



# REAL COLORADO EDGE SOCCER CLUB

- Weekday Player Checklist
- Game Day Player Checklist
- Team Shape: 1-4-3-3
- Team Shape: 1-4-4-2
- Position Specific



### Enhance Strengths:

- ▶ What are my top three strengths?
- ▶ How can I make my strengths shine?
- ▶ Can I find or create new layers to these areas of the game?

### Improve Weaknesses:

- ▶ What are my three weakest areas?
- ▶ How can I get better at these three things?
- ▶ Who can help me identify and develop these areas?

### Team Dynamic:

- ▶ What are my teams strengths?
- ▶ What are my teams weaknesses?
- ▶ Am I part of the problem or part of the solution?
- ▶ What does my team need from me today?

### Proper Nutrition Proper Timing

- Am I eating enough?
- Am I eating clean?
- Am I eating at the right times?
- Am I getting the right amount of protein/carbs/sugars/fats?

### Proper Hydration Proper Timing

- What sort of liquids am I consuming?
- Am I consuming enough water?
  - \*minimum 1ounce per pound of body weight
- Using urine color as an indicator of hydration

### Proper Rest , Recovery, and Preparation

- What time did I go to bed last night?
- What time did I wake up this morning?
- When am I going to roll out with a foam roller or lax ball? -Do I need to add any extra strength or conditioning, stretching, or individual training this week?

# WEEKDAY PLAYER CHECKLIST



### Proper Nutrition Proper Timing

- What did I eat last night?
- Did I eat enough last night?
- What did I eat today?
- Did I eat enough today?

### Proper Hydration Proper Timing

- What sort of liquids did I consume last night?
- Did I consume enough water last night?
- Using urine color as an indicator of hydration

### Proper Rest , Recovery, and Preparation

- What time did I go to bed last night?
- What time did I wake up this morning?
- Do I need to roll out with a foam roller or lax ball?
- Do I need to warm up, stretch, or activate any specific areas?

### **What do I need to bring?**

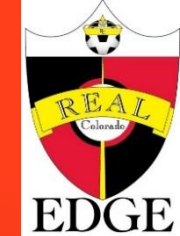
- Full away kit
- Full home kit
- Warm up top
- Warm up top and bottom
- Ball
- Gloves
- Plenty of water
- Granola bar
- Fruit
- Recovery shake/drink
- Shin guards
- Boots
- Items specific to the player

# GAMEDAY PLAYER CHECKLIST

1. Goalkeeper
2. Right Outside Back
3. Left Outside Back
4. Right Center Back
5. Left Center Back
6. Defensive Center Midfielder
7. Right Winger
8. Center Midfielder
9. Center Forward
10. Attacking Center Midfielder
11. Left Winger



# 1-4-2-3-1



# DEFENSIVE PRINCIPLES

1. Starting positions allow us to apply pressure to our opponents without exposing our center backs (4&5)
2. Starting positions prevents central passing lanes
3. Shape keeps us connected and allows for a numerical advantage around the ball
4. Total defending is possible because partnerships allow us to replace one another when somebody gets beat or misses a tackle
5. Defensive shape is most common around the world and is easy to learn



# ATTACKING PRINCIPLES

1. Allows us to attack in two different phases; The “Build” and The “Attack”
2. Attacking shape creates a numerical advantage around the ball
3. Total Football is encouraged because players can easily interchange positions
4. Attacking shape creates vertical and lateral spaces to play in
5. Attacking shape allows for team to create maximum depth and width
6. Attacking shape breaks the rules that defensive teams play by (pocket play, occupy center backs, counter movements, etc.)

1. Goalkeeper
2. Right Outside Back
3. Left Outside Back
4. Right Center Back
5. Left Center Back
6. Defensive Center Midfielder
7. Right Midfielder
8. Center Midfielder
9. Striker
10. Withdrawn Forward
11. Left Midfielder



# 1-4-4-2



# DEFENSIVE PRINCIPLES

1. Defensive starting positions allow us to apply pressure to our opponents without losing our shape
2. Defensive shape prevents forward passing lanes
3. Defensive Shape keeps us connected so we have numbers around the ball at all times
4. Defensive shape is suited for “Pressure-Cover-Balance” style of defending
5. Defensive shape is very basic and forces opposition to be predictable





# ATTACKING PRINCIPLES

1. Two strikers occupy opposition center backs
2. Starting positions are predictable, consistent, and easy to learn
3. Attacking formation allows us to create width and depth
4. Allows team to rely on discipline, work rate, consistency, and efficiency to create and score goals
5. Attacking shape allows for central and lateral spaces to play in




# POSITION SPECIFIC

- Why is it important to understand my position?
- Why is it important to understand multiple positions?
- Position by Numbers
- Position Checklist
- Staff Favorites


“The best and fastest way to learn a sport is to watch and imitate a champion.”

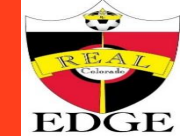
–Jean Claude Killy

# “WHY IS IT IMPORTANT FOR ME TO UNDERSTAND MY POSITION?”

- It will allow me to have a bigger impact on the team's success
  - It will give me clarity on what the coaches expect of me
  - It will allow me to play for different teams
  - It will allow me to be functional even on my worst day
- 

# “WHY IS IT IMPORTANT FOR ME TO UNDERSTAND MULTIPLE POSITIONS?”

- It will allow me to have a bigger impact on the team's success
  - It will give me clarity on what the coaches expect of me in different roles
  - It will allow me to understand the roles of my teammates
  - It will allow me to be versatile
- 



## Physical Qualities:

- Communication
- Footwork
- Springability
- Balance
- Strength
- Resilient

## Psycho Social Qualities:

- Safety vs. Risk
- Leadership
- Bravery
- Reading the Game
- Awareness
- Focus
- Soccer IQ
- Positive
- Consistent

## Technical Qualities:

- Shot Prevention
- Shot Stopping
- Organization
- Aerial Prowess
- Distribution
- Short Passing Accuracy
- Long Passing Accuracy
- Passing and Receiving

## Developmental Checklist

Position: Goal Keeper

Number: 1



## Defensive Keys:

- Communication
- Leadership
- Focus
- Shot Prevention
- Shot Stopping
- Positive Encouragement

## Attacking Keys:

- Awareness
- Leadership
- Safety vs. Risk
- Long Distribution
- Switching the point of attack
- Positive Encouragement

## Players To Watch:

•David De Gea- Manchester United and Spain  
<https://www.youtube.com/watch?t=156&v=B-ybb8SefKc>

•Manuel Neuer- Bayern Munich and Germany  
<https://www.youtube.com/watch?v=h7xoxMDD1t4>

•Thibaut Nicolas Marc Courtois- Chelsea and Belgium  
<https://www.youtube.com/watch?v=uKi5xXCcGwM>

# Game Day Checklist

Position: Goal Keeper

Number: 1



## Physical Qualities:

- Strength
- Balance
- Communication
- Battle Tested
- Endurance
- Recovery Speed
- Footwork
- Change of Direction
- Springability

## Psycho Social Qualities:

- Discipline
- Bravery
- Leadership
- Tactical Understanding
- Safety vs. Risk
- Awareness
- Focus
- Soccer IQ

## Technical Qualities:

- Defensive Heading Ability
- Attacking Heading Ability
- Receiving out of the Air
- Short Passing Accuracy
- Long Passing Accuracy
- Individual Defending
- Block Tackling
- Slide Tackling

## Developmental Checklist

Position: Center Backs

Number: 4 and 5



## Defensive Keys:

- ▶ Communication
- ▶ Leadership
- ▶ Anticipation
- ▶ Organization
- ▶ Dispossess vs. Repossess
- ▶ Positive Encouragement

## Attacking Keys:

- ▶ Support
- ▶ Safety vs. Risk
- ▶ Long Distribution
- ▶ Switching the point of attack
- ▶ Positive Encouragement

# Game Day Checklist

Position: Center Backs

Number: 4 and 5

## Players To Watch:

•Thiago Silva- PSG and Brazil

<https://www.youtube.com/watch?v=rN9TpQNmouU>

•Rafael Varane- Real Madrid and France

<https://www.youtube.com/watch?v=0LKdOcM8je0>

•Vincent Kompany- Manchester City and Belgium

<https://www.youtube.com/watch?v=qbFRs3IX3wE>



## Physical Qualities:

- Super fit
- Speed
- Endurance
- Recovery Speed
- Footwork
- Communication
- Core Strength

## Psycho Social Qualities:

- Discipline
- Toughness
- Tactical Understanding
- Reading of the game
- Safety vs. Risk
- Awareness
- Consistent
- Soccer IQ
- Resilient

## Technical Qualities:

- Defensive Heading Ability
- Dribbling at speed
- Dribbling with close control
- 1v1 Attacking and Defending
- Passing and Recieving
- Short Passing Accuracy
- Combination Play
- Service (Crossing/Entry Balls)
- Throw Ins

## Developmental Checklist

Position: Full Backs

Number: 2 and 3



## Defensive Keys:

- ▶ Stay connected to the center backs
- ▶ Balance on the weak side
- ▶ Dispossess vs. Repossess
- ▶ Read the cues step/drop
- ▶ Deny Service
- ▶ Relationship with players in front

## Attacking Keys:

- ▶ Speed of play
- ▶ Safety vs. Risk
- ▶ Timing of runs
- ▶ Entry Balls to forwards or midfielders
- ▶ Combination Play
- ▶ Create Service from wide areas

## Players To Watch:

- David Alaba- Bayern Munich and Austria

[https://www.youtube.com/watch?v=v0SwC\\_kS7SA](https://www.youtube.com/watch?v=v0SwC_kS7SA)

- Aleksandar Kolarav- Manchester City and Serbia

<https://www.youtube.com/watch?v=-jLtvFYQQ4I>

- Branislov Ivanovic- Chelsea and Serbia

<https://www.youtube.com/watch?v=sJkrZKwjSL0>

## Game Day Checklist

Position: Full Backs

Number: 2 and 3

## Physical Qualities:

- Communication
- Close Up Speed
- Endurance
- Balance
- Mobility
- Core Strength
- Flexibility

## Psycho Social Qualities:

- Tactical Understanding
- Reading of the game
- Soccer IQ
- Safety vs. Risk
- Leadership
- Awareness
- Consistent
- Discipline
- Toughness

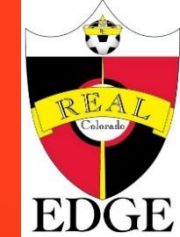
## Technical Qualities:

- Defensive Heading Ability
- Attacking Heading Ability
- Receiving (All types)
- Dribbling with close control
- Short Passing Accuracy
- Long Passing Accuracy
- Combination Play
- Long Distance Shooting

## Developmental Checklist

Position: Defensive Midfielder

Number: 6



## Defensive Keys:

- ▶ Communication
- ▶ Dispossess vs. Repossess
- ▶ Deny Passing Lanes
- ▶ Shape
- ▶ Positive Encouragement
- ▶ Work Ethic
- ▶ Travel with the ball

## Attacking Keys:

- ▶ Awareness
- ▶ Safety vs. Risk
- ▶ Speed of Play in the build
- ▶ Long Distribution
- ▶ Switching the point of attack
- ▶ Turnovers occur behind opposition's back line

## Players To Watch:

- Xabi Alonso- Bayern Munich and Spain

[https://www.youtube.com/watch?v=g2G0\\_qXIII0](https://www.youtube.com/watch?v=g2G0_qXIII0)

- Toni Kroos- Real Madrid and Germany

<https://www.youtube.com/watch?v=ybd1I-Pm9A4>

- Nemanja Matic- Chelsea and Serbia

[https://www.youtube.com/watch?v=lfpkjYiz\\_kc](https://www.youtube.com/watch?v=lfpkjYiz_kc)

## Game Day Checklist

Position: Defensive Midfielder

Number: 6

## Physical Qualities:

- Communication
- Close Up Speed
- Endurance
- Balance
- Mobility
- Core Strength
- Flexibility

## Psycho Social Qualities:

- Tactical Understanding
- Reading of the game
- Soccer IQ
- Composure
- Safety vs. Risk
- Leadership
- Awareness
- Consistent
- Disciplined
- Creative
- Toughness

## Technical Qualities:

- Receiving (All types)
- Dribbling with close control
- Short Passing Accuracy
- Long Passing Accuracy
- Combination Play
- Long Distance Shooting
- Finishing
- Set Piece Delivery

## Developmental Checklist

Position: Central Midfielder

Number: 8



## Defensive Keys:

- ▶ Communication
- ▶ Dispossess vs. Repossess
- ▶ Deny Passing Lanes
- ▶ Shape
- ▶ Positive Encouragement
- ▶ Work Ethic
- ▶ Travel with the ball

## Attacking Keys:

- ▶ Awareness
- ▶ Safety vs. Risk
- ▶ Speed of Play in the build
- ▶ Long Distribution
- ▶ Switching the point of attack
- ▶ Turnovers occur behind opposition's back line

## Game Day Checklist

Position: Central Midfielder

Number: 8

## Players To Watch:

•Yaya Toure- Manchester City and Ivory Coast

<https://www.youtube.com/watch?v=1vgTUQnklm4>

•Paul Pogba- Juventus and France

<https://www.youtube.com/watch?v=gMxPphrgeu8>

•Cesc Fabregas- Chelsea and Spain

<https://www.youtube.com/watch?v=ejVHLv0PREA>

## Physical Qualities:

- Communication
- Close Up Speed
- Change of Speed
- Change of Direction
- Balance
- Mobility
- Core Strength
- Flexibility
- Active

## Psycho Social Qualities:

- Tactical Understanding
- Reading of the game
- Soccer IQ
- Confident
- Leadership
- Selfless
- Positive
- Creative
- Consistent
- Brave

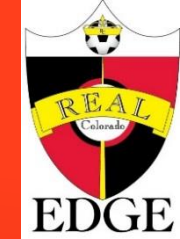
## Technical Qualities:

- Attacking Heading Ability
- Receiving (All types)
- Dribbling with close control
- 1v1 Attacking
- Short Passing Accuracy
- Long Passing Accuracy
- Combination Play
- Long Distance Shooting
- Close Range Finishing

## Developmental Checklist

Position: Attacking Midfielder

Number: 10



## Defensive Keys:

- ▶ Setting the press
- ▶ Force Play
- ▶ Maintain team compactness
- ▶ Starting position
- ▶ Communication
- ▶ Travel with the ball

## Attacking Keys:

- ▶ Speed of play
- ▶ Confident Decision Making
- ▶ Control Tempo
- ▶ Link Play
- ▶ Run/pass behind opposition back line
- ▶ Turnovers going forwards

## Game Day Checklist

Position: Attacking Midfielder

Number: 10

## Players To Watch:

- Andres Iniesta- Barcelona and Spain

<https://www.youtube.com/watch?v=BxlGFIYsm1c>

- David Silva- Manchester City and Spain

[https://www.youtube.com/watch?v=rJHNCeZ\\_4LQ](https://www.youtube.com/watch?v=rJHNCeZ_4LQ)

- Oscar Emboaba- Chelsea and Brazil

<https://www.youtube.com/watch?v=Tf2sD6F2s4E>



## Physical Qualities:

- Speed
- Endurance
- Close Up Speed
- Change of Speed
- Change of Direction
- Balance
- Mobility
- Core Strength
- Flexibility
- Active

## Psycho Social Qualities:

- Tactical Understanding
- Reading of the game
- Soccer IQ
- Confident
- Selfless
- Positive
- Creative
- Consistent
- Brave

## Technical Qualities:

- Deception
- Receiving (All types)
- Dribbling with close control
- Dribbling at Speed
- 1v1 Attacking
- Attacking Heading Ability
- Short Passing Accuracy
- Combination Play
- Close Range Finishing
- Throw Ins

## Developmental Checklist

Position: Wide Attacking Midfielder

Number: 7 and 11



### Defensive Keys:

- ▶ Starting position is compact
- ▶ Setting the press
- ▶ Keep attackers in front of us
- ▶ Force Play
- ▶ Deny entry balls
- ▶ Relationship with Outside Back

### Attacking Keys:

- ▶ Run/pass Behind opposition backline
- ▶ Dominant foot can play on either flank
- ▶ Confident Decision Making
- ▶ Receive in the pocket
- ▶ Get to the end line
- ▶ Always active and available
- ▶ Combination play in wide areas

### Players To Watch:

- Arjen Robben- Bayern Munich and Netherlands

<https://www.youtube.com/watch?v=EYZT8nfhlXo>

- Neymar Junior- Barcelona and Brazil

<https://www.youtube.com/watch?v=n6rQ9-7kHGg>

- Eden Hazard- Chelsea and Belgium

<https://www.youtube.com/watch?v=DV7UUdrmsYk>

## Game Day Checklist

Position: Wide Attacking Midfielder

Number: 7 and 11

## Physical Qualities:

- Resilient
- Battle Tested
- Change of Speed
- Change of Direction
- Balance
- Mobility
- Core Strength
- Leg Strength
- Aggressive

## Psycho Social Qualities:

- Tactical Understanding
- Reading of the game
- Soccer IQ
- Confident
- Positive
- Creative
- Consistent
- Brave
- Leadership

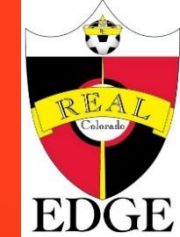
## Technical Qualities:

- Awareness
- Focus
- Receiving (All types)
- Turning
- Dribbling with close control
- Dribbling at Speed
- 1v1 Attacking
- Attacking Heading Ability
- Short Passing Accuracy
- Combination Play
- Close Range Finishing
- Long Range Shooting

## Developmental Checklist

Position: Striker

Number: 9



## Defensive Keys:

- ▶ Starting Shape is compact
- ▶ Setting the press
- ▶ Force Play
- ▶ Deny Passing Lanes
- ▶ Positive Encouragement

## Attacking Keys:

- ▶ Make the Game Physical
- ▶ Occupy Center Backs
- ▶ Available and Active
- ▶ Run Behind
- ▶ Create and Finish Goal Scoring opportunities
- ▶ Target Play

## Game Day Checklist

Position: Striker

Number: 9

## Players To Watch:

•Cristiano Ronaldo- Real Madrid and Portugal

<https://www.youtube.com/watch?v=Z75TXPfiV1o>

•Sergio Aguero- Manchester City and Argentina

<https://www.youtube.com/watch?v=gXfe50QW6vg>

•Leo Messi- Barcelona and Argentina

<https://www.youtube.com/watch?v=U5KHPudliZg>

•Muller- Bayern Munich and Germany

<https://www.youtube.com/watch?v=y3JSSTZpqj4>



**“Approach the game with no preset agendas  
and you’ll probably come away surprised at  
your overall efforts.”**

**–Phil Jackson**