

# U.S. SOCCER POSITION PROFILES



## GOALKEEPER (1)

### TRAITS:

- Directing teammates, leading defensive organization (clear communication)
- Anticipating and intercepting crosses and balls behind defensive line (starting position)
- Stopping shots and dominating 1v1 situations (bravery)
- Reading pressure and initiating build-up
- Receiving and passing under pressure (short and long)

### PHYSICAL:

- Strength and power, agility and quick reactions to control the area and protect the goal (air and ground)

## CENTER BACKS (4,5)

### TRAITS:

- Leading defensive organization
- Dominating 1v1 situations (heading, tackling and intercepting)
- Zonal marking, anticipation and preventive actions (shifting, stepping, dropping, and covering movements)
- Reading and breaking pressure (calm and decisive)
- Range of passing (through, over and around defensive block)

### PHYSICAL:

- Strength and power in duels (jumping), speed and agility

## WIDE FORWARDS (7,11)

### TRAITS:

- Dominating 1v1, dribbling and running with the ball to take-on opponent, creating chances and scoring
- Shooting and crossing (early, cut-back, etc.) off the dribble, coming inside or wide
- Making aggressive runs with and without the ball
- Reading and initiating pressing moments, closing space with speed and intensity
- Denying penetrations and assisting fullback in wide areas

### PHYSICAL:

- Speed, change of direction and body feints
- Ability to make repeated accelerations

## FULL BACKS (2,3)

### TRAITS:

- Continuously adjusting body shape and position to provide support and cover (height and width)
- Dominating 1v1 duels to create or regain the ball
- Receiving, dribbling and making quick combinations to create chances (crossing and shooting)
- Making overlap and underlap runs to create advantage

### PHYSICAL:

- Speed, quickness, agility and endurance

## MIDFIELDERS (6,8,10)

### TRAITS:

- Dominating positionally and individually, controlling and protecting central area
- Positioning between lines (spatial awareness and body orientation) and quick decision making (360° scanning)
- Technically advanced-receiving and turning in tight spaces, passing range including final pass
- Recognizing when to play forward, switch play and keep possession (ball security)
- Breaking down compact defenses and finishing the attack (insight and creativity)
- Providing offensive/defensive balance

### PHYSICAL:

- Agility, endurance, quickness and use of body to protect ball

## CENTER FORWARD (9)

### TRAITS:

- Creating chances and scoring goals (foot or head)
- Receiving and holding the ball under pressure
- Making varied runs (movements and timing) to get behind opposition back line and create space for self and teammates
- Anticipating and moving into dangerous positions, untracking from opponent
- Receiving and passing under pressure (short and long)
- Showing advanced levels of focus, determination and control

### PHYSICAL:

- Strength to hold off opponent, explosiveness to separate from opponent