

## Player Profiles – Under 9s

Goalkeeper



Technical/Tactical	Physical	Social	Psychological
Show a reasonable understanding of body position (into line & down the line)	Display a good level of physical fitness	Maintain appropriate behaviours away from the football club	Accept mistakes and deal with them appropriately
Understand that they can be a passing option for defenders	Use appropriate footwork to move around the area/make saves	Be a good team-mate	Understand his role in the team
Demonstrate good shot stopping ability		Assist the coach & team-mates when setting up/tidying up	Show good levels of concentration in training/games
Display good technique when kicking the ball with stronger foot (volley or ground)			Be willing to attempt to use the weaker foot appropriately
Be able to start attacks by rolling and throwing			
Understand the difference between space or to feet			
Be able to communicate obvious danger to defenders			

Full backs



Technical/Tactical	Physical	Social	Psychological
Be able to perform basic techniques to a good level with stronger foot	Good levels of agility allowing them to react to opponents	Maintain appropriate behaviours away from the football club	Be willing to receive the ball in the defensive 3rd
Play the ball when stationary or moving at slow speed	Good footwork, coordination and stability	Be a good team-mate	Understand his role in the team
Understand how to create space as an individual	Be able to recover quickly when the ball turns over (transition)	Assist the coach & team-mates when setting up/tidying up	Show a determination to prevent and break up attacks
Understand the difference between RWTB and dribbling			Be willing to attempt to use the weaker foot appropriately
Attack & defend effectively in 1v1 situations			
Be willing to receive the ball at all times			

## Centre Backs



Technical/Tactical	Physical	Social	Psychological
Be able to perform a range of techniques confidently with stronger foot	Show good footwork in 1v1 defensive situations	Maintain appropriate behaviours away from the football club	Understands his role in the team
Play the ball when stationary or moving at slow speed	Good agility to cope with changes of pace/direction	Be a good team-mate	Brave and courageous – to want the ball, to prevent shots, to win tackles
Understand how to create space as an individual	Ability to recover in transition	Assist the coach & team-mates when setting up/tidying up	Be willing to receive the ball in the defensive 3rd
Have a basic Understanding of how to mark & cover			Be willing to attempt to use the weaker foot appropriately
Ability to defend in 1v1 situations			
Willing to receive the ball from GK behind retreat line and start attacks			

## Wide Midfield Players



Technical/Tactical	Physical	Social	Psychological
Be able to perform a range of techniques with stronger foot	Good footwork, coordination and stability	Maintain appropriate behaviours away from the football club	Confident to try tricks and feints in wide areas
Play the ball when stationary or moving at slow speed	Good energy levels to allow them to work up and down the pitch	Be a good team-mate	Imaginative in his attacking play
Understand the use of width and depth	The ability to recover quickly	Assist the coach & team-mates when setting up/tidying up	Be willing to attempt to use the weaker foot appropriately
Effective in 1v1 attacking situations using deception & disguise			
Recognises space and how to use it RWTB or dribble?			
Able to defend in 1v1 situations			

## Central Midfield Players



Technical/Tactical	Physical	Social	Psychological
Be able to perform a range of techniques with stronger foot	Speed over long, medium & short distances	Maintain appropriate behaviours away from the football club	Works for the team – providing support in attack & cover in defence
Play the ball when stationary or moving at slow speed	High energy levels to support attacks and recover defensively	Be a good team-mate	Confident to receive in tighter areas
Understand the concept of making and exploiting space	Good agility & flexibility	Assist the coach & team-mates when setting up/tidying up	Be willing to attempt to use the weaker foot appropriately
Ability to use a few turns and feints to protect the ball			
Shoots effectively developing different techniques			
Willing to receive the ball under pressure			
Understand difference between passing to feet and space			

## Strikers



Technical/Tactical	Physical	Social	Psychological
Be able to perform a range of techniques with stronger foot	Speed over short & medium distances	Maintain appropriate behaviours away from the football club	A desire to score goals
Play the ball when stationary or moving at slow speed	Quick feet to create shooting opportunities	Be a good team-mate	Confident to shoot on goal even under pressure
Understand the concepts of width and depth	Good agility, coordination and reactions	Assist the coach & team-mates when setting up/tidying up	Works for the team – providing support in attack & cover in defence
Can spot opportunities to RWTB and dribble			Be willing to attempt to use the weaker foot appropriately
Uses a variety of techniques when shooting at goal			
Recognises that he is the first line of defence			
Use a range of turns and feints to protect the ball			

## Player Profiles – Under 10s

### Goalkeeper



Technical/Tactical	Physical	Social	Psychological
Show a reasonable understanding of body position (into line & down the line)	Display a good level of physical fitness	Maintain appropriate behaviours away from the football club	Accept mistakes and deal with them appropriately
Regularly providing a passing option for defenders	Use appropriate footwork to move around the area/make saves	Be a good team-mate	Understand his role in the team
Demonstrate good shot stopping ability, and a range of different saving techniques(catch/parry/punch)	Good mobility/flexibility and reactions	Assist the coach & team-mates when setting up/tidying up	Show good levels of concentration in training/games
Display good technique when kicking the ball with stronger foot (volley or ground)		Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle	Be willing to attempt to use the weaker foot appropriately
Be able to start attacks by rolling and throwing			
Understand the difference between space or to feet			
Be able to communicate obvious danger to defenders			
Display a good understanding of starting position			

### Full backs



Technical/Tactical	Physical	Social	Psychological
Be able to perform basic techniques to a good level with stronger foot, and some with weaker foot	Good levels of agility allowing them to react to opponents	Maintain appropriate behaviours away from the football club	Be willing to receive the ball in the defensive 3rd
Play the ball when stationary or moving at slow speed	Good footwork, coordination and stability	Be a good team-mate	Understand his role in the team
Understand and demonstrate how to create space as an individual	Be able to recover quickly when the ball turns over (transition)	Assist the coach & team-mates when setting up/tidying up	Show a determination to prevent and break up attacks
Understand the difference between RWTB and dribbling and regular performance of these skills	Starting to time jumps with explosive power to win headers defensively	Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle	Be willing to attempt to use the weaker foot appropriately

Attack & defend effectively in 1v1 situations			
Be willing to receive the ball at all times			
Understanding concepts such as overlaps and underlaps, as well as supporting behind the play			

### Centre Backs



Technical/Tactical	Physical	Social	Psychological
Be able to perform a range of techniques confidently with stronger foot, and some with weaker foot	Show good footwork in 1v1 defensive situations	Maintain appropriate behaviours away from the football club	Understands his role in the team
Play the ball when stationary or moving at slow speed	Good agility to cope with changes of pace/direction	Be a good team-mate	Brave and courageous – to want the ball, to prevent shots, to win tackles
Understand and demonstrate how to create space as an individual	Ability to recover in transition	Assist the coach & team-mates when setting up/tidying up	Be willing to receive the ball in the defensive 3rd
Have a basic understanding of how to mark & cover	Strong when making tackles	Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle	Be willing to attempt to use the weaker foot appropriately
Ability to turn & change direction			
Ability to defend in 1v1 situations, showing good body shape and quick feet			
Willing to receive the ball from GK behind retreat line and start attacks			
Starting to spot and play good forward passes into midfield(starting attacks)			

### Wide Midfield Players



Technical/Tactical	Physical	Social	Psychological
Be able to perform a range of techniques with stronger foot, and some with weaker foot	Good footwork, coordination and stability	Maintain appropriate behaviours away from the football club	Confident to try tricks and feints in wide areas
Play the ball when stationary or moving at slow speed	Good energy levels to allow them to work up and down the pitch	Be a good team-mate	Start to show imagination/creativity in his attacking play
Understand and demonstrate the use of width and depth	The ability to recover quickly	Assist the coach & team-mates when setting up/tidying up	Be willing to attempt to use the weaker foot appropriately
Effective in 1v1 attacking situations using deception & disguise	Good acceleration away from opponents	Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle	
Recognises space and how to use it RWTB or dribble?			
Able to defend in 1v1 situations			
Able to cross from different areas with relative success with stronger foot			
Starting to recognise when, how and why to support the strikers			

#### Central Midfield Players



Technical/Tactical	Physical	Social	Psychological
Be able to perform a range of techniques with stronger foot, and some with weaker foot	Speed over long, medium & short distances	Maintain appropriate behaviours away from the football club	Works for the team – providing support in attack & cover in defence
Play the ball when stationary or moving at slow speed	High energy levels to support attacks and recover defensively	Be a good team-mate	Confident to receive in tighter areas
Understand the concept of making and exploiting space	Good agility & flexibility	Assist the coach & team-mates when setting up/tidying up	Be willing to attempt to use the weaker foot appropriately
Ability to use a variety turns and feints to protect the ball	Utilising body strength and balance to protect the ball	Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle	
Shoots effectively developing different			

techniques			
Willing to receive the ball under pressure			
Understand difference between passing to feet and space			

### Strikers



<b>Technical/Tactical</b>	<b>Physical</b>	<b>Social</b>	<b>Psychological</b>
Be able to perform a range of techniques with stronger foot, and some with weaker foot	Speed over short & medium distances	Maintain appropriate behaviours away from the football club	A desire to score goals
Play the ball when stationary or moving at slow speed	Quick feet to create shooting opportunities	Be a good team-mate	Confident to shoot on goal even under pressure
Understand and demonstrate the concepts of width and depth	Good agility, coordination and reactions	Assist the coach & team-mates when setting up/tidying up	Works for the team – providing support in attack & cover in defence
Can spot opportunities to RWTB and dribble and starting to pick the right option	Good acceleration away from defenders	Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle	Be willing to attempt to use the weaker foot appropriately
Uses a variety of techniques when shooting at goal	Utilising body strength and balance to protect the ball		
Recognises that he is the first line of defence			
Use of a range turns and feints to protect the ball			
Good timing of runs in behind opponent's defences			

## Goalkeeper



Technical/Tactical	Physical	Social	Psychological
Show a reasonable understanding of body position (into line & down the line)	Display a good level of physical fitness	Maintain appropriate behaviours away from the football club	Accept mistakes and deal with them appropriately
Regularly providing a passing option for defenders	Use appropriate footwork to move around the area/make saves	Be a good team-mate	Understand his role in the team
Demonstrate good shot stopping ability, and a range of different saving techniques(catch/parry/punch)	Good mobility/flexibility and reactions	Assist the coach & team-mates when setting up/tidying up	Show good levels of concentration in training/games
Display good technique when kicking the ball with stronger foot (volley or ground)	Developing explosive leg strength and timing when catching crosses	Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle	Be willing to attempt to use the weaker foot appropriately
Be able to start attacks by rolling and throwing		Encourage teammates after making mistakes	
Understand the difference between passing to space or to feet			
Be able to communicate obvious danger to defenders			
Display a good understanding of starting position			
Good decision making when starting attack (controlled possession/counter attack)			

## Full backs





<b>Technical/Tactical</b>	<b>Physical</b>	<b>Social</b>	<b>Psychological</b>
Be able to perform basic techniques to a good level with stronger foot, and some with weaker foot	Good levels of agility allowing them to react to opponents	Maintain appropriate behaviours away from the football club	Be willing to receive the ball in the defensive 3rd
Play the ball when stationary or moving at slow speed	Good footwork, coordination and stability	Be a good team-mate	Understand his role in the team
Understand and demonstrate how to create space as an individual	Be able to recover quickly when the ball turns over (transition)	Assist the coach & team-mates when setting up/tidying up	Show a determination to prevent and break up attacks
Understand the difference between RWTB and dribbling and regular performance of these skills	Starting to time jumps with explosive power to win headers defensively	Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle	Be willing to attempt to use the weaker foot appropriately
Attack & defend effectively in 1v1 situations		Encourage teammates after making mistakes	
Be willing to receive the ball at all times			
Understanding concepts such as overlaps and underlaps, as well as supporting behind the play and make good decisions based on these concepts.			
Understand the reason he may show inside or outside and start to demonstrate these decisions during game time			



<b>Technical/Tactical</b>	<b>Physical</b>	<b>Social</b>	<b>Psychological</b>
Be able to perform a range of techniques confidently with stronger foot, and some with weaker foot	Show good footwork in 1v1 defensive situations	Maintain appropriate behaviours away from the football club	Understands his role in the team
Play the ball when stationary or moving at slow speed	Good agility to cope with changes of pace/direction	Be a good team-mate	Brave and courageous – to want the ball, to prevent shots, to win tackles
Understand and demonstrate how to create space as an individual	Ability to recover in transition	Assist the coach & team-mates when setting up/tidying up	Be willing to receive the ball in the defensive 3rd
Have a basic understanding of how to mark & cover	Strong when making tackles	Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle	Be willing to attempt to use the weaker foot appropriately
Ability to turn & change direction		Encourage teammates after making mistakes	
Ability to defend in 1v1 situations, showing good body shape and quick feet			
Willing to receive the ball from GK behind retreat line and start attacks			
Starting to spot and play good forward passes into midfield(starting attacks)			
Displaying good knowledge of when and where to delay attacks			



<b>Technical/Tactical</b>	<b>Physical</b>	<b>Social</b>	<b>Psychological</b>
Be able to perform a range of techniques with stronger foot, and some with weaker foot	Good footwork, coordination and stability	Maintain appropriate behaviours away from the football club	Confident to try tricks and feints in wide areas
Play the ball when stationary or moving at slow speed	Good energy levels to allow them to work up and down the pitch	Be a good team-mate	Imaginative in his attacking play
Understand and demonstrate the use of width and depth	The ability to recover quickly	Assist the coach & team-mates when setting up/tidying up	Be willing to attempt to use the weaker foot appropriately
Effective in 1v1 attacking situations using deception & disguise on a regular basis	Good acceleration away from opponents	Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle	Demands the ball in the attacking 3rd
Recognises space and how to use it RWTB or dribble?		Encourage teammates after making mistakes	
Able to defend in 1v1 situations			
Able to cross from different areas with relative success with stronger foot			
Starting to recognise when, how and why to support the strikers			
Good levels of 1 and 2 touch passing and receiving, starting to use combinations			



<b>Technical/Tactical</b>	<b>Physical</b>	<b>Social</b>	<b>Psychological</b>
Be able to perform a range of techniques with stronger foot, and some with weaker foot	Speed over long, medium & short distances	Maintain appropriate behaviours away from the football club	Works for the team – providing support in attack & cover in defence
Play the ball when stationary or moving at slow speed	High energy levels to support attacks and recover defensively	Be a good team-mate	Confident to receive in tighter areas
Understand the concept of making and exploiting space	Good agility & flexibility	Assist the coach & team-mates when setting up/tidying up	Be willing to attempt to use the weaker foot appropriately
Ability to use a range of turns and feints to protect the ball	Utilising body strength and balance to protect the ball	Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle	A creative approach when in possession
Shoots effectively using a variety of techniques		Encourage teammates after making mistakes	
Willing to receive the ball under pressure			
Understand difference between passing to feet and space			
Good levels of 1 and 2 touch passing and receiving, starting to use combinations			



<b>Technical/Tactical</b>	<b>Physical</b>	<b>Social</b>	<b>Psychological</b>
Be able to perform a range of techniques with stronger foot, and some with weaker foot	Speed over short & medium distances	Maintain appropriate behaviours away from the football club	A desire to score goals
Play the ball when stationary or moving at slow speed	Quick feet to create shooting opportunities	Be a good team-mate	Confident to shoot on goal even under pressure
Understand and demonstrate the concepts of width and depth	Good agility, coordination and reactions	Assist the coach & team-mates when setting up/tidying up	Works for the team – providing support in attack & cover in defence
Can spot opportunities to RWTB and dribble and starting to pick the right option	Good acceleration away from defenders	Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle	Be willing to attempt to use the weaker foot appropriately
Uses a good range of techniques when shooting at goal	Utilising body strength and balance to protect the ball	Encourage teammates after making mistakes	A creative approach in front of goal
Recognises that he is the first line of defence			
Use of a range of turns and feints to protect the ball			
Good timing of runs in behind opponent defences			

## Player Profiles – Under 12

Goalkeeper



<b>Technical/Tactical</b>	<b>Physical</b>	<b>Social</b>	<b>Psychological</b>
Show a good understanding of body position (into line & down the line)	Display a good level of physical fitness	Maintain appropriate behaviours away from the football club	Understand his role in the team
Show a good understanding of how to support the game (outfield play)	Use appropriate footwork to move around the area/make saves	Be a good team-mate	Show good levels of concentration in training/games
Demonstrate good shot stopping ability	Be able to accelerate/decelerate effectively	Assist the coach & team-mates when setting up/tidying up	Be a “leader” of the defence
Display good technique when kicking the ball with both feet (volley & half-volley)	Have good range of movement in the upper body	Contribute to your own development by asking questions	Accept mistakes and deal with them appropriately
Be able to start attacks by rolling and throwing	Display good core strength	Take responsibility for contacting the club regarding non-availability for training/games.	Disciplined, structured lifestyle
Know when & where to deliver (feet or space)		Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle	
Be able to communicate and organise the team in front of him			
Know when to punch, parry or catch			
Understand and manage the “state” of the game (when to play quick/slow down)			
Know when and how to come for crosses.			

Full backs



Technical/Tactical	Physical	Social	Psychological
Play the ball when stationary or moving at speed	Good speed over short, medium & long distances	Maintain appropriate behaviours away from the football club	Understand his role in the team
Understand how to create space as an individual	Good aerobic fitness levels	Be a good team-mate	Disciplined, structured lifestyle
Understand when to run with the ball to attack space	Explosive power/timing to be an effective header of the ball	Assist the coach & team-mates when setting up/tidying up	Willing to work for the team – provide attacking support and defensive cover
Attack & defend effectively in 1v1 situations	Good agility to cope with changes of pace/direction	Contribute to your own development by asking questions	Brave and courageous – to want the ball, to prevent shots, to win tackles
Head the ball both offensively & defensively	Be able to cope physically with opponents	Take responsibility for contacting the club regarding non-availability for training/games	
Use a wide range of techniques to regain the ball (tackling & intercepting)	Be able to recover quickly when the ball turns over (transition)	Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle	
Be willing to receive the ball at all times			
Understands when/where to make forward runs (overlaps/underlaps)			
Understand how to mark & cover			
Recognise defensive triggers (step up, press, drop off)			
Can adapt/evolve to changes in the game (tactical, role etc.)			



Technical/Tactical	Physical	Social	Psychological
Play the ball when stationary or moving at speed	Show good speed over short & medium distances	Maintain appropriate behaviours away from the football club	Disciplined, structured lifestyle
Understand how to create space as an individual	Good anaerobic fitness	Be a good team-mate	Works for the team – provides attacking support & defensive cover
Understand when to advance into midfield with the ball	Ability to recover in transition	Assist the coach & team-mates when setting up/tidying up	Understands his role in the team
Ability to turn & change direction	Explosive power/timing to be an effective header of the ball	Contribute to your own development by asking questions	Brave and courageous – to want the ball, to prevent shots, to win tackles
Ability to defend in 1v1 situations	Good agility to cope with changes of pace/direction	Take responsibility for contacting the club regarding non-availability for training/games	Be a leader on & off the pitch
Can defend/compete aerially	Be able to cope physically with opponents	Be a good communicator & organiser	
Understand how & where to clear a variety of balls & crosses	Good upper body strength to cope with duels in and around the area	Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle	
Use a wide range of techniques to regain the ball (tackling & intercepting)			
Willing to receive the ball at all times			
Recognise the risk involved in playing this position			
Understand how to mark & cover			
Begin to recognise defensive triggers (step up, press, drop off)			
Positional Awareness			





<b>Technical/Tactical</b>	<b>Physical</b>	<b>Social</b>	<b>Psychological</b>
Play the ball when stationary or moving at speed	Good speed over short, medium & long distances	Maintain appropriate behaviours away from the football club	Disciplined & structured lifestyle
Understand how to create space as an individual & as a team	The ability to recover quickly	Be a good team-mate	Brave & courageous – is available when his team needs him
Effective in 1v1 attacking situations using deception & disguise	Explosive power for changes of pace, direction and jumping	Assist the coach & team-mates when setting up/tidying up	Imaginative in his attacking play
Able to defend in 1v1 situations	Good strength to cope with physically stronger opponents	Contribute to your own development by asking questions	Willing to receive the ball at all times
Begin to head the ball effectively both offensively & defensively		Take responsibility for contacting the club regarding non-availability for training/games	
Use a wide range of techniques to regain the ball			
Recognises space and how to use it			
Understands the importance of combination play			
Understands how to operate as an attacker when away from the ball			
Recognises his role as a defender when out of possession			



<b>Technical/Tactical</b>	<b>Physical</b>	<b>Social</b>	<b>Psychological</b>
Play the ball when stationary or moving at speed	Speed over long, medium & short distances	Maintain appropriate behaviours away from the football club	Disciplined & structured lifestyle
Understand how to create space as an individual & as a team	Good agility & flexibility	Be a good team-mate	Works for the team – providing support in attack & cover in defence
Effective in 1v1 attacking situations using deception & disguise & 1v1 defending situations	The ability to recover	Assist the coach & team-mates when setting up/tidying up	Brave & courageous in all aspects of play
Shoots effectively & with a range of techniques	Explosive power to aid all aspects of the game	Take responsibility for contacting the club regarding non-availability for training/games	Authoritative – big personality & a leader on & off the pitch
Can defend/compete aerially	Ability to dominate this critical area of the pitch	Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle	Willing to receive the ball at all times
Use a wide range of techniques to regain the ball e.g. tackling/intercepting		Important to develop good communication skills	
Able to change the point of attack using different techniques			
Is able to time & anticipate forward runs			
Understands his position in relation to the location of the ball			
Can adapt/evolve to changes in the game (tactical, role etc.)			



<b>Technical/Tactical</b>	<b>Physical</b>	<b>Social</b>	<b>Psychological</b>
Play the ball when stationary or moving at speed	Speed over short & medium distances	Maintain appropriate behaviours away from the football club	A desire to score goals
Understand how to create space as an individual & as a team	A high level of anaerobic fitness	Be a good team-mate	Disciplined & structured lifestyle
Effective in 1v1 attacking situations using deception & disguise & 1v1 defending situations	The ability to recover quickly	Assist the coach & team-mates when setting up/tidying up	Works for the team – providing support in attack & cover in defence
Shoots effectively & with a range of techniques		Take responsibility for contacting the club regarding non-availability for training/games	Brave & courageous in all aspects of play
Is comfortable receiving the ball with his back to goal with limited pressure		Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle	Authoritative – big personality & a leader on & off the pitch
Shows an ability to improvise in the area			Responsible & stable temperament
Understands how & why to time forward runs			Calm & controlled when presented with scoring opportunities
Understands when to play quickly & when to hold the ball up			
Positions himself to attack crosses into the box			
Recognises that he is the first line of defence			
Understands his position in relation to the location of the ball			

## Player Profiles – Under 13

Goalkeeper



Technical/Tactical	Physical	Social	Psychological
Show a good understanding of body position (into line & down the line)	Display a good level of physical fitness	Maintain appropriate behaviours away from the football club	Understand his role in the team
Show a good understanding of how to support the game (outfield play)	Use appropriate footwork to move around the area/make saves	Be a good team-mate	Show good levels of concentration in training/games
Demonstrate good shot stopping ability	Be able to accelerate/decelerate effectively	Assist the coach & team-mates when setting up/tidying up	Be a “leader” of the defence
Display good technique when kicking the ball with both feet (volley & half-volley)	Have good range of movement in the upper body	Contribute to your own development by asking questions	Accept mistakes and deal with them appropriately
Be able to start attacks by rolling and throwing	Display good core strength	Take responsibility for contacting the club regarding non-availability for training/games.	Disciplined, structured lifestyle
Know when & where to deliver (feet or space)		Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle	
Be able to communicate and organise the team in front of him			
Know when to punch, parry or catch			
Understand and manage the “state” of the game (when to play quick/slow down)			
Know when and how to come for crosses.			

Full backs



Technical/Tactical	Physical	Social	Psychological
Play the ball when stationary or moving at speed	Good speed over short, medium & long distances	Maintain appropriate behaviours away from the football club	Understand his role in the team
Understand how to create space as an individual	Good aerobic fitness levels	Be a good team-mate	Disciplined, structured lifestyle
Understand when to run with the ball to attack space	Explosive power/timing to be an effective header of the ball	Assist the coach & team-mates when setting up/tidying up	Willing to work for the team – provide attacking support and defensive cover
Attack & defend effectively in 1v1 situations	Good agility to cope with changes of pace/direction	Contribute to your own development by asking questions	Brave and courageous – to want the ball, to prevent shots, to win tackles
Head the ball both offensively & defensively	Be able to cope physically with opponents	Take responsibility for contacting the club regarding non-availability for training/games	
Use a wide range of techniques to regain the ball (tackling & intercepting)	Be able to recover quickly when the ball turns over (transition)	Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle	
Be willing to receive the ball at all times			
Understands when/where to make forward runs (overlaps/underlaps)			
Understand how to mark & cover			
Recognise defensive triggers (step up, press, drop off)			
Can adapt/evolve to changes in the game (tactical, role etc.)			



<b>Technical/Tactical</b>	<b>Physical</b>	<b>Social</b>	<b>Psychological</b>
Play the ball when stationary or moving at speed	Show good speed over short & medium distances	Maintain appropriate behaviours away from the football club	Disciplined, structured lifestyle
Understand how to create space as an individual	Ability to recover in transition	Be a good team-mate	Works for the team – provides attacking support & defensive cover
Understand when to advance into midfield with the ball	Explosive power/timing to be an effective header of the ball	Assist the coach & team-mates when setting up/tidying up	Understands his role in the team
Ability to turn & change direction	Good agility to cope with changes of pace/direction	Contribute to your own development by asking questions	Brave and courageous – to want the ball, to prevent shots, to win tackles
Ability to defend in 1v1 situations	Be able to cope physically with opponents	Take responsibility for contacting the club regarding non-availability for training/games	Be a leader on & off the pitch
Can defend/compete aerially	Good upper body strength to cope with duels in and around the area	Be a good communicator & organiser	Willing to receive the ball at all times
Understand how & where to clear a variety of balls & crosses		Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle	
Use a wide range of techniques to regain the ball (tackling & intercepting)			
Able to switch play effectively using combination play			
Recognise the risk involved in playing this position			
Understand how to mark & cover			
Recognise defensive triggers (step up, press, drop off)			
Can adapt/evolve to changes in the game (tactical, role etc.)			



<b>Technical/Tactical</b>	<b>Physical</b>	<b>Social</b>	<b>Psychological</b>
Play the ball when stationary or moving at speed	Good speed over short, medium & long distances	Maintain appropriate behaviours away from the football club	Disciplined & structured lifestyle
Understand how to create space as an individual & as a team	The ability to recover quickly	Be a good team-mate	Brave & courageous – is available when his team needs him
Effective in 1v1 attacking situations using deception & disguise	Explosive power for changes of pace, direction and jumping	Assist the coach & team-mates when setting up/tidying up	Imaginative in his attacking play
Able to defend in 1v1 situations	Good strength to cope with physically stronger opponents	Contribute to your own development by asking questions	Willing to receive the ball at all times
Able to head the ball effectively both offensively & defensively		Take responsibility for contacting the club regarding non-availability for training/games	
Use a wide range of techniques to regain the ball			
Recognises space and how to use it			
Recognise when to play wide & when to come inside			
Understands the importance of combination play			
Understands how to operate as an attacker when away from the ball			
Recognises his role as a defender when out of possession			
Understands how & when to provide cover, track runners			
Can adapt/evolve to changes in the game (tactical, role etc.)			



Technical/Tactical	Physical	Social	Psychological
Play the ball when stationary or moving at speed	Speed over long, medium & short distances	Maintain appropriate behaviours away from the football club	Disciplined & structured lifestyle
Understand how to create space as an individual & as a team	A high level of aerobic & anaerobic fitness	Be a good team-mate	Works for the team – providing support in attack & cover in defence
Effective in 1v1 attacking situations using deception & disguise & 1v1 defending situations	Good agility & flexibility	Assist the coach & team-mates when setting up/tidying up	Brave & courageous in all aspects of play
Shoots effectively & with a range of techniques	The ability to recover	Take responsibility for contacting the club regarding non-availability for training/games	Authoritative – big personality & a leader on & off the pitch
Can defend/compete aerially	Explosive power to aid all aspects of the game	Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle	Willing to receive the ball at all times
Use a wide range of techniques to regain the ball e.g. tackling/intercepting	Ability to dominate this critical area of the pitch	Important to have good communication skills	
Can operate in different formations			
Able to change the point of attack using different techniques			
Begins to understand about the tempo of the game			
Is able to time & anticipate forward runs			
Understands his position in relation to the location of the ball			
Can adapt/evolve to changes in the game (tactical, role etc.)			





<b>Technical/Tactical</b>	<b>Physical</b>	<b>Social</b>	<b>Psychological</b>
Play the ball when stationary or moving at speed	Speed over short & medium distances	Maintain appropriate behaviours away from the football club	A desire to score goals
Understand how to create space as an individual & as a team	A high level of anaerobic fitness	Be a good team-mate	Disciplined & structured lifestyle
Effective in 1v1 attacking situations using deception & disguise & 1v1 defending situations	The ability to recover quickly	Assist the coach & team-mates when setting up/tidying up	Works for the team – providing support in attack & cover in defence
Shoots effectively & with a range of techniques	Good upper body strength to enable him to dominate duels	Take responsibility for contacting the club regarding non-availability for training/games	Brave & courageous in all aspects of play
Is comfortable receiving the ball with his back to goal whilst under pressure		Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle	Authoritative – big personality & a leader on & off the pitch
Shows an ability to improvise in the area			Responsible & stable temperament
Can cross effectively from all areas			Calm & controlled when presented with scoring opportunities
Understands when to play quickly & when to hold the ball up			
Positions himself to attack crosses into the box			
Recognises that he is the first line of defence			
Understands his position in relation to the location of the ball			
Can adapt/evolve to changes in the game (tactical, role etc.)			
Understand that his role is based around scoring goals and providing opportunities for others			

## Player Profiles – Under 14

Goalkeeper



<b>Technical/Tactical</b>	<b>Physical</b>	<b>Social</b>	<b>Psychological</b>
Show a good understanding of body position (into line & down the line)	Display a good level of physical fitness	Maintain appropriate behaviours away from the football club	Understand his role in the team
Show a good understanding of how to support the game (outfield play)	Use appropriate footwork to move around the area/make saves	Be a good team-mate	Show good levels of concentration in training/games
Demonstrate good shot stopping ability	Be able to accelerate/decelerate effectively	Assist the coach & team-mates when setting up/tidying up	Be a “leader” of the defence
Display good technique when kicking the ball with both feet (volley & half-volley)	Have good range of movement in the upper body	Contribute to your own development by asking questions	Accept mistakes and deal with them appropriately
Be able to start attacks by rolling and throwing	Display good core strength	Take responsibility for contacting the club regarding non-availability for training/games.	Disciplined, structured lifestyle
Know when & where to deliver (feet or space)	Have good upper body strength (wrists, hands, shoulders)	Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle	
Be able to communicate and organise the team in front of him			
Know when to punch, parry or catch			
Understand and manage the “state” of the game (when to play quick/slow down)			
Know when and how to come for crosses.			

Full backs



Technical/Tactical	Physical	Social	Psychological
Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side	Good speed over short, medium & long distances	Maintain appropriate behaviours away from the football club	Understand his role in the team
Play the ball when stationary or moving at speed	Good fitness levels	Be a good team-mate	Disciplined, structured lifestyle
Understand how to create space as an individual	Explosive power/timing to be an effective header of the ball	Assist the coach & team-mates when setting up/tidying up	Willing to work for the team – provide attacking support and defensive cover
Understand when to run with the ball to attack space	Good agility to cope with changes of pace/direction	Contribute to your own development by asking questions	Brave and courageous – to want the ball, to prevent shots, to win tackles
Attack & defend effectively in 1v1 situations	Be able to cope physically with opponents	Take responsibility for contacting the club regarding non-availability for training/games	Be willing to receive the ball at all times
Head the ball both offensively & defensively	Be able to recover quickly when the ball turns over (transition)	Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle	
Use a wide range of techniques to regain the ball (tackling & intercepting)			
Understands when/where to make forward runs (overlaps/underlaps)			
Understand how to mark & cover			
Recognise defensive triggers (step up, press, drop off)			
Can adapt/evolve to changes in the game (tactical, role etc.)			



<b>Technical/Tactical</b>	<b>Physical</b>	<b>Social</b>	<b>Psychological</b>
Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side	Show good speed over short & medium distances	Maintain appropriate behaviours away from the football club	Disciplined, structured lifestyle
Play the ball when stationary or moving at speed	Good fitness levels	Be a good team-mate	Works for the team – provides attacking support & defensive cover
Understand how to create space as an individual	Ability to recover in transition	Assist the coach & team-mates when setting up/tidying up	Understands his role in the team
Understand when to advance into midfield with the ball	Explosive power/timing to be an effective header of the ball	Contribute to your own development by asking questions	Brave and courageous – to want the ball, to prevent shots, to win tackles
Ability to turn & change direction	Good agility to cope with changes of pace/direction	Take responsibility for contacting the club regarding non-availability for training/games	Be a leader on & off the pitch
Ability to defend in 1v1 situations	Be able to cope physically with opponents	Be a good communicator & organiser	Willing to receive the ball at all times
Can defend/compete aerially	Good upper body strength to cope with duels in and around the area	Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle	
Can head powerfully both offensively & defensively			
Understand how & where to clear a variety of balls & crosses			
Use a wide range of techniques to regain the ball (tackling & intercepting)			
Able to switch play effectively			
Recognise the risk involved in playing this position			
Understand how to mark & cover			
Recognise defensive triggers (step up, press, drop off)			
Can adapt/evolve to changes in the game (tactical, role etc.)			



<b>Technical/Tactical</b>	<b>Physical</b>	<b>Social</b>	<b>Psychological</b>
Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side	Good speed over short, medium & long distances	Maintain appropriate behaviours away from the football club	Disciplined & structured lifestyle
Play the ball when stationary or moving at speed	High aerobic & anaerobic fitness levels	Be a good team-mate	Brave & courageous – is available when his team needs him
Understand how to create space as an individual & as a team	The ability to recover quickly	Assist the coach & team-mates when setting up/tidying up	Imaginative in his attacking play
Effective in 1v1 attacking situations using deception & disguise	Explosive power for changes of pace, direction and jumping	Contribute to your own development by asking questions	Willing to receive the ball at all times
Ability to cross from all areas	Good strength to cope with physically stronger opponents	Take responsibility for contacting the club regarding non-availability for training/games	
Able to defend in 1v1 situations			
Able to head the ball effectively both offensively & defensively			
Use a wide range of techniques to regain the ball			
Recognises space and how to use it			
Begin to recognise when to play wide & when to come inside			
Understands the importance of combination play			
Understands how to operate as an attacker when away from the ball			
Recognises his role as a defender when out of possession			
Understands how & when to provide cover, track runners			
Can adapt/evolve to changes in the game (tactical, role etc.)			



<b>Technical/Tactical</b>	<b>Physical</b>	<b>Social</b>	<b>Psychological</b>
Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side	Speed over long, medium & short distances	Maintain appropriate behaviours away from the football club	Disciplined & structured lifestyle
Play the ball when stationary or moving at speed	A high level of aerobic & anaerobic fitness	Be a good team-mate	Works for the team – providing support in attack & cover in defence
Understand how to create space as an individual & as a team	Good agility & flexibility	Assist the coach & team-mates when setting up/tidying up	Brave & courageous in all aspects of play
Effective in 1v1 attacking situations using deception & disguise & 1v1 defending situations	The ability to recover	Take responsibility for contacting the club regarding non-availability for training/games	Authoritative – big personality & a leader on & off the pitch
Shoots effectively & with a range of techniques	Explosive power to aid all aspects of the game	Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle	Willing to receive the ball at all times
Can defend/compete aerially	Ability to dominate this critical area of the pitch	Important to have good communication skills	
Use a wide range of techniques to regain the ball e.g. tackling/intercepting			
Can operate in different formations			
Understands how to break defensive lines			
Able to change the point of attack using different techniques			
Is able to control the tempo of the game			
Is able to time & anticipate forward runs			
Understands the importance of midfield rotation			
Understands his position in relation to the location of the ball			
Can adapt/evolve to changes in the game (tactical, role etc.)			



<b>Technical/Tactical</b>	<b>Physical</b>	<b>Social</b>	<b>Psychological</b>
Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side	Speed over short & medium distances	Maintain appropriate behaviours away from the football club	A desire to score goals
Play the ball when stationary or moving at speed	A high level of fitness	Be a good team-mate	Disciplined & structured lifestyle
Understand how to create space as an individual & as a team	The ability to recover quickly	Assist the coach & team-mates when setting up/tidying up	Works for the team – providing support in attack & cover in defence
Effective in 1v1 attacking situations using deception & disguise & 1v1 defending situations	Explosive power for all aspects of the game	Take responsibility for contacting the club regarding non-availability for training/games	Brave & courageous in all aspects of play
Shoots effectively & with a range of techniques	Good upper body strength to enable him to dominate duels	Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle	Authoritative – big personality & a leader on & off the pitch
Is comfortable receiving the ball with his back to goal whilst under pressure			Responsible & stable temperament
Shows an ability to improvise in the area			Calm & controlled when presented with scoring opportunities
Can cross effectively from all areas			
Understands how & when to make runs in front & behind defensive lines			
Understands when to play quickly & when to hold the ball up			
Positions himself to attack crosses into the box			
Recognises that he is the first line of defence			
Understands his position in relation to the location of the ball			
Can adapt/evolve to changes in the game (tactical, role etc.)			
Understand that his role is based around scoring goals and providing opportunities for others			

## Player Profiles – Under 15

Goalkeeper



<b>Technical/Tactical</b>	<b>Physical</b>	<b>Social</b>	<b>Psychological</b>
Show a good understanding of body position (into line & down the line)	Display a good level of physical fitness	Maintain appropriate behaviours away from the football club	Understand his role in the team
Show a good understanding of how to support the game (outfield play)	Use appropriate footwork to move around the area/make saves	Be a good team-mate	Show good levels of concentration in training/games
Demonstrate good shot stopping ability	Be able to accelerate/decelerate effectively	Assist the coach & team-mates when setting up/tidying up	Be a “leader” of the defence
Display good technique when kicking the ball with both feet (volley & half-volley)	Have good range of movement in the upper body	Contribute to your own development by asking questions	Accept mistakes and deal with them appropriately
Be able to start attacks by rolling and throwing	Display good core strength	Take responsibility for contacting the club regarding non-availability for training/games.	Disciplined, structured lifestyle
Know when & where to deliver (feet or space)	Have good upper body strength (wrists, hands, shoulders)	Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle	Be Mentally Strong
Be able to communicate and organise the team in front of him			
Know when to punch, parry or catch			
Understand and manage the “state” of the game (when to play quick/slow down)			
Know when and how to come for crosses.			

Full backs





Technical/Tactical	Physical	Social	Psychological
Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side	Good speed over short, medium & long distances	Maintain appropriate behaviours away from the football club	Understand his role in the team
Play the ball when stationary or moving at speed	Good fitness levels	Be a good team-mate	Disciplined, structured lifestyle
Understand how to create space as an individual	Explosive power/timing to be an effective header of the ball	Assist the coach & team-mates when setting up/tidying up	Willing to work for the team – provide attacking support and defensive cover
Understand when to run with the ball to attack space	Good agility to cope with changes of pace/direction	Contribute to your own development by asking questions	Be confident at all times
Attack & defend effectively in 1v1 situations	Be able to cope physically with opponents	Take responsibility for contacting the club regarding non-availability for training/games	Brave and courageous – to want the ball, to prevent shots, to win tackles
Cross the ball from all areas	Be able to recover quickly when the ball turns over (transition)	Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle	Important to remain focused
Head the ball both offensively & defensively			Be willing to receive the ball at all times
Use a wide range of techniques to regain the ball (tackling & intercepting)			
Understands when/where to make forward runs (overlaps/underlaps)			
Understand how to mark & cover			
Recognise defensive triggers (step up, press, drop off)			
Can adapt/evolve to changes in the game (tactical, role etc.)			



Technical/Tactical	Physical	Social	Psychological
Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side	Show good speed over short & medium distances	Maintain appropriate behaviours away from the football club	Disciplined, structured lifestyle
Play the ball when stationary or moving at speed	Good fitness levels	Be a good team-mate	Works for the team – provides attacking support & defensive cover
Understand how to create space as an individual	Ability to recover in transition	Assist the coach & team-mates when setting up/tidying up	Be confident at all times
Understand when to advance into midfield with the ball	Explosive power/timing to be an effective header of the ball	Contribute to your own development by asking questions	Understands his role in the team
Ability to turn & change direction	Good agility to cope with changes of pace/direction	Take responsibility for contacting the club regarding non-availability for training/games	Brave and courageous – to want the ball, to prevent shots, to win tackles
Ability to defend in 1v1 situations	Be able to cope physically with opponents	Be a good communicator & organiser	Be a leader on & off the pitch
Can defend/compete aerially	Good upper body strength to cope with duels in and around the area	Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle	Important to remain focused
Can head powerfully both offensively & defensively			Willing to receive the ball at all times
Understand how & where to clear a variety of balls & crosses			
Use a wide range of techniques to regain the ball (tackling & intercepting)			
Able to switch play effectively			
Recognise the risk involved in playing this position			
Understand how to mark & cover			
Recognise defensive triggers (step up, press, drop off)			
Can adapt/evolve to changes in the game (tactical, role etc.)			



<b>Technical/Tactical</b>	<b>Physical</b>	<b>Social</b>	<b>Psychological</b>
Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side	Good speed over short, medium & long distances	Maintain appropriate behaviours away from the football club	Disciplined & structured lifestyle
Play the ball when stationary or moving at speed	Good fitness levels	Be a good team-mate	Brave & courageous – is available when his team needs him
Understand how to create space as an individual & as a team	The ability to recover quickly	Assist the coach & team-mates when setting up/tidying up	Imaginative in his attacking play
Effective in 1v1 attacking situations using deception & disguise	Explosive power for changes of pace, direction and jumping	Contribute to your own development by asking questions	Takes risks in the right areas
Ability to cross from all areas	Good strength to cope with physically stronger opponents	Take responsibility for contacting the club regarding non-availability for training/games	Mentally strong to cope when targeted
Able to defend in 1v1 situations	Good Range of Flexibility	Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle	Important to remain focused
Able to head the ball effectively both offensively & defensively			Willing to receive the ball at all times
Use a wide range of techniques to regain the ball			
Recognises space and how to use it			
Recognise when to play wide & when to come inside			
Understands the importance of combination play			
Understands how to operate as an attacker when away from the ball			
Recognises his role as a defender when out of possession			
Understands how & when to provide cover, track runners			
Can adapt/evolve to changes in the game (tactical, role etc.)			

Central Midfield Players



<b>Technical/Tactical</b>	<b>Physical</b>	<b>Social</b>	<b>Psychological</b>
Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side	Speed over long, medium & short distances	Maintain appropriate behaviours away from the football club	Disciplined & structured lifestyle
Play the ball when stationary or moving at speed	A high level of aerobic & anaerobic fitness	Be a good team-mate	Works for the team – providing support in attack & cover in defence
Understand how to create space as an individual & as a team	Good agility & flexibility	Assist the coach & team-mates when setting up/tidying up	Brave & courageous in all aspects of play
Effective in 1v1 attacking situations using deception & disguise & 1v1 defending situations	The ability to recover	Take responsibility for contacting the club regarding non-availability for training/games	Authoritative – big personality & a leader on & off the pitch
Shoots effectively & with a range of techniques	Explosive power to aid all aspects of the game	Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle	Responsible & stable temperament
Can defend/compete aerially	Ability to dominate this critical area of the pitch	Important to have good communication skills	Important to remain focused
Use a wide range of techniques to regain the ball e.g. tackling/intercepting			Willing to receive the ball at all times
Can operate in different formations			
Understands how to break defensive lines			
Able to change the point of attack using different techniques			
Is able to control the tempo of the game			
Is able to time & anticipate forward runs			
Understands the importance of midfield rotation			
Understands his position in relation to the location of the ball			
Can adapt/evolve to changes in the game (tactical, role etc.)			



<b>Technical/Tactical</b>	<b>Physical</b>	<b>Social</b>	<b>Psychological</b>
Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side	Speed over short & medium distances	Maintain appropriate behaviours away from the football club	A desire to score goals
Play the ball when stationary or moving at speed	A high level of anaerobic fitness	Be a good team-mate	Disciplined & structured lifestyle
Understand how to create space as an individual & as a team	The ability to recover quickly	Assist the coach & team-mates when setting up/tidying up	Works for the team – providing support in attack & cover in defence
Effective in 1v1 attacking situations using deception & disguise & 1v1 defending situations	Explosive power for all aspects of the game	Take responsibility for contacting the club regarding non-availability for training/games	Brave & courageous in all aspects of play
Shoots effectively & with a range of techniques	Good upper body strength to enable him to dominate duels	Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle	Authoritative – big personality & a leader on & off the pitch
Is comfortable receiving the ball with his back to goal whilst under pressure			Responsible & stable temperament
Shows an ability to improvise in the area			Calm & controlled when presented with scoring opportunities
Can cross effectively from all areas			Willing to receive the ball in all areas
Understands how & when to make runs in front & behind defensive lines			
Understands when to play quickly & when to hold the ball up			
Positions himself to attack crosses into the box			
Recognises that he is the first line of defence			
Understands his position in relation to the location of the ball			
Can adapt/evolve to changes in the game (tactical, role etc.)			
Understand that his role is based around scoring goals and providing opportunities for others			

## Player Profiles – Under 16

Goalkeeper



Technical/Tactical	Physical	Social	Psychological
Show a good understanding of body position (into line & down the line)	Display a good level of physical fitness	Maintain appropriate behaviours away from the football club	Understand his role in the team
Show a good understanding of how to support the game (outfield play)	Use appropriate footwork to move around the area/make saves	Be a good team-mate	Show good levels of concentration in training/games
Demonstrate good shot stopping ability	Be able to accelerate/decelerate effectively	Assist the coach & team-mates when setting up/tidying up	Be a “leader” of the defence
Display good technique when kicking the ball with both feet (volley & half-volley)	Have good range of movement in the upper body	Contribute to your own development by asking questions	Accept mistakes and deal with them appropriately
Be able to start attacks by rolling and throwing	Display good core strength	Take responsibility for contacting the club regarding non-availability for training/games.	Disciplined, structured lifestyle
Know when & where to deliver (feet or space)	Have good upper body strength (wrists, hands, shoulders)	Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle	Be Mentally Strong
Be able to communicate and organise the team in front of him			
Know when to punch, parry or catch			
Understand and manage the “state” of the game (when to play quick/slow down)			
Know when and how to come for crosses.			

Full backs



Technical/Tactical	Physical	Social	Psychological
Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side	Good speed over short, medium & long distances	Maintain appropriate behaviours away from the football club	Understand his role in the team
Play the ball when stationary or moving at speed	Good aerobic fitness levels	Be a good team-mate	Disciplined, structured lifestyle
Understand how to create space as an individual	Explosive power/timing to be an effective header of the ball	Assist the coach & team-mates when setting up/tidying up	Willing to work for the team – provide attacking support and defensive cover
Understand when to run with the ball to attack space	Good agility to cope with changes of pace/direction	Contribute to your own development by asking questions	Be confident at all times
Attack & defend effectively in 1v1 situations	Be able to cope physically with opponents	Take responsibility for contacting the club regarding non-availability for training/games	Brave and courageous – to want the ball, to prevent shots, to win tackles
Cross the ball from all areas	Be able to recover quickly when the ball turns over (transition)	Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle	Important to remain focused
Head the ball both offensively & defensively			
Use a wide range of techniques to regain the ball (tackling & intercepting)			
Be willing to receive the ball at all times			
Understands when/where to make forward runs (overlaps/underlaps)			
Understand how to mark & cover			
Recognise defensive triggers (step up, press, drop off)			
Can adapt/evolve to changes in the game (tactical, role etc.)			



<b>Technical/Tactical</b>	<b>Physical</b>	<b>Social</b>	<b>Psychological</b>
Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side	Show good speed over short & medium distances	Maintain appropriate behaviours away from the football club	Disciplined, structured lifestyle
Play the ball when stationary or moving at speed	Good anaerobic fitness	Be a good team-mate	Works for the team – provides attacking support & defensive cover
Understand how to create space as an individual	Ability to recover in transition	Assist the coach & team-mates when setting up/tidying up	Be confident at all times
Understand when to advance into midfield with the ball	Explosive power/timing to be an effective header of the ball	Contribute to your own development by asking questions	Understands his role in the team
Ability to turn & change direction	Good agility to cope with changes of pace/direction	Take responsibility for contacting the club regarding non-availability for training/games	Brave and courageous – to want the ball, to prevent shots, to win tackles
Ability to defend in 1v1 situations	Be able to cope physically with opponents	Be a good communicator & organiser	Be a leader on & off the pitch
Can defend/compete aerially	Good upper body strength to cope with duels in and around the area	Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle	Important to remain focused
Can head powerfully both offensively & defensively			
Understand how & where to clear a variety of balls & crosses			
Use a wide range of techniques to regain the ball (tackling & intercepting)			
Willing to receive the ball at all times			
Able to switch play effectively			
Recognise the risk involved in playing this position			
Understand how to mark & cover			
Recognise defensive triggers (step up, press, drop off)			
Can adapt/evolve to changes in the game (tactical, role etc.)			
Positional Awareness			







<b>Technical/Tactical</b>	<b>Physical</b>	<b>Social</b>	<b>Psychological</b>
Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side	Good speed over short, medium & long distances	Maintain appropriate behaviours away from the football club	Disciplined & structured lifestyle
Play the ball when stationary or moving at speed	High aerobic & anaerobic fitness levels	Be a good team-mate	Brave & courageous – is available when his team needs him
Understand how to create space as an individual & as a team	The ability to recover quickly	Assist the coach & team-mates when setting up/tidying up	Imaginative in his attacking play
Effective in 1v1 attacking situations using deception & disguise	Explosive power for changes of pace, direction and jumping	Contribute to your own development by asking questions	Takes risks in the right areas
Ability to cross from all areas	Good strength to cope with physically stronger opponents	Take responsibility for contacting the club regarding non-availability for training/games	Mentally strong to cope when targeted
Able to defend in 1v1 situations	Good Range of Flexibility	Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle	Important to remain focused
Able to head the ball effectively both offensively & defensively			
Use a wide range of techniques to regain the ball			
Recognises space and how to use it			
Willing to receive the ball at all times			
Tries to operate in the space between defensive lines			
Recognise when to play wide & when to come inside			
Understands the importance of combination play			
Understands how to operate as an attacker when away from the ball			
Recognises his role as a defender when out of possession			
Understands how & when to provide cover, track runners			

Can adapt/evolve to changes in the game (tactical, role etc.)			
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Technical/Tactical	Physical	Social	Psychological
Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side	Speed over long, medium & short distances	Maintain appropriate behaviours away from the football club	Disciplined & structured lifestyle
Play the ball when stationary or moving at speed	A high level of aerobic & anaerobic fitness	Be a good team-mate	Works for the team – providing support in attack & cover in defence
Understand how to create space as an individual & as a team	Good agility & flexibility	Assist the coach & team-mates when setting up/tidying up	Brave & courageous in all aspects of play
Effective in 1v1 attacking situations using deception & disguise & 1v1 defending situations	The ability to recover	Take responsibility for contacting the club regarding non-availability for training/games	Authoritative – big personality & a leader on & off the pitch
Shoots effectively & with a range of techniques	Explosive power to aid all aspects of the game	Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle	Responsible & stable temperament
Can defend/compete aerially	Ability to dominate this critical area of the pitch	Important to have good communication skills	Important to remain focused
Use a wide range of techniques to regain the ball e.g. tackling/intercepting			
Can operate in different formations			
Willing to receive the ball at all times			
Understands how to break defensive lines			
Able to change the point of attack using different techniques			
Is able to control the tempo of the game			
Is able to time & anticipate forward runs			
Understands the importance of midfield rotation			
Understands his position in relation to the location of the ball			
Can adapt/evolve to changes in the game (tactical, role etc.)			

Strikers



Technical/Tactical	Physical	Social	Psychological
Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side	Speed over short & medium distances	Maintain appropriate behaviours away from the football club	A desire to score goals
Play the ball when stationary or moving at speed	A high level of anaerobic fitness	Be a good team-mate	Disciplined & structured lifestyle
Understand how to create space as an individual & as a team	The ability to recover quickly	Assist the coach & team-mates when setting up/tidying up	Works for the team – providing support in attack & cover in defence
Effective in 1v1 attacking situations using deception & disguise & 1v1 defending situations	Explosive power for all aspects of the game	Take responsibility for contacting the club regarding non-availability for training/games	Brave & courageous in all aspects of play
Shoots effectively & with a range of techniques	Good upper body strength to enable him to dominate duels	Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle	Authoritative – big personality & a leader on & off the pitch
Is comfortable receiving the ball with his back to goal whilst under pressure			Responsible & stable temperament
Shows an ability to improvise in the area			Calm & controlled when presented with scoring opportunities
Can cross effectively from all areas			
Understands how & when to make runs in front & behind defensive lines			
Understands when to play quickly & when to hold the ball up			
Positions himself to attack crosses into the box			
Recognises that he is the first line of defence			
Understands his position in relation to the location of the ball			
Can adapt/evolve to changes in the game (tactical, role etc.)			
Understand that his role is based around scoring goals and providing			

opportunities for others			
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**Player Profiles – Under 18's**

Goalkeeper



Technical/Tactical	Physical	Social	Psychological
Show a good understanding of body position (into line & down the line)	Display a good level of physical fitness	Maintain appropriate behaviours away from the football club	Be confident at all times
Show a good understanding of how to support the game (outfield play)	Use appropriate footwork to move around the area/make saves	Be a good team-mate	Understand his role in the team
Demonstrate good shot stopping ability	Be able to accelerate/decelerate effectively	Assist the coach & team-mates when setting up/tidying up	Show good levels of concentration in training/games
Display good technique when kicking the ball with both feet (volley & half-volley)	Have good range of movement in the upper body	Contribute to your own development by asking questions	Be a "leader" of the defence
Be able to start attacks by rolling and throwing	Display good core strength	Take responsibility for contacting the club regarding non-availability for training/games.	Accept mistakes and deal with them appropriately
Know when & where to deliver (feet or space)	Have good upper body strength (wrists, hands, shoulders)	Take responsibility for all personal equipment e.g. Boots, shin pads, gloves, water bottle	Disciplined, structured lifestyle
Be able to communicate and organise the team in front of him	Explosive leg strength	Organise team for set plays, i.e. set the wall quickly	Bravery, when diving at players feet, coming for crosses
Know when to punch, parry or catch	Be able to deal with physical pressure from opponents at set plays	Communication, make players aware when coming for the ball	Desire and determination to win games
Understand and manage the "state" of the game (when to play quick/slow down)			Decision making, when to distribute early, or slow the game down
Know when and how to come for crosses.			
Understand the importance of appropriate starting positions.			

Full backs



Technical/Tactical	Physical	Social	Psychological
Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side	Good speed over short, medium & long distances	Maintain appropriate behaviours away from the football club	Be determined to be the fittest
Play the ball when stationary or moving at speed	Good aerobic fitness levels	Be a good team-mate	Understand his role in the team
Understand how to create space as an individual	Explosive power/timing to be an effective header of the ball	Assist the coach & team-mates when setting up/tidying up	Disciplined, structured lifestyle
Understand when to run with the ball to attack space	Good agility to cope with changes of pace/direction	Contribute to your own development by asking questions	Willing to work for the team – provide attacking support and defensive cover
Attack & defend effectively in 1v1 situations	Be able to cope physically with opponents	Take responsibility for contacting the club regarding non-availability for training/games	Be confident at all times
Cross the ball from all areas	Be able to recover quickly when the ball turns over (transition)	Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle	Brave and courageous – to want the ball, to prevent shots, to win tackles
Head the ball both offensively & defensively	Be able to press the ball quickly and effectively being hard to beat	Communication with team-mates on the pitch	Desire and determination to win games
Use a wide range of techniques to regain the ball (tackling & intercepting)			Awareness of space, team-mates, and opponents
Be willing to receive the ball at all times			Decision making, when to tackle, delay, get tight, drop off. When to break forward, when to remain in a defensive formation
Understands when/where to make forward runs (overlaps/underlaps)			
Understand how to mark & cover			
Recognise defensive triggers (step up, press, drop off)			
Can adapt/evolve to changes in the game (tactical, role etc.)			





<b>Technical/Tactical</b>	<b>Physical</b>	<b>Social</b>	<b>Psychological</b>
Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side	Show good speed over short & medium distances	Maintain appropriate behaviours away from the football club	Be determined to be the strongest
Play the ball when stationary or moving at speed	Good anaerobic fitness	Be a good team-mate	Disciplined, structured lifestyle
Understand how to create space as an individual	Ability to recover in transition	Assist the coach & team-mates when setting up/tidying up	Works for the team – provides attacking support & defensive cover
Understand when to advance into midfield with the ball	Explosive power/timing to be an effective header of the ball	Contribute to your own development by asking questions	Be confident at all times
Ability to turn & change direction	Good agility to cope with changes of pace/direction	Take responsibility for contacting the club regarding non-availability for training/games	Understands his role in the team
Ability to defend in 1v1 situations	Be able to cope physically with opponents	Be a good communicator & organiser	Brave and courageous – to want the ball, to prevent shots, to win tackles
Can defend/compete aerially	Good upper body strength to cope with duels in and around the area	Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle	Be a leader on & off the pitch
Can head powerfully both offensively & defensively	Be able to press the ball quickly and effectively being hard to beat	Loud and clear when attacking the ball in the air	Desire and determination to win games
Understand how & where to clear a variety of balls & crosses		Be a leader on the pitch	Decision making, when to tackle, delay, get tight, drop off
Use a wide range of techniques to regain the ball (tackling & intercepting)			Awareness of space, team-mates, and opponents
Willing to receive the ball at all times			
Able to switch play effectively			
Recognise the risk involved in playing this position			
Understand how to mark & cover			
Recognise defensive triggers (step up, press, drop off)			
Can adapt/evolve to changes in the game			

(tactical, role etc.)			
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Wide Midfield Players



Technical/Tactical	Physical	Social	Psychological
Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side	Good speed over short, medium & long distances	Maintain appropriate behaviours away from the football club	Determination to be the fittest
Play the ball when stationary or moving at speed	High aerobic & anaerobic fitness levels	Be a good team-mate	Disciplined & structured lifestyle
Understand how to create space as an individual & as a team	The ability to recover quickly	Assist the coach & team-mates when setting up/tidying up	Confident at all times
Effective in 1v1 attacking situations using deception & disguise	Explosive power for changes of pace, direction and jumping	Contribute to your own development by asking questions	Brave & courageous – is available when his team needs him
Ability to cross from all areas using a variety of crosses, drilled, clips to far post, in swinging, out swinging	Good strength to cope with physically stronger opponents	Take responsibility for contacting the club regarding non-availability for training/games	Imaginative in his attacking play
Able to defend in 1v1 situations	Be able to press the ball quickly and effectively being hard to beat	Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle	Takes risks in the right areas
Able to head the ball effectively both offensively & defensively	Body strength to protect the ball	Communication with team-mates on the pitch	Mentally strong to cope when targeted
Use a wide range of techniques to regain the ball		Demand the ball	Desire and determination to win games
Recognises space and how to use it			Decision making, when to dribble when to pass
Willing to receive the ball at all times			Awareness of space, team-mates, and opponents
Tries to operate in the space between defensive lines			
Recognise when to play wide & when to come inside			
Understands the importance of combination play			
Understands how to operate as an attacker when away from the ball			
Recognises his role as a defender when out of			

possession			
Understands how & when to provide cover, track runners			
Can adapt/evolve to changes in the game (tactical, role etc.)			

Central Midfield Players



Technical/Tactical	Physical	Social	Psychological
Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side	Speed over long, medium & short distances	Maintain appropriate behaviours away from the football club	Determination to be the fittest
Play the ball when stationary or moving at speed	A high level of aerobic & anaerobic fitness	Be a good team-mate	Disciplined & structured lifestyle
Understand how to create space as an individual & as a team	Good agility & flexibility	Assist the coach & team-mates when setting up/tidying up	Works for the team – providing support in attack & cover in defence
Effective in 1v1 attacking situations using deception & disguise & 1v1 defending situations	The ability to recover	Take responsibility for contacting the club regarding non-availability for training/games	Confident at all times
Shoots effectively & with a range of techniques	Explosive power to aid all aspects of the game	Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle	Brave & courageous in all aspects of play
Can defend/compete aerially	Ability to dominate this critical area of the pitch	Communication with team-mates on the pitch	Authoritative – big personality & a leader on & off the pitch
Use a wide range of techniques to regain the ball e.g. tackling/intercepting	Be able to press the ball quickly and effectively being hard to beat	Demand the ball	Responsible & stable temperament
Can operate in different formations			Desire and determination to win games
Willing to receive the ball at all times			Decision making, when to dribble when to pass
Understands how to break defensive lines			Awareness of space, team-mates, and opponents
Able to change the point of attack using different techniques			
Is able to control the tempo of the game			
Is able to time & anticipate forward runs			
Understands the importance of midfield rotation			
Understands his position in relation to the location of the ball			
Can adapt/evolve to changes in the game			

(tactical, role etc.)			
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## Strikers



Technical/Tactical	Physical	Social	Psychological
Be able to perform all basic techniques to a high standard with little difference between dominant/non-dominant side	Speed over short & medium distances	Maintain appropriate behaviours away from the football club	A desire to score goals
Play the ball when stationary or moving at speed	A high level of anaerobic fitness	Be a good team-mate	Disciplined & structured lifestyle
Understand how to create space as an individual & as a team	The ability to recover quickly	Assist the coach & team-mates when setting up/tidying up	Works for the team – providing support in attack & cover in defence
Effective in 1v1 attacking situations using deception & disguise & 1v1 defending situations	Explosive power for all aspects of the game	Take responsibility for contacting the club regarding non-availability for training/games	Confident at all times
Shoots effectively & with a range of techniques	Good upper body strength to enable him to dominate duels	Take responsibility for all personal equipment e.g. Boots, shin pads, water bottle	Brave & courageous in all aspects of play
Is comfortable receiving the ball with his back to goal whilst under pressure	Be able to press the ball quickly and effectively being hard to beat	Communication with team-mates on the pitch	Authoritative – big personality & a leader on & off the pitch
Shows an ability to improvise in the area		Demand the ball	Responsible & stable temperament
Can cross effectively from all areas			Calm & controlled when presented with scoring opportunities
Understands how & when to make runs in front & behind defensive lines			Desire and determination to win games
Understands when to play quickly & when to hold the ball up			Awareness of space, team-mates, and opponents
Positions himself to attack crosses into the box			Decision making, runs near post, far post. When to shoot, when to pass
Recognises that he is the first line of defence			
Understands his position in relation to the location of the ball			
Can adapt/evolve to changes in the game (tactical, role etc.)			
Understand that his role is based around scoring goals and providing opportunities for others			

