



The attacking midfielder's (#10) responsibility: 1-4-2-3-1 To be at the center of all attacks.



- Physical demands:
 - Fitness. You have lots of ground to cover. Good stamina
 - Be competitive. Have good work ethic.
- Technical importance in possession:
 - Quick ball control. Ability to play in congested area.
 - Quality passing, both long and short.
 - Have a quality shot.
 - Be aware and see the next pass or move ahead of time
- Tactical awareness in possession:
 - Read space well. Play between your midfield and the opposition back 4
 - Communicate
 - Keep possession of the ball
 - Break offside traps
- Out of possession:
 - May sometimes cover for full backs or midfield when possession is lost
 - While out of possession, keep moving to a position where you can receive the ball, for when regain possession.
 - Communicate and help team mates to keep their defensive shape
- The mental aspects of soccer
 - Toughness. Recover from mistakes.
 - Never intimidated or provoked.
 - Intelligence, good learner.
 - The leader by example.