



9v9

Most of these Position Profile principles will be carried over from 7v7 and reinforced. Two new player positions will be added from 7v7, #'s 8/10 (central midfielders). Two game moments will now “begin” to be emphasized that were not in 7v7; transitions from attacking to defending and from defending to attacking. New principles, and ways of accomplishing these principles (individual position and team tactics) will be trained over the two years the player is playing 9v9.

During the 2/3 years that U11/U12 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 and discover what they enjoy most.

The coach cannot train every Position Profile principle in a single fall or spring, but over two years at 9v9, every principle for each position will be trained and should be understood before the player moves to 11v11.



POSITION

PROFILES

9v9



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Player Profiles - #1 Goalkeeper

MOMENT	DEFENSIVE 1/3	MIDDLE 1/3	ATTACKING 1/3
IN POSSESSION <i>(Attacking)</i>	<ul style="list-style-type: none"> Confident distribution (short to 4/5/6, split to 8 or 10, or driven wide to 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 (move up or back with the play) Be a “relief” pass (back) if we need to re-start Continue communicating to defense to prevent counterattacks 	<ul style="list-style-type: none"> Coaching communication with defenders and midfield 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
TRANSITION > DEFENSE <i>(Introduce at U-11, Reinforce at U-12)</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
OPPONENT IN POSSESSION <i>(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 of 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 (don’t think too long, go right away or stay) 	<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
TRANSITION > ATTACK <i>(Introduce at U-11, Reinforce at U-12)</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 players to quickly join the attack Push back line up to keep lines tight (space not too big between defenders and midfielders)
SET PIECES (ATT & DEF)	<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 - #4/#5 Center Back

MOMENT	DEFENSIVE 1/3	MIDDLE 1/3	ATTACKING 1/3
<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 to assist in probing for penetrating passes
<i>TRANSITION > DEFENSE (Introduce at U-11, Reinforce at U-12)</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) • Move toward wing to pick up opponent with the ball • Deny opponent time, space, and penetration w/good 1v1 defending • Stop/block crosses, head crosses out of danger 	<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 midfield line in front
<i>TRANSITION > ATTACK (Introduce at U-11, Reinforce at U-12)</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 • Be ready to prevent counter 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 and balls on the ground from deliveries from wide areas • D - Take a position so a throw-in cannot 	<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 	<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



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Player Profiles - #6 Defensive CMF

<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"> • Important in build-up as an outlet for 1/4/5 • May drop down between 4/5 vs. press from the 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 (Introduce at U-11, Reinforce at U-12)</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 or 9) 	<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"> • Mark the opposing attacking central midfielder • 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 (pass) 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 (Introduce at U-11, Reinforce at U-12)</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

<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 support for other MFs and backs to skip lines vs. opponent's press• Inter-change with other MFs 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 of attack• 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
<i>TRANSITION > DEFENSE (Introduce at U-11, Reinforce at U-12)</i>	<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 MF's 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
<i>OPPONENT IN POSSESSION (Defending)</i>	<ul style="list-style-type: none">• Squeeze middle or to wing depending on where the ball is• Deny comfortable playmaking of the opposition's 6/8• 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
<i>TRANSITION > ATTACK (Introduce at U-11, Reinforce at U-12)</i>	<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
<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



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Player Profiles - #7/#11 Wide Forward

MOMENT	DEFENSIVE 1/3	MIDDLE 1/3	ATTACKING 1/3
<i>IN POSSESSION (Attacking)</i>	<ul style="list-style-type: none">• Provide higher wide option in build-up phase for our backs to skip lines• Inter-change w/8/10 in build up	<ul style="list-style-type: none">• Inter-change with 9 or 8/10 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 (Introduce at U-11, Reinforce at U-12)</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 direct opponent 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 direct opponent 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 direct opponent to track
<i>OPPONENT IN POSSESSION (Defending)</i>	<ul style="list-style-type: none">• Drop back into own half mark space or direct opponent• Track direct opponent making forward runs	<ul style="list-style-type: none">• Continue to look to drop back to win the ball via tackle or interception• Continue to track direct opponent or closest opponent	<ul style="list-style-type: none">• Work w/9 to effectively press• Deny direct opponent any penetration by passing or dribbling• Track direct opponent releasing into midfield
<i>TRANSITION > ATTACK (Introduce at U-11, Reinforce at U-12)</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 run behind if opposition defenders are playing high (playing near the middle line)	<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• A – Be an option for a throw-in• 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• A – Be an option for a throw-in• 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• A – Be an option for a throw-in• 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 (near middle line)	<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 (Introduce at U-11, Reinforce at U-12)</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">• Drop back to win ball off opposition's 6• Track opposition's 4/5 releasing into attack	<ul style="list-style-type: none">• Continue to drop back to win ball/ deny the pass into the 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 (force to one side)• Track/defend opposition's 4/5 dribbling into midfield to overload
<i>TRANSITION > ATTACK (Introduce at U-11, Reinforce at U-12)</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, crosses 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