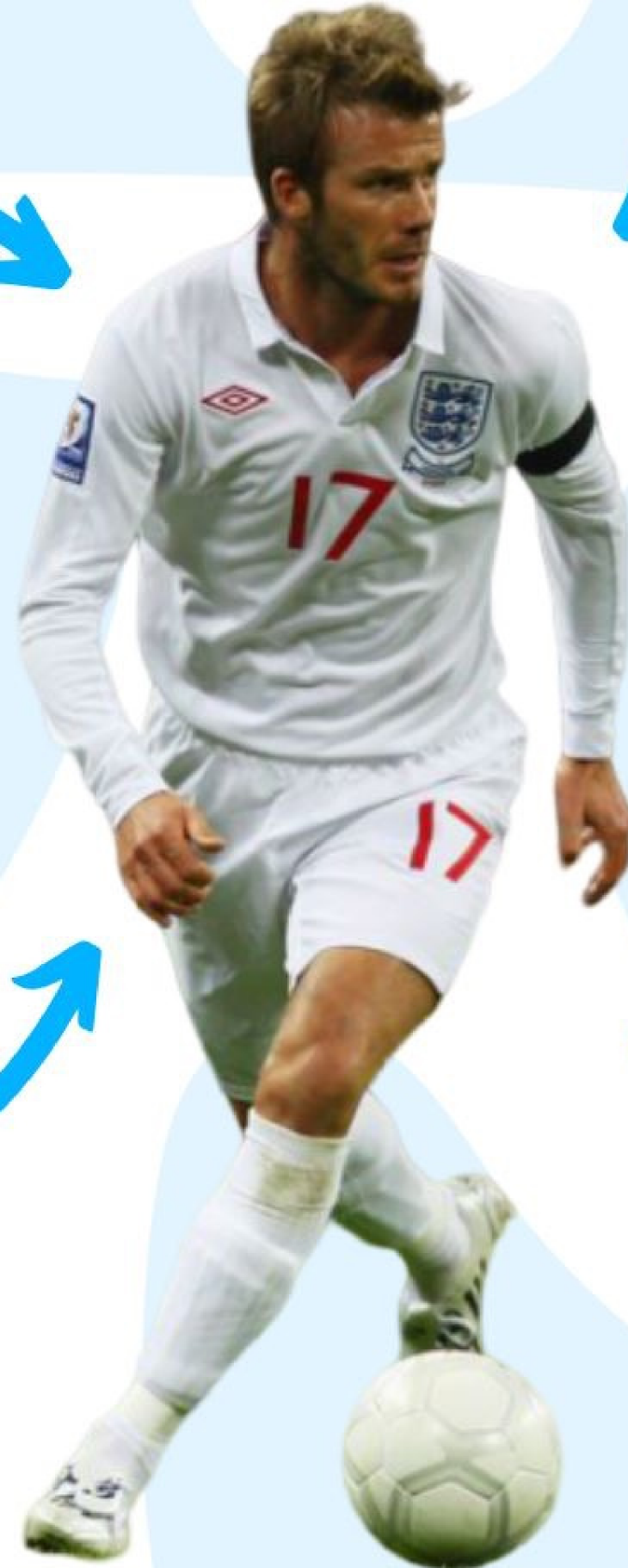


TECHNICAL

- Available to receive the ball in all circumstances.
- Can receive, secure and protect the ball under pressure.
- Turns with the ball whenever possible in a variety of ways.
- Use a variety of one touch skills with both feet over a wide passing range.
- Delivers passes too forward players.
- Can beat an opponent individually, or through combination with team players.
- Strikes accurate shots on goal from distance up to 30 yards.

PSYCHOLOGICAL

- Adapts Playing style to the state of game.
- Displays intensity and composure throughout the game.
- Has a positive, controlled competitiveness.



TACTICAL

- Understands playing the game side on (Half Turn)
- Possesses excellent vision and awareness and observes all options available.
- Retains Possession with efficient passing skills.
- Can play with disguise: showing one option but performing another.
- Moves into goal-scoring opportunities inside the penalty area and can score with varied techniques.
- Reads opponents attacking play and positions appropriately.
- Recovers, presses, tracks and marks when defending.
- Has an awareness and understanding of unfolding game events.

PHYSICAL

- demonstrates excellent aerobic and anaerobic capacity throughout the game.
- Possesses explosiveness speed over short distances when both attacking and defending.