



Role Description:

CENTRE MIDFIELD

Technical

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

Tactical

- Recognize different techniques to start building out of the defensive third.
- Support the ball in all circumstances including rotation in midfield (i.e. angles & distance).
- Recognize when to support the attacks and when to provide defensive cover.
- Understand the importance of transition when possession is being lost (i.e. recovery runs).
- Be in the correct defensive position when the opposition has the ball in their own half.
- Capable of marking and tracking opponents in key areas and at important times of the game.
- Knowledge of when to mark players and when to mark space (i.e. screen the defensive unit).
- Understand when, where and how to press the ball, in relation to the areas of the pitch and in relation to the circumstances of the game.
- Recognize when to delay the opposition to make the play predictable.

- Cover and support teammates and understand the importance of this process.

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 able to change direction efficiently.
- To have an excellent endurance ability.

Social

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