

GOAL KEEPER

1. Keeper must communicate and direct players
2. Keeper comes off the line when ball is in opposing 3rd
3. Keeper is the 5th back
4. Keeper will receive pass backs
5. Keeper will switch the ball with ease
6. Keeper will receive ball and slide it with foot to opposite side
7. Keeper has outstanding foot skills and plays ball to feet
8. Keeper calls man to man when she anticipates opponents' attack coming anywhere inside the 18
9. Keeper will punt to mid-field and punt with accuracy

CENTER BACKS

1. Must read the game and react quickly
2. Must read threat and shift quickly
3. When one center back steps to pressure the other drops immediately (into a stopper/sweeper-like position)
4. Communication is key
5. When opponents are coming down the middle, 2 C.B. pinch in to make smaller spaces between them
6. When keeper calls man to man C.B. must have heads on a swivel and help direct players to unmarked opponents
7. Flawless defensive skills are required
8. C.B. must be able to intercept opponents when funneled in from the outsides
9. When ball is pushed up to opponents' half, they must push all backs up as a unit. Backs will work together as a unit up and down the field and from side to side
10. Off-sides should happen on its own!!!
11. Situations will occur where a C.B. must switch with either an Outside Back or even a Mid Fielder
12. Must be inter-changeable with Mids/O.B./or Fwds

OUTSIDE BACKS

1. Flawless defensive skills are required
2. Will read the game and shift on the fly to ball side at all times before the ball gets there. Anticipation!!!
3. Will pressure opponents quickly before they turn or are able to pass
4. Will control opponents by funneling them into the midfield triangle or the middle of the field to the C.B.
5. Will always show good shape (Wal-Mart smile)
6. Once ball is in the center of field O.B. will pinch in to make smaller seams between fellow defenders
7. Are aware and adjust when the C.B. applies pressure or steps to pressure (cover and balance)
8. O.B. will make runs on the outside whenever we have possession. Outside Backs will make Runs, and use Overlaps, Give and Goes, to build the ball thru the midfield
9. Will play to feet with precise passing
10. Will not just kick ball for the sake of kicking
11. Are confident that they can pressure knowing someone will back them up.
12. Will interchange with other positions with ease.
13. O.B. plays almost even or just ahead of the Mids
14. With possession, movement fwd is quick and transition to defense is quick
15. Do not let opponent play down our outside or get around us on the outside; will contain opponent and funnel them inside

HOLDING MID-FIELD

1. Possessing the ball is critical and passing to feet is critical
2. Will read the game and transition very quickly
3. Will work with the Attacking Mids and communication must be excellent
4. With possession will transition into the attack quickly
5. Is the total competitor/playmaker. Wins balls with quick pressure and aggressive play.
6. Must maintain a sense of a triangle in the midfield (though it shape need not be perfect). Must flow with the other Mid's with ease
7. Moves from H.M. to A.M. very quickly. Moves quickly into a Center Back or Outside Back position when needed.
8. Will provide cover, balance, and depth as needed
9. With possession we have 2 A.M. and when they have possession we could have 2 H.M. and 1 A. M.
10. When H.M. finds herself without help or support she will delay, show inside and funnel in, pressure quick, and tackle hard to steal ball

ATTACKING MID-FIELD

1. Must be able to read game very well
1. Transitions into the attacking 3rd with ease
2. Passing to feet, movement without the ball, and getting to space must be excellent
3. Transitioning from A.M. to a H.M. must be instant
4. Must demonstrate excellent communications skills
5. Transition from A.M. to striker during attack must be instant
6. Must maintain a sense of a triangle in the midfield (though it shape need not be perfect). Must flow with the other Mid's with ease
7. Must be able to double and triple team with O.B.s and/or forwards checking to back to defend
8. Must be able to control opponents by funneling them to the inside toward the H.M.
9. Will step to pressure instantly and shift skillfully
10. With possession team movement should be as one
11. Able to lock opponents in their half (Don't let them out)
12. Weak side A.M. (side ball is not on) will make unbalanced runs to confuse opponents' defense
13. Weak side A.M. provides support on a quick switch
14. Will not get into a habit of playing flat and stretching out too far. Able to play along side the O.B. when they step up into the midfield

CENTER STRIKER

1. Is a target player
2. Will take as much space as possible by hanging out with their farthest defender (usually the sweeper)
3. Will leave the sweeper and check back to help midfield and to receive a pass from any player as a target player
4. Will switch positions with other strikers without being told
5. Will make deceptive runs into the box
6. Will read the game quickly and will play accurately to feet and/or to space
7. Will make diagonal runs to pull defense out of the middle
8. Must be able to think 2 or 3 moves ahead
9. Will only overlap outside striker to get to the outside, never cut in front of striker
10. Must be able to control an opposing attacker by funneling her towards our Attacking Mid or H.M.
11. Must apply high pressure against opposing defense and keep the ball in their defensive 3rd

OUTSIDE STRIKERS

1. Will penetrate opponent's defense and find their weakest back and take advantage of that weakness
2. Will make deceptive runs
3. Will make diagonal runs without being told
4. Will always be moving and never standing (Ex. make an outside run to pull defender then a quick inside run)
5. Once we lose the ball, the O.S. will check back (or tackle back) to regain possession
6. Back tackling is so important because of the area this formation "gives away"
7. Will quickly pressure opposing backs and control opponents by funneling them to A.M.
8. Will cross balls or "ham it" often and with ease
9. Will play 2 to 3 moves ahead
10. Must be able to switch ball with a powerful long (30 yd minimum) pass
11. Will use the tactic of dropping the ball and moving to space
12. Will look to play a more wide frontal formation
13. "Don't let them out" of their back 3rd
14. Will execute Over-laps, Lay-offs, Give and Goes, and Drops often and with ease

ALL PLAYERS

1. NO DRAMA
2. LITTLE THINGS, DONE WELL, WIN MATCHES
3. Understand your primary position, but adjust your positioning and play to the immediate demands of the match
4. Communication is Key
5. First to every ball
6. Think 2-3 moves ahead (ANTICIPATE!)
7. Throw ins within 3 seconds and ALWAYS UP THE FIELD
8. Understand skills of closest players and adjust accordingly
9. Play to feet, move to space
10. Pressure quickly, and stop short
11. Move up with the attack as a whole (unit)
12. Shift has a whole (unit)
13. Transition from offense to defense and drop as a whole (unit)
14. Build the attack out of the back; using possession to establish rhythm of play
15. Attack in numbers with up to 7 players in the attack
16. Funnel opposing attack into middle
17. Must direct opposing players inside (toward help) and must not let them get around us on the outsides
18. Always pass with a purpose
19. All our players are defenders when opponents have possession and all our players are attacking when we have possession