



A Center-Backs responsibility: 1-4-2-3-1

Can you communicate the coach's instructions to others?



Physical demands:

- Speed in short, medium distance
- Strength on and off the ball
- Jumping ability
- Agility
- Strength in the tackle

Technical importance in possession:

- Be reliable in possession, can you run with the ball to entice the opposition?
- Switch play. Play diagonal passes
- Head the ball with a purpose
- Pass the ball accurately

Tactical awareness in possession:

- Always in position to receive the ball
- Try to start an attack with a quality pass, retain possession of the ball
- Go up for corner kicks
- Can you communicate the coaches instructions to others?

Out of possession:

- When to mark tight, when to mark loose
- Understand when the ball needs to be cleared so the team can re-group
- Communication with the midfielders in front of you
- Anticipate what the opposition player with the ball or the runner is going to do

The mental aspects of soccer

- Be disciplined, great positional sense
- Vocal leader and organizer
- Stay in control. The first pass is a safe one
- Errors will occur. Be strong and keep a positive attitude to team mates
- Be aggressive, win every tackle when it counts. Win your 1 v 1 and 1 more