



11v11

Most of these Position Profile principles will be carried over from 9v9 and reinforced. Two new player positions will be added from 9v9, #'s 2/3 (outside defenders). The Transition game moments will now be emphasized; transitions from attacking to defending and defending to attacking. Any new principles will be trained over the first two years the player is playing 11v11 and reinforced after that. The coach cannot train every Position Profile principle in a single fall or spring, but over the next two seasons at 11v11, every principle for each position will be trained and should be understood. By U-15 (High School age), these principles should be part of every players' DNA.

During the 10 years that players are developing within the SFFC style of play, it is important that players experience playing multiple positions to be exposed to and develop different skillsets.

From U15 on teams will train different team organizations other than 1:4:3:3 with one or two attacking midfielders. Teams will train to play in a 1:4:4:2 and a 1:3:2:3:2. Learning where to start defending/where to set the defensive block (high/middle line/low) will be trained as well to be able to successfully disrupt the opponent's attack and regain possession as soon as possible.



____ POSITION ____

PROFILES

11v11



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Player Profiles - #1 Goalkeeper

<u>MOMENT</u>	<u>DEFENSIVE 1/3</u>	<u>MIDDLE 1/3</u>	<u>ATTACKING 1/3</u>
<i>IN POSSESSION (Attacking)</i>	<ul style="list-style-type: none">• Confident distribution (short to 4/5/6 or driven to 2/3/7/11 to build or counter)• Offer good angles of support in possession for use to change point	<ul style="list-style-type: none">• Stay connected w/the game & position relative to the game• Be a “relief” pass if we need to re-start• Continue communicating to defense to prevent counterattacks	<ul style="list-style-type: none">• Coaching communication to prevent counterattacks• Organize backs w/numbers & position• Move up outside the penalty area, ready to be a back pass option or win any long ball
<i>TRANSITION > DEFENSE</i>	<ul style="list-style-type: none">• Critical communication to organize defense – quickly organizing dangerous marks & spaces• Positional importance to deny goals	<ul style="list-style-type: none">• Quick recognition & communication of defense’s height & width in transition (Drop back! Squeeze in!)• Read body language to cut out ball behind back line• Adjust angle/positioning quickly to deny early shot	<ul style="list-style-type: none">• Quick recognition & organization of defense’s height & width in the change• Read body language to cut out balls in behind our back line
<i>OPPONENT IN POSSESSION (Defending)</i>	<ul style="list-style-type: none">• Deal w/any shots (know when to hold/deflect) or crosses (know when to catch/punch/nudge)• Critical communication (yell for keepers’ ball, call out open players for defenders to mark up)• Angle play adjustments	<ul style="list-style-type: none">• Coaching communication to organize defense• Defend space behind back line• Good, confident decisions to come off the line	<ul style="list-style-type: none">• Coaching communication to organize defense and prevent counters• Read body language and be alert for balls over back line• Be prepared to defend space behind backs
<i>TRANSITION > ATTACK</i>	<ul style="list-style-type: none">• Quick recognition & communication when to open up & build vs. counter• Effective distribution to start the counterattack	<ul style="list-style-type: none">• Recognize & communicate which back should join attack• Adjust attacking shape behind the play	<ul style="list-style-type: none">• Recognize & encourage 2/3 to quickly join attack• Push back line up to keep lines tight (space not too big between defenders and midfielders)
<i>SET PIECES (ATT & DEF)</i>	<ul style="list-style-type: none">• A – Organization to prevent counter• A – Be ready to be a back pass option• D – Organize early (numbers in wall, positioning, & marks)• D – Deal w/aerial balls & shots in range	<ul style="list-style-type: none">• A – Organization to prevent counter• D – Alert for quick re-starts• D – Ready to deal with balls behind back line	<ul style="list-style-type: none">• A – Organization to prevent counter• D – Alert for quick re-starts• D – Ready to deal with balls behind back line



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Player Profiles - #2/#3 Outside Back

MOMENT	DEFENSIVE 1/3	MIDDLE 1/3	ATTACKING 1/3
<i>IN POSSESSION (Attacking)</i>	<ul style="list-style-type: none">• Help us build out of defensive 1/3 thru linking up w/4,5s, 6,8,10, & 7/9/11s• Quality delivery into 7/9/11 vs. pressing opponent	<ul style="list-style-type: none">• Be available & aware on weak side for us to change the point of attack• Join attack to create overloads in wide positions• Combine w/forwards to progress the ball to the final 1/3	<ul style="list-style-type: none">• Provide support high & wide on strong side• Look to link up with 7/11/9 to create goal-scoring deliveries and/or goals• Quality wide delivery to score goals
<i>TRANSITION > DEFENSE</i>	<ul style="list-style-type: none">• Recognize quickly to recover to good defensive position• Slow down opponent's counterattack• Identify dangerous players to track	<ul style="list-style-type: none">• Recognize when to quickly press or recover to defensive shape• Quickly recognize if it's needed to deny penetration or protect space behind	<ul style="list-style-type: none">• Recognize quickly when to recover to defensive shape vs. immediately press• Quickly get connected to back line & pick up opposition's 7/11
<i>OPPONENT IN POSSESSION (Defending)</i>	<ul style="list-style-type: none">• Deal w/opposition's 7/11 (vs. front 3) or help organize marks (vs. front 2)• Deny opposition time, space, & penetration with quality 1v1 defending• Squeeze toward the middle when the ball is on the opposite flank (cover/balance)	<ul style="list-style-type: none">• Read the game (visual cues/body language)• Deny ball & run penetration• Protect space behind exploitation• Squeeze toward the middle when the ball is on the opposite flank (cover/balance)	<ul style="list-style-type: none">• Stay compact with other positional lines• Deny turns w/checking opponents• Organize positional line in front (7/11)
<i>TRANSITION > ATTACK</i>	<ul style="list-style-type: none">• Quickly recognize when to release into counterattack• Quickly recognize when to open up to build-up	<ul style="list-style-type: none">• Quickly recognize when to attack with dribble or pass to counter w/numbers• Attack any space available to unbalance opponent	<ul style="list-style-type: none">• Quickly recognize where to find supporting space (in front or behind the ball)• Counter prevention positioning when further away
<i>SET PIECES (ATT & DEF)</i>	<ul style="list-style-type: none">• A – Look for quick re-start• D– Be alert for quick re-start• D – Win individual duel, if called upon• D - Take a position so a throw-in cannot go over or past you	<ul style="list-style-type: none">• A – Look for quick re-start/delivery• D – Be alert for quick re-start• D – Win individual duel, if called upon• D - Take a position so a throw-in cannot go over or past you	<ul style="list-style-type: none">• A – Anticipate catching opponent w/quick re-start wide• D – Be alert for quick re-start• D - Take a position so a throw-in cannot go over or past you



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Player Profiles - #4/#5 Center Back

<u>MOMENT</u>	<u>DEFENSIVE 1/3</u>	<u>MIDDLE 1/3</u>	<u>ATTACKING 1/3</u>
<i>IN POSSESSION (Attacking)</i>	<ul style="list-style-type: none">• Help build-up with solid passing to advance to middle 1/3• Skip lines/players to relieve high press (play to forwards)	<ul style="list-style-type: none">• Provide depth in midfield possession• Be an outlet behind to change point of attack• Join attack for overload opportunity	<ul style="list-style-type: none">• Continue providing depth as an outlet to change point of attack• Join attack in central channel to assist in probing for penetrating passes
<i>TRANSITION > DEFENSE</i>	<ul style="list-style-type: none">• Quickly recognize when to deny goal-scoring chance w/immediate pressure• Quickly identify marks to track• Quickly slow down counter to delay	<ul style="list-style-type: none">• Quickly recognize when to apply pressure, cover, or balance based on pressure & location of the ball• Quickly identify runners to track	<ul style="list-style-type: none">• Quickly recognize when to recover vs. getting compact with positional lines in front• Identify runners to track and defend
<i>OPPONENT IN POSSESSION (Defending)</i>	<ul style="list-style-type: none">• Deal w/opposition's CFW (vs. front 3) or with one of the 9's (vs. front 2)• Deny opponent time, space, and penetration w/good 1v1 defending• Head crosses out of danger on crosses	<ul style="list-style-type: none">• Read the game (visual cues/body language, ready for long ball, through ball))• Deny forward penetration/track runners (in front or behind)• Protect space behind	<ul style="list-style-type: none">• Assist in press by dealing with checking FW's• Stay connected with other positional lines• Organize positional line in front
<i>TRANSITION > ATTACK</i>	<ul style="list-style-type: none">• Quickly recognize where & how deep to drop for support• Join attack for numbers, when able	<ul style="list-style-type: none">• Quickly recognize when to counterattack via dribble or pass or to create central overload	<ul style="list-style-type: none">• Quickly recognize when there is an opportunity to join attack• Counter prevent from further away
<i>SET PIECES (ATT & DEF)</i>	<ul style="list-style-type: none">• A – Look for quick re-start to build or counter• D – Alert for quick re-start to deny goal• D – Win aerial duel on deliveries from wide• D - Take a position so a throw-in cannot go over or past you	<ul style="list-style-type: none">• A – Look for quick re-start and/or quality delivery to catch opponent• D – Alert for quick re-start to deny goal• D – Win/protect ball in behind our back line from deep delivery• D - Take a position so a throw-in cannot go over or past you	<ul style="list-style-type: none">• A – Look to get into box for aerial duel• D – Alert for early long-range delivery – deny ball behind back line• D – Alert and ready to organize marks in front to avoid counter• D - Take a position so a throw-in cannot go over or past you



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Player Profiles - #6 Defensive CMF

MOMENT	DEFENSIVE 1/3	MIDDLE 1/3	ATTACKING 1/3
<i>IN POSSESSION (Attacking)</i>	<ul style="list-style-type: none">• Vital in build-up as an outlet for 4/5• May drop down between 4/5 vs. press with 2 9's from opposition• Inter-change with 8/10 to get free	<ul style="list-style-type: none">• Supporting link between backs and forwards• Depth in support in MF to assist with changing point of attack• Proper inter-change with 8/10	<ul style="list-style-type: none">• Provide depth in support to change the point of attack to probe to score• Look to join areas of the field to create overloads• Quality entry passes into 7/9/11
<i>TRANSITION > DEFENSE</i>	<ul style="list-style-type: none">• Quickly recognize when to deny scoring chance or penetration with pressure• Track counterattacking threatening players (usually opposition's 8/10)	<ul style="list-style-type: none">• Quickly recognize when to apply immediate pressure vs. quick recovery to compactness• Track countering dangerous players	<ul style="list-style-type: none">• Quickly recognize when to quickly join press to win the ball back vs. recovering to dangerous counter opportunities• Quick organization of other MFs
<i>OPPONENT IN POSSESSION (Defending)</i>	<ul style="list-style-type: none">• Deal w/opposition's 10 (vs. 1 ACM) or 1 of 2 10's (vs. 2 ACM)• Deny comfortable possession• Intercept passes/screen opposition's 9• Organize 8/10 defensively	<ul style="list-style-type: none">• Deny penetration into opposition's 9• Deny opposition's 10 opportunities to play make• Assist in covering/balancing with 8/10	<ul style="list-style-type: none">• Assist FWs in press by denying access to opposition's 10/8• Stay connected/compact with 8/10 and FW's in front
<i>TRANSITION > ATTACK</i>	<ul style="list-style-type: none">• Quickly recognize when to find space to support in pockets to either assist with build-up or on the counter	<ul style="list-style-type: none">• Quickly recognize whether to counter quickly or support to build and change point of attack	<ul style="list-style-type: none">• Quickly recognize when to play forward quickly to counter vs. dropping deep in MF line to change point of attack
<i>SET PIECES (ATT & DEF)</i>	<ul style="list-style-type: none">• A – Look for quick re-start to counter• D – Alert to quick re-starts/delay play• D – Anchor in the wall• D – Win match up on balls in box	<ul style="list-style-type: none">• A – Look for quick re-start to counter or build• D – Alert to quick re-starts/delay play• D – Win aerial ball into box	<ul style="list-style-type: none">• A – Execute attacking role on set piece• D – Alert to quick re-start• D – Quickly organize positional lines in front to deter counterattack



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Player Profiles - #8/#10 Attacking CMF

MOMENT	DEFENSIVE 1/3	MIDDLE 1/3	ATTACKING 1/3
IN POSSESSION (Attacking)	<ul style="list-style-type: none">• Provide support for other MFs and backs to skip lines vs. opponent's press• Inter-change with other MF's to help build out of back• Open body position to play forward quickly	<ul style="list-style-type: none">• Constant link between backs and forwards – looking to help advance the ball through the lines in midfield• Source to utilize to change point• Quality passing into FWs – looking to get into Final 1/3	<ul style="list-style-type: none">• Constant support to link with other MFs & FWs to create scoring chances• Inter-change with 9 to disorient opposition's 4/5• Get into box for wide delivery in box• Take up shooting position at top of the penalty area (arc)• Finish from distance
TRANSITION > DEFENSE	<ul style="list-style-type: none">• Quick recognition to deny scoring chance vs. recovery to defend counter• Find opposition's MFs to track	<ul style="list-style-type: none">• Quick recognition to immediately press vs. recovery to defensive positioning• Find opposition's MFs to track	<ul style="list-style-type: none">• Quick recognition to immediately press or recovery runs to defensive shape• Quickly identify and mark/deny pass to opposition's 1st option
OPPONENT IN POSSESSION (Defending)	<ul style="list-style-type: none">• Squeeze middle or to wing depending on where the ball is• Deal w/opposition's 6 (vs. 1 DCM) or 6 or 8 (vs. 2 DCM)• Deny comfortable playmaking of the opposition's 6/8/10• Organize 7/9/11 in press• Drop back to penalty area and ball side if the ball is wide and deep in own 1/3	<ul style="list-style-type: none">• Deny penetration by opposition's 6/8/10 via tackling, tight pressure, and interception• Track opposition's MF players• Organize positional line in front	<ul style="list-style-type: none">• Assist in press by denying outlets (opposition's 6/8) chance to get out• Defensively organize positional lines in front• Interception/Tackling to regain ball
TRANSITION > ATTACK	<ul style="list-style-type: none">• Quickly recognize when to quickly counter going forward vs. support to build out• Quick decision to assist to support in next positional line to overload	<ul style="list-style-type: none">• Quickly recognize when to play forward quickly vs. dropping deep to provide option to get into final 1/3 or change point to overload wide	<ul style="list-style-type: none">• Quickly recognize when to counter with pass, run, dribble, or shot vs. changing point to probe to create scoring chance
SET PIECES (ATT & DEF)	<ul style="list-style-type: none">• A – Be an early outlet for quick re-start• D – Be alert for quick re-start• D – Join wall for FKs in scoring range	<ul style="list-style-type: none">• A – Be an early outlet for quick re-start• D – Be alert for quick re-start/slow play• D – Recover to mark opponents	<ul style="list-style-type: none">• A – Execute set piece role• A – Early option for re-start• D – Deny quick re-start for counter



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Player Profiles - #7/#11 Wide Forward

<u>MOMENT</u>	<u>DEFENSIVE 1/3</u>	<u>MIDDLE 1/3</u>	<u>ATTACKING 1/3</u>
<i>IN POSSESSION (Attacking)</i>	<ul style="list-style-type: none">• Provide higher option in build-up phase for our backs to skip lines• Inter-change w/8/10 & 2/3 in build up	<ul style="list-style-type: none">• Inter-change with 9 and/or 2/3 to penetrate and play through midfield• Continue to combine w/MFs and FWs to advance ball into Final 1/3	<ul style="list-style-type: none">• Provide wide support to get isolated to go 1v1 to create goal or delivery• Make runs to threaten back line• Finish crosses from opposite side• Start wide, then move middle when making far post runs
<i>TRANSITION > DEFENSE</i>	<ul style="list-style-type: none">• Quickly recognize when to deny the pass, pressure/press to win ball vs. recovering to good defensive shape• Find opposition's 2/3 to track	<ul style="list-style-type: none">• Quickly recognize when to deny the pass, pressure/press to win ball vs. recovering to good defensive shape• Find opposition's 2/3 to track	<ul style="list-style-type: none">• Quickly recognize when to deny the deep pass immediately or press to win the ball vs. recovering to good defensive shape• Find opposition's 2/3 to track
<i>OPPONENT IN POSSESSION (Defending)</i>	<ul style="list-style-type: none">• Double back to win ball with 2/3 off opposition's 7/11• Track opposition's 2/3 coming forward	<ul style="list-style-type: none">• Continue to look to double back to win the ball via tackle interception• Continue to track opposition's 2/3	<ul style="list-style-type: none">• Work w/9 to effectively press• Deny opposition's 2/3 any penetration• Track 2/3 releasing into midfield
<i>TRANSITION > ATTACK</i>	<ul style="list-style-type: none">• Quickly recognize when to be quick forward option wide• Turn clearances into passes with anticipation	<ul style="list-style-type: none">• Quickly recognize when to counter with a run, pass, or dribble to get into Final 1/3 vs. support for build-up play• Threaten behind if opposition is high	<ul style="list-style-type: none">• Quickly recognize when to go forward with run, pass, dribble, or shot vs. opening up wide for option to isolate for 1v1• Quick forward-looking decision to create a goal
<i>SET PIECES (ATT & DEF)</i>	<ul style="list-style-type: none">• A – Be an early outlet for quick re-start• D – Be alert for quick re-start• D – Join wall for FKs in scoring range• D - Mark player on throw-ins	<ul style="list-style-type: none">• A – Be an early outlet for quick re-start• D – Be alert for quick re-start/slow play• D – Recover to mark opponents• D - Mark player on throw-ins	<ul style="list-style-type: none">• A – Execute set piece role• A – Early option for re-start• D – Deny quick re-start for counter• D - Mark player on throw-ins• D – Mark space/outside defender on goal kicks



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Player Profiles - #9 Forward

<u>MOMENT</u>	<u>DEFENSIVE 1/3</u>	<u>MIDDLE 1/3</u>	<u>ATTACKING 1/3</u>
<i>IN POSSESSION (Attacking)</i>	<ul style="list-style-type: none">• Provide higher option in build-up phase for our backs to skip lines• Inter-change w/8/10 & in build up to advance ball into middle 1/3	<ul style="list-style-type: none">• Inter-change with 10/8 to penetrate and play through midfield• Continue to combine w/MFs and FWs to advance ball into Final 1/3• Threaten back line if opposition is high	<ul style="list-style-type: none">• Constant mobility (checking & threatening runs) to disorient opposition's defense• Combine/Inter-change with 8/10 to create scoring chances• Finish chances/crosses• Follow-up shots from distance
<i>TRANSITION > DEFENSE</i>	<ul style="list-style-type: none">• Quickly recognize when to drop back to win ball vs. recovering to good defensive shape• Find opposition's 4/5/6 to track	<ul style="list-style-type: none">• Quickly recognize when to immediately press/drop back to win the ball vs. recovering to good defensive shape• Find opposition's 4/5/6 to track	<ul style="list-style-type: none">• Quickly recognize when to immediately press to win the ball/deny the deep pass vs. recovering to good defensive shape to channel the ball• Find opposition's 4/5/6 to track
<i>OPPONENT IN POSSESSION (Defending)</i>	<ul style="list-style-type: none">• Double-back to win ball off opposition's 6• Track opposition's 4/5 releasing into attack	<ul style="list-style-type: none">• Continue to double-back to win ball off opposition's 6• Continue to track opposition's 4/5 releasing into attack	<ul style="list-style-type: none">• Initiates press by channeling opposition's build-up to make play predictable• Track/defend opposition's 4/5 dribbling into midfield to overload
<i>TRANSITION > ATTACK</i>	<ul style="list-style-type: none">• Quickly recognize when to become a forward option wide (when 7/11 drop)• Turn clearances into passes with anticipation	<ul style="list-style-type: none">• Recognize when to quickly counter with a run, pass, or dribble to get into Final 1/3 vs. support for build-up play• Threaten behind if opposition is high	<ul style="list-style-type: none">• Quick recognition to go forward with run, pass, dribble, or shot (catch GK)• Opportunistic by finishing loose balls from turnovers and shots
<i>SET PIECES (ATT & DEF)</i>	<ul style="list-style-type: none">• A – Be an early outlet for quick re-start• D – Be alert for quick re-start• D – Join wall for FKs in scoring range	<ul style="list-style-type: none">• A – Be an early outlet for quick re-start• D – Be alert for quick re-start/slow play• D – Recover to mark opponents	<ul style="list-style-type: none">• A – Execute set piece role• A – Early option for re-start• D – Deny quick re-start for counter