

Techniques Vital for Success as a Defender:

- (1) Heading ability
- (2) Tackling
- (3) Intercepting balls followed by quick distribution
- (4) Clearing ability
- (5) Quick and accurate passing
- (6) Range of passing (short and lofted)
- (7) Crossing from varying angles
- (8) Long range shooting
- (9) Dribbling to beat an opponent (advanced areas of field)
- (10) Finishing

Application of Techniques:

Central defenders – defensive:

- Providing cover and balance
- Zonal, man-to-man or a combination of both
- Denying space, closing players down and controlled tackling
- Angles of recovery
- Ball winning
- Organizing the back line, midfield players through quality communication
- Maintaining appropriate spacing in relation to midfield and goalkeeper

Central defenders – attacking:

- Quick distribution, both short and long
- Set-pieces, use aerial advantage
- Provide depth in attack to advanced players
- Step into midfield to create a numbers-up situation
- Start counter-attack

Full-backs – defending:

- Providing cover and balance
- Deny penetration from wide areas
- Angle of recovery runs and tracking opponents
- Pinching-in when ball on opposite side
- Marking assignments
- Quality communication to other defenders and midfielders

Full-backs – attacking:

- Provide width in the attack
- Play as a wide player with or without the ball to unbalance

- opposition
- Provide an early outlet for Goalkeeper as well as other teammates.
 - Offer support from behind and in advance of the ball
 - Maintain team shape (ball on near or far side)

Techniques Vital for Success as a Midfielder:

- (1) Accurate passing, both long and short
- (2) Receiving and turning under intense pressure
- (3) Shooting, both from distance and close range
- (4) Dribbling for possession and penetration
- (5) Heading, attacking and defensive
- (6) Tackling
- (7) Crossing from varying angles and positions

Application of Techniques:

Midfielders as a group – defensively:

- Pressing opponents to disrupt their flow
- Offer pressure on ball, support, and balance
- Delay the opposition attack through “squeezing” space
- Provide zonal, man-to-man or a combination scheme
- Recovery runs to get behind the ball
- Transition from attack to defense
- Communication with fellow midfielders, defenders and forwards

Midfielders as a group – attacking:

- Offer support, both behind and in advance of the ball
- Transition from defense to attack quickly
- Make positive forward runs (with or without ball)
- Maintain team balance and shape
- Link the play from defenders to attackers
- Offer width and depth
- Make runs to exploit and create space for self and teammates
- Alter the flow of the game (high tempo etc)
- Make runs in advance of the forward line
- Shooting from distance and close range – finishing
- Combination play in the middle and attacking thirds of the field

Techniques Vital for Success as a Forward:

- (1) Receiving and turning under intense pressure
- (2) Laying balls off to teammates
- (3) Dribbling for penetration and possession

- (4) Heading – attacking
- (5) Tackling
- (6) Crossing from varying angles and positions
- (7) Receiving flighted balls to chest, head etc.
- (8) Shooting, both from distance and close range
- (9) First time re-directions – finishing with finesse
- (10) Passing, accurate short and long

Application of Techniques:

Forwards as a group – defensively:

- Recovery runs to get behind the ball
- Steering the opponents to one side of the field
- Pressing the opposition defenders, and midfielders from behind
- Offer cover and balance for teammates
- Delay the attack to allow teammates to recover and regroup
- Individual defending – don't dive in

Forwards as a group – attacking:

- Making positive forward runs in advance of the ball
- Dribbling for penetration and possession
- Mobility without the ball to disrupt opponents defense
- Combination play with players both in advance of and behind the ball
- Bending runs to avoid off-side
- Crossing and finishing
- Stretch the opposition to create space

Wingers – attacking:

- Provide width
- Beating an opponent before crossing
- Delivering early crosses
- Dribbling for penetration and possession
- Offer support in advanced positions
- Mobility off the ball to disrupt opposition back line
- Finishing from distance and close range