

TECHNICAL QUALITIES OF AN ELITE PLAYER



CHECKLIST

DEFENDERS:

- Moving towards own goal, control the ball and turn to inter pass out of trouble or kick clear.
- Volleying a pass or clearance over the shoulder.
- Intercept a pass cleanly or change the movement into a tackle.
- Tackle from the front or from the side with or without a slide.
- Pass accurately down the line long and short.
- Inter pass outside to in, safely and deceptively.
- Understand the principles and the practice of marking, tracking and covering.
- Compete to head the ball from positions to the side of or from behind determined opponents.

STRIKERS CENTRAL:

- Facing own goal; with a feint, control and turn to shoot, or pass or run the ball.
- Facing own goal; control in the air and turn or layoff a back pass.
- Facing own goal; layoff a back pass first touch.
- Facing opponents' goal; control and move forward with one touch to dribble, pass or shoot.
- Give and take simple short wall passes in the air or on the ground.
- Control and shoot, two touches max to hit the target.
- Whenever receiving the ball to shield it from challenge effectively.
- Be able to lose markers in order to receive with space and time.
- Know how to "work" opponents to gain the advantage to head for goal.
- Know how to get across opponents in the penalty box and be first to the ball to shoot.
- Know how to work with co-strikers off the ball to create space for oneself, co-strikers and players making forward runs.
- To finish on goal when faced with a 1v1 on the goalkeeper.
- To have a high percentage of accuracy when finishing on goal with the inside, outside and top of the foot of both feet.

STRIKERS WIDE:

- Cross the ball on the run, from the goal line areas, a distance of 50 metres (+/-) to hit the important target areas.
- With the latest change of kicking action cut back the pass along the ground over 30m.
- Turn back and with the "inside" foot deliver 50m passes accurately.
- Shoot on the run with both inside and outside feet.

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- Run at and past opponents (dribble) with the use of one trick and one option.
- Setup and deliver simple wall passes.
- Collect the ball, in the air or on the ground, with one touch and take it into effective crossing or shooting positions.
- Understand the need for optimum width and its effect on space availability for other players and the effectiveness of positional interchange.
- Prior to receiving, to create space by running his marker forward (on) and to quickly check and run back to receive the ball to feet or in behind.

MIDFIELD PLAYERS:

- Receive, control and turn with the ball while shielding it effectively.
- Layoff first time passes backwards and to the side with accuracy and "touch".
- Aerial control and second touch pass or shot, volley or half volley.
- Shooting with accuracy and power, long range, 25m (+/-).
- Deceptive and accurate ground passing through small gaps over 25m (+/-).
- Long passing, 50m(+/-), with high degree of accuracy.
- Pass interception anticipation.
- Understanding and appreciation of the need to set up/ join in counter attacking possibilities.
- Know how to time the moves to defeat opponents in the air with tricks and direct-headed strikes when the opponent has significant height and jumping advantages.
- Know how to anticipate the direction of the loose ball and regain possession.

GOAL KEEPERS:

- To possess safe and effective handling techniques in the stoop, kneeling, "K" position, waist high, chest, high to smoother and take with hands and at head height.
- High percentage of success at shot stopping with shots close to feet, on the ground away from the body, mid high away from the body, head high and above, tipping over the bar and effective use of angles and distances off the line.
- To be effective with crosses in relation to the starting position, decision making, catching, punching one and two hands, and deflecting.
- Accurate and effective distribution of the ball with under arm throws, over arm throws, volleys, half volleys and back passes on the ground and in the air.
- To quickly set up attacking (offensive) moves using the above techniques by switching play penetrating long kicks and by running with the ball to the edge of the penalty area and throwing out with speed and accuracy.
- Effectively supporting the defense with correct angles and distances, communicating with his/her players to mark, deny space (close down), cover and track opponents.
- To advance out of the goal with skill and bravery to deny any attack on goal.
- To be responsible at defending set plays in organizing and ensuring that the teams plans at corners, free kicks and throw ins are effective.
- To have a successful strategy for shot stopping at penalties.
- Possess good communication skills in terms of giving instructions that are correct, clear in good time and effective

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PLAYING PHILOSOPHY:

- Players should understand the advantages of controlled possession in all phases of play in attack, defense and in immediate counter attack situations.
- To achieve controlled possession, players should be able to set up inter-passing sequences where no recipient is played into difficulty.
- Players should know how and where (and when) to establish starting positions for moving attacking possession forwards (penetration).
- All players should be aware of immediate counter attacking possibilities and the positions from which it will involve worthwhile risk to possession. They should be able to assess very quickly the range of pass needed and their capability for achieving it with high control and accuracy.
- They should at the same time be able to assess the availability of supporting players to ensure exploitation of the counter move.
- Finally they should be able to assess the risk value to the team of quick counter attack