

# **Positional Responsibilities**

*Each position is responsible for the following personality and tactical, technical, and physical qualities.*

## **Position Number 1 (Goalkeeper)**

- Tactical Qualities
  1. Possession
    - a. Speed – with ball/control without the ball
    - b. Game of positions – in a position to receive the ball
    - c. Choice – play in depth/retain possession of the ball
  2. Tempo
    - a. Positioning
    - b. Communication – with their peers and with respect to the opponent
    - c. Control of ways to defend [the goal, area at the sides, front and rear]
    - d. In an attitude of thinking and [always] running
- Personality
  1. Will/Wish to avoid the goals against
  2. Disciplined and Responsible
  3. Stable performances – avoid risk
  4. Conductor – leader and organizer
  5. Communication skills – with defenders, midfielders, and with the forwards
- Technical Qualities
  1. Possession
    - a. Use of speed
    - b. Pass, kick, without hands and since the floor technique [technique of release with the feet/hands – distance short, middle, and long – speed/direction]
  2. Tempo
    - a. Control of the shot
    - b. Control of crosses – control of the release of the ball in depth, in situations of the game, play ball stopped
    - c. Domain of the 1 to 4
- Physical Qualities
  1. Speed in short and middle distance
  2. Reactions
  3. Force the jump to stop the ball
  4. Duel [in the air] power in the 1 to 1
  5. Power of launch – shot, pass, and take

### **Position Number(s) 3 and 4 (Center Backs)**

- Tactical Qualities
  1. Possession
    - a. Speed – with ball; Control – without the ball
    - b. Always in a position to receive the ball
    - c. Choice – first pass, retain possession of the ball, change the direction of the game, play in depth
  2. Tempo
    - a. Orientation
    - b. Communication – with their peers and with respect to the opponent
    - c. Control the different forms of marking – 1 against 1, between the lines, 3/4-1/4, and 1/2-1/2
    - d. Active and passive phases
    - e. Horizontal changes – in an attitude of thinking and [always] running
- Personality
  1. Killer mentality
  2. Conductor – leader and organizer
  3. Disciplined and responsible – release game of ball – first pass safe – make the field as big as possible; always in a position to receive – orientation – preserving the position – man marking [1 to 1 and 1 more]
- Technical Qualities
  1. Possession
    - a. Use of speed
    - b. Technique of pass and launch – distance [short, medium, and long] and direction [left and right]
    - c. Sunsets in the ball game
- Physical Qualities
  1. Speed in short, medium, and long distance
  2. Power of shot and pass
  3. Power of fame of head, power of jump [height]
  4. Power of duel
  5. Agility

## **Position Number 6 (Central /Holding Midfielder)**

- Tactical Qualities
  1. Possession
    - a. Speed control
    - b. Always in a position to receive the ball
    - c. Choice – preserve the ball; change the direction of the game
    - d. Direct passes – create/save the space and distance
    - e. Act as a second or third person
    - f. Scoring
  2. Tempo
    - a. Orientation
    - b. Communication – with their peers and with respect to the opponent
    - c. Insight in the pressure on the ball
    - d. Control of the different types of marking – between the lines, 1 to 1, 3/4-1/4, and 1/2 to 1/2
    - e. Passive and active phases – in an attitude of thinking and [always] running
- Personality
  1. Conductor – leader and organizer – keep all the space and the distances for the coverage of the ground
  2. Control over the pressure of the ball
  3. Disciplined and responsible – always in a position to receive the ball
  4. Self-Confidence
  5. Authority
  6. Charisma
  7. Security for all the actions
- Technical Qualities
  1. Using speed
  2. Passing and shooting – distance [short, medium, and long] and address [right and left]
  3. Dodge to pass – pass from right to left and in-depth
- Physical Qualities
  1. Speed – in short distances
  2. Change of pace – ability to play at three different speeds
  3. Power of shot and pass
  4. Coordination fine
  5. Agility

6. Power in the defensive duel
7. Power in the game's defensive head

### **Position Number(s) 2 and 5 (Outside Backs)**

- Tactical Qualities
  1. Possession
    - a. Speed control – with and without the ball
    - b. Knowing how to choose – direction of the game, when to pass, etc.
    - c. Game positions – always in position to receive the ball
    - d. Insight to ask for the ball
  2. Tempo
    - a. Orientation
    - b. Communication – with their peers and with respect to the opponent
    - c. Control of the different types of marking – between the lines, 1 to 1, 3/4-1/4, and 1/2 to 1/2
    - d. Active and passive phases – vertical changes
- Personality
  1. Disciplined and responsible – always in the attitude of receiving the ball; first pass without risks; orientation; save the positions; run to narrow the space; avoid the 2 centers
  2. Willingness to work for the team – in attack and on defense
  3. With confidence
- Technical Qualities
  1. Use of speed
  2. Control of the ball – first touch control
  3. Technique of the pass and launch – short, medium, and long distance; the bands or in depth – on right and left
- Physical Qualities
  1. Speed – in short, medium, and long distance
  2. Power of pass
  3. Power of movement
  4. Agility

**Position Number(s) 8 and 10 (8: Central /Holding/Attacking Midfielder [situational] and 10: Attacking Midfielder)**

- Tactical Qualities
  1. Possession
    - a. Speed control - with and without the ball
    - b. Game of positions – always in a position to receive the ball, in open position for seeing the pitchers, and go to space created by the launchers
    - c. Know how to choose – mark the same or a partner and/or create goal chances
  2. Tempo
    - a. Orientation
    - b. Communication – with their peers and with respect to the opponent
    - c. Acumen to pressure as team
    - f. Control of the different types of marking – between the lines, 1 to 1, 3/4-1/4, and 1/2 to 1/
    - d. Active and passive phases
- Personality
  1. Disciplined and responsible – always in the act of receiving the ball: first check, first pass
  2. Orientation – save the positions
  3. Will work for the team – both on offense and defense
  4. With confidence – to go deeper, to score goals, to return to her position, and to defend
- Technical Qualities
  1. Use of speed
  2. Control of the ball – first touch, first control, scoring the goal
  3. Pass – short, medium, and long distance and the bands or in depth – triggering on right and left
  4. Dribble move to create a 2 to 1 situation to score a goal
  5. Shot on goal from long distance
  6. Gam head – marking, to move to the third player, to combed backwards (flick)
- Physical Qualities
  1. Speed – in short, medium, and long distance
  2. Change of pace – be able to play at different speeds – resistance at speed
  3. Coordination fine

4. Power of pass
5. Power of shot on goal
6. Power of game of head [attack]

### **Position Number(s) 7 and 11 (Forwards)**

- Tactical Qualities
  1. Possession
    - a. With ball – speed; Without the ball – control
    - b. Game of positions – always in a position to receive, open, and facing towards the goal, as in depth and as open as possible to make the field bigger
    - c. Know how to choose – center, 1 to 1, pass behind
    - d. Being close to goal
  2. Tempo
    - a. Orientation
    - b. Communication – with their peers and with respect to the opponent
    - c. Acumen to close spaces as team
    - d. Ability to press and hold the position
    - e. Retrieve balls
    - f. Passive and active phases – in an attitude of thinking and [always] running
- Personality
  1. Disciplined and responsible – make the field so large (and deep) as possible; save the position
  2. Choosing where to get the ball
  3. Orientation – will work for the team on offense and defense; close spaces and prevent deep passes
  4. With confidence – create actions for goal – passing and centers
- Technical Qualities
  1. Use of speed
  2. Control of the ball – first control; first touch
  3. Crossing – fast cross: on the ground or by air, with a curve out of the reach of the goalkeeper and between the goalkeeper and defenders and slow cross (closed goal line): depends on the position of the goalkeeper, defenders, and attackers (to the first post, to the second post, near the goal, pass back, create space for the cross, center around the rival, dribbling inside and outside to shoot at goal or cross)
  4. Scoring – ball on the floor, balls in the air
- Physical Qualities
  1. Speed – in short, medium, and long distance; technical in speed (fine coordination)

2. Change of pace – be able to play at three different speeds
3. Power of passes and crossing
4. Dribbling
5. Power of shot on goal
6. Power of head game
7. Agility

### **Position Number 9 (Central Striker)**

- Tactical Qualities
  1. Possession
    - a. Speed – with ball; Control – without the ball
    - b. Game of positions – without the ball: always in position to receive face to face, in depth, and always in a position to highlight and with the ball: choose direct, indirect, create chances or retain possession of the ball
  2. Tempo
    - a. Orientation
    - b. Communication – with their peers and with respect to the opponent
    - c. Acumen to pressure as team
    - d. Control of the different types of marking – between the lines, 1 to 1, 3/4-1/4, and 1/2 to 1/2
    - e. In an attitude of thinking and [always] running
- Personality
  1. Killer mentality
  2. With self-confidence – to create actions of goal
  3. Disciplined and responsible – make the field so large (and depth) as possible – save and change the positions and functions
  4. Willingness to work for the team – both on offense and defense
- Technical Qualities
  1. Use of speed
  2. Control of the ball – first control; first touch on the side, back, and in depth – keep the ball – dribbling and go in depth, beside and behind – go (exit in depth)
  3. Move and remove – short and a half ago, pass to the side and in depth (left and right) – cut pass (chip)
  4. Dodge – moving to mark
  5. Mark – short and middle distance, from the sides, in depth, and after an individual action
  6. Head, left, and right foot
- Physical Qualities
  1. Speed – in short, medium, and long distance; technical in speed (fine coordination and first control)

2. Change of pace – be able to play at three different speeds
3. Power of passing and dribbling
4. Power of action and head game
5. Power of duel
6. Agility