



A Full-backs responsibility: 1-4-2-3-1

To always show for the ball and look to attack down the wings.

‘I know I will have lots of open space to exploit.’



- Physical demands:
 - Fitness to cover a lot of ground
 - Win the 1 v 1 against the wide player
 - Be tough in the tackle
- Technical importance in possession:
 - Ability to play at speed with the ball
 - Excellent ball control
 - Excellent passing range
 - Throw-ins. Do not throw the ball to the opposition
- Tactical awareness in possession:
 - You will be the third man running. Know when to break free into space
 - Decision making – When to pass, run with the ball, cross, shoot
 - Keep open for passes and have a desire to receive the ball
 - Get crosses into the danger zone. Overlaps and creating 2 v 1
 - Awareness of the whole game, play as a winger.
- Out of possession:
 - Quickly return to defense or if the ball is on your side be aware of who is adding the pressure
 - When defending in my final third, force the play wide
 - Understand when to mark tight or when to mark zones
 - Communicate to the players around you
- The mental aspects of soccer
 - Have a positive attitude
 - Be a risk taker
 - Intelligence
 - Mind set is: Defend, support, provide
 - Build up your relationship with the closest center back and the wide midfielder