



## Role Description:

# CENTRE BACK

### Technical

- Pass and receive accurately over short, medium and long distances.
- Handle the ball competently, recognizing when and how to start attacks.
- Receive to play with an open body position.
- Capable of defending in 1v1 situations.
- Capable of marking and tracking opponents.
- Ability to dominate in the air.

### Tactical

- Move into relevant positions to help support ball progression when your team is in possession.
- Recognize the opportunity to step out with the ball into the middle third of the pitch.
- Recognize the different start off techniques to start building out from the defensive third.
- Understand the requirements to counter or build based on the organization of the opposition.
- Know when to mark space or mark opponents.
- Be in the correct defensive position when the opposition has the ball in their own half.
- Recognize when to drop in order to protect the space behind your defensive unit.
- Cover and support teammates and understand the importance of this process.
- Recognize when to press in order to delay the play.
- Understand when where and how to press the ball, in relation to areas of the pitch and in relation to the circumstances of the game.
- Be able to play as part of a defensive unit.

### Mental

- Show composure when under pressure.
- Remain focused at all times.
- Be a good decision-maker.
- Have undoubted desire to perform and to be the best.
- Possess self-confidence and be fearless in all aspects of your game.

### Physical

- Have excellent acceleration.
- Be a powerful athlete.
- Have a high level of strength.
- Have good jumping ability.

### Social

- Take responsibility & ownership of learning and development.
- Have great communication skills on and off the pitch.
- Respond effectively to instructions and guidance.
- Give maximum effort all of the time
- Work well with others and independently.
- Have a strong Character.
- **HAVE FUN.**