



## The forwards (#9) responsibility: 1-4-2-3-1

The ability to hold up the ball until support arrives or go alone



- Physical demands:
  - Take the hits, shield the ball
  - Agility and strength
  - Have the defense worrying about you
  - Speed in short, medium and long distances
- Technical importance in possession:
  - Hold the ball, allow team to move up.
  - Speed with the ball
  - Ability to hold the ball
  - Look for give and go's
  - Shooting and heading ability
- Tactical awareness in possession:
  - Know when and when not to, shoot, dribble, pass, hold the ball up.
  - Always in a position to receive the ball
  - You can move into wide positions if you think that is the right decision
  - Create chances for others
- Out of possession:
  - Pressure the ball. Defend from the front.
  - Always move with the ball and keep getting into good positions for when your team wins possession.
  - Communication with your team mates in relation to the opposition
  - Press the ball and defend from the front
- The mental aspects of soccer
  - Miss an opportunity to score, "I'll get the next one!!".
  - Toughness
  - Intelligence
  - Attitude – willingness to defend from the front