

DEVELOPING THE PLAYER



WPFC

WPFC PLAYER POSITIONAL CHARACTERISTICS

WPFC

PLAYER IDENTIFICATION:

EACH PLAYER HAS A DISTINCT CHARACTERISTIC OF TALENT. IT IS THE RESPONSIBILITY OF THE WPFC COACHING STAFF TO IDENTIFY THE QUALITY OF EACH PLAYER FOR THEIR SUCCESS. PLAYER IDENTIFICATION IS CONSTANTLY ANALYZED THROUGHOUT THE YEAR. THERE ARE MANY FACTORS THAT GO ALONG WITH IDENTIFYING PLAYERS; SKILL(TECHNIQUE), FITNESS(STAMINA), ATTITUDE(MENTALITY), DISCIPLINE(DETERMINATION), INTELLIGENCE(DECISION MAKING) AND WORK ETHIC(INTENSITY LEVEL).

POSITIONAL CHARACTERISTICS:

GOALKEEPER:- COORDINATION, BRAVERY, VOCAL, DIVING TECHNIQUE, AGILITY, REFLEXES, TIMING, FOOT TECHNIQUE & DISTRIBUTION
CENTER BACK:- ANTICIPATE, GOOD TECHNIQUE, VOCAL, HEADING ABILITY, BALL CONTROL, 1V1 DEFENDING TENDENCIES
OUT SIDE BACK:- SPEED, ANTICIPATE, PASSING ABILITY, DECISION MAKING, FITNESS, 1V1 DEFENDING & ATTACKING TENDENCIES
DEFENSIVE MID:- VISION, GOOD TECHNIQUE, BALL CONTROL, PASSING ABILITY, MOVEMENT OFF THE BALL, VOCAL, BREAK PLAYS
CENTER MID:- PASSING ABILITY, MOVEMENT OFF THE BALL, VISION, BALL CONTROL, SHOOTING ABILITY, FITNESS
WINGER:- FAST, MOVEMENT OFF THE BALL, CROSSING ABILITY, SHOOTING, PASSING, FITNESS, 1V1 ATTACKING
FORWARD:- ANTICIPATE, SPEED, 1V1 ATTACKING, SHOOTING ABILITY, MOVEMENT OFF THE BALL, FITNESS, DRIBBLER



1. PLAYING PHILOSOPHY – CLUB PILLARS

WPFC

TECHNICAL (SKILLS)

- BALL CONTROL
- RECEIVING (1ST AND 2ND TOUCH)
- PASSING
- DRIBBLING
- 1V1 MOVES
- SHOOTING AND HEADING
- SHIELDING
- USE OF BOTH FEET

TACTICAL (DEVELOPMENT)

- SYSTEMS OF PLAY (LIMITED TO NUMBERS ON THE FIELD)
- LEARNING POSITIONAL ROLES
- ESSENTIAL GAME ELEMENTS (OVERLAPS, GIVE AND GO, SWITCHING PLAY)
- RECOGNIZING OTHER TEAMS TACTICS
- TRANSITIONAL SHAPE

PHYSICAL (FITNESS)

- SPEED & QUICKNESS
- ENDURANCE
- STRENGTH
- AGILITY
- FLEXIBILITY

PSYCHOSOCIAL (MENTAL)

- FOCUS
- CONCENTRATION
- CONFIDENCE
- DECISION MAKING (ANTICIPATION, PRECEPTION)
- TEAM ATMOSPHERE AND ENVIRONMENT
- PEAK PERFORMANCE STATES





2. *PLAYING PHILOSOPHY – GAME MODEL*

WPFC



***TRANSITION FROM
ATTACK(POSSESSION)
TO
ATTACKING
ON THE BALL***

- POSSESSION BASED
- PLAYER MOVEMENT
- BREAK LINES
- PLAY FORWARD PASSES
- 2-3 TOUCH RHYTHM
- ATTACK END LINES, CHANNELS, EDGES, CUT BACKS, CROSSES W/ PURPOSE
- CREATIVITY IN FINAL 3RD
- HEAD CHECKING
- NUMERICAL ADVANTAGE

***TRANSITION FROM
DEFENSE(SHAPE)
TO
DEFENDING
OFF THE BALL***

- COMPACTNESS, CONNECTED & REDUCE SPACE
- IMMEDIATE PRESSURE & SHAPE
- PLUS 1 DEFENDING
- PRESSURE, COVER AND BALANCE
- DIRECTION IN OR NOT?
- CENTRAL BLOCK IN OWN HALF(4-4-2 OR 4-4-1-1)
- DENY PLAY THROUGH OUR SHAPE
- 1V1 DEFENDING
- COMMUNICATION





TRANSITION FROM ATTACK TO DEFENSE



ATTACKING 3RD

WHEN THE OPPOSITION HAS THE BALL IN THIS AREA OF THE FIELD THE #9 AND/OR #10 SHOULD PRESS AND MAKE PLAY PREDICTABLE. TRY TO DENY WIDE PLAY AS YOUR DEFENSIVE SUPPORT COULD BE CENTRAL. IF WIDE PLAY IS NOT CUT OFF FORCE PLAY DOWN THE WING CHANNEL AND SQUEEZE THE SHAPE FROM THE WEAK SIDE CENTRALLY. THE BACK LINE SHOULD BE AT HALF FIELD. GK AT THE TOP OF THE 18YD BOX.

WHEN THE OPPOSITION HAS THE BALL IN THIS AREA OF THE FIELD TEAM TACTICAL SHAPE BECOMES VERY IMPORTANT. PRESSURE ON THE BALL TO DENY SPLIT OR LONG PASSES. THE WINGER (#11) AND OUTSIDE LEFT BACK (#3) SHOULD ANTICIPATE THE PRESS. THE WINGER (#7) ON THE WEAK SIDE SHOULD BE TUCKED INSIDE NEAR THE CENTER CIRCLE TO DENY A SWITCH. THE BACK LINE SHOULD BE VERY CLOSE TO THEIR MARK AND ANTICIPATE ANY OVER THE TOP BALL OR PENETRATING PASS.

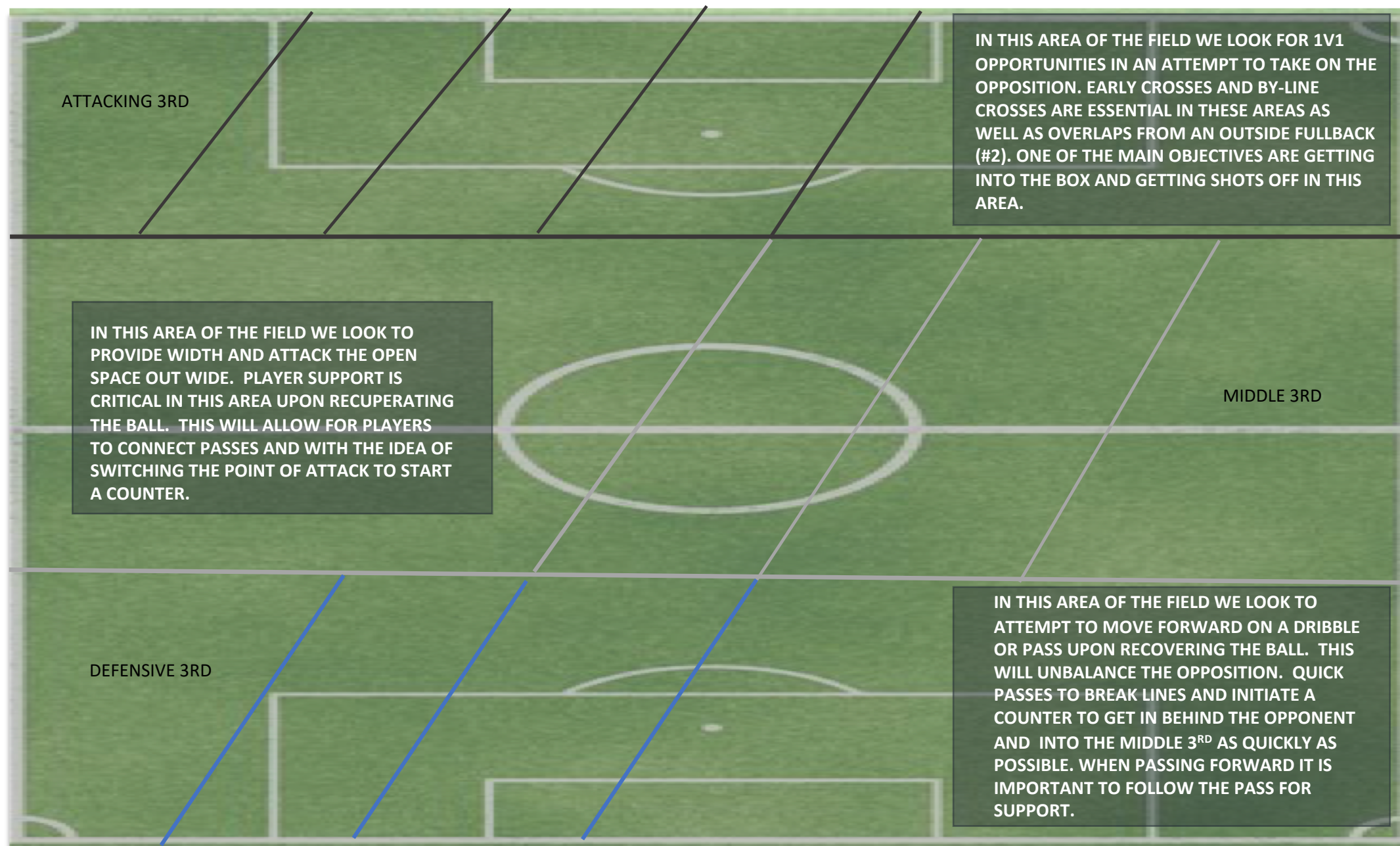
MIDDLE 3RD

DEFENSIVE 3RD

WHEN THE OPPOSITION HAS THE BALL IN THIS AREA OF THE FIELD PRESSURE, COVER AND THE DENIAL OF CENTRAL SPACE IS ESSENCIAL. SHAPE SHOULD BE COMPACT AND DICTATE PLAY OUT IN THE WIDE AREAS. PLAYERS SHOULD STAY ON THEIR FEET WHEN DEFENDING IN THIS AREA. OPPONENTS THAT ARE GOING AWAY FROM THIS AREA SHOULD NOT BE FOULED. DENY ACCESS INTO THE 18YD BOX FROM A DRIBBLE OR PASS. DENY CROSSES AND SHOTS.



TRANSITION FROM DEFENSE TO ATTACK



DEVELOPING THE PLAYER

Center Forwards #9

Who are the players? (Development Stage)

Characteristics

- PLAYS CLOSEST TO THE GOAL OF THE OPPONENT, 1V1 PLAYERS, ANTICIPATE
- FIND WAYS TO SHOOT ON GOAL TO SCORE, MOVEMENT OFF THE BALL

Key Objectives

- CREATE OPPORTUNITIES TO SCORE
- SCORE GOALS
- FIRST LINE OF DEFENSE

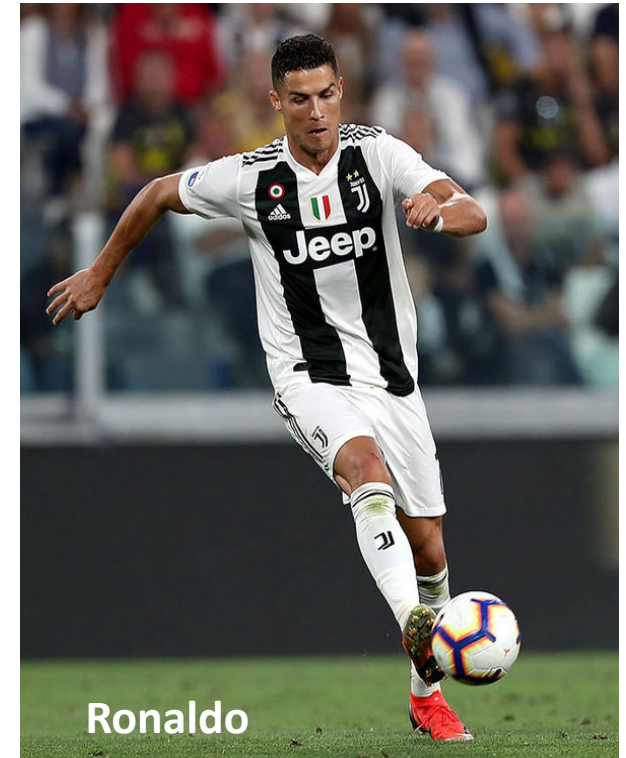
WHAT DO THEY NEED? Team Tactical Principles

ON THE BALL

STRETCH THE OPPOSITION, HOLD THE BALL UP IN THE MIDFIELD, PROVIDE AN OUTLET FOR THE TEAM WHEN PLAYING OUT THE BACK, ATTACK 1V1 IN THE FINAL 3RD OF THE FIELD, MAKE NEAR POST RUNS OFF CROSSES, MOVEMENT OFF THE BALL, GET TURNED WHEN RECEIVING SO YOUR FIRST AND SECOND TOUCH CAN POSSIBLY BE A SHOT, USE FAKES AND DISGUISES TO CREATE OPPORTUNITIES TO SCORE.

OFF THE BALL

OCCUPY SPACE IN BETWEEN DEFENDERS, RECOGNIZE WHEN TO COME SHORT AND WHEN TO RUN IN BEHIND THE DEFENSE, RECOGNIZING PRESSING AND CUTTING OFF THE GAME TO DICTATE PLAY



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DEVELOPING THE PLAYER

Attacking Center Midfielder #10

WHO ARE THE PLAYERS? (DEVELOPMENT STAGE)

Characteristics

- AGILE, GOOD BALL CONTROL, MOVEMENT OFF THE BALL
- ANTICIPATE, GOOD VISION, DESIRES TO HAVE THE BALL
- HEAD CHECKERS CONSTANTLY
- UNBALANCES THE OPPOSITION OFF THE DRIBBLE

Key Objectives

- GOOD PASSER OF THE BALL
- LOOKS TO GET PLAYERS INVOLVED
- LINKS AND SUPPORTS THE #9 AND #8

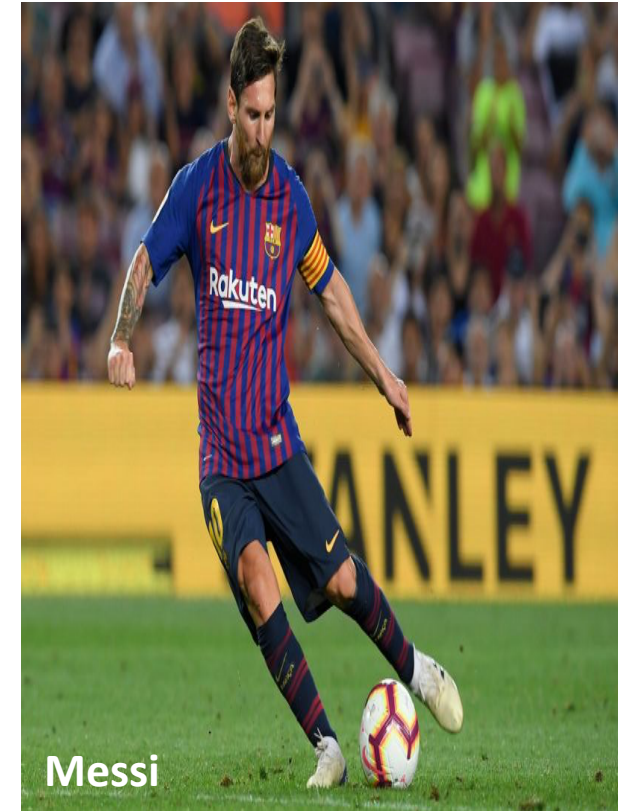
WHAT DO THEY NEED? Team Tactical Principles

ON THE BALL

ON THE BALL LOOKING TO ATTACK THE OPPOSITION OR FIND PASSES IN BEHIND THE BACK LINE OF THE DEFENSE. ALSO LOOKING TO CONNECT WITH THE #8, #9 THRU THE MIDDLE OF THE FIELD WHILE ALSO COMBINING WITH THE #7 AND #11. MAKES RUNS OFF THE #9 AS WELL AS SUPPORTS THE #9.

OFF THE BALL

BE AVAILABLE TO RECEIVE THE BALL AT ALL TIMES – CREATE SPACE TO DO SO, COVERS BACK INTO A MF POSITIONS WHEN DEFENDING, RECOGNIZE PRESSING CUE'S FROM THE STRIKERS AND WIDE PLAYERS- APPLY PRESSURE, ALWAYS HEAD CHECKING TO DENY SPLIT PASSES.



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DEVELOPING THE PLAYER

Center Midfielder #8

WHO ARE THE PLAYERS? (DEVELOPMENT STAGE)

Characteristics

- AGILE, GOOD BALL CONTROL, MOVEMENT OFF THE BALL
- ANTICIPATE, GOOD VISION, DESIRES TO HAVE THE BALL
- HEAD CHECKERS CONSTANTLY

Key Objectives

- GOOD PASSER OF THE BALL
- LOOKS TO GET PLAYERS INVOLVED
- COMFORTABLE WITH THE BALL AROUND PLAYERS HEAD CHECKING CONSTANTLY TO KNOW SURROUNDINGS

WHAT DO THEY NEED? Team Tactical Principles

ON THE BALL

RECOGNIZE WHEN TO RISK OR RETAIN THE BALL, RECOGNIZE WHAT TYPE OF TOUCH IS NEEDED WHEN RECEIVING THE BALL
RECOGNIZE THE TYPE OF PRESSURE OR SPACE IS AROUND YOU
RECOGNIZE OPPORTUNITIES TO TAKE PLAYERS ON IN 1V1 SITUATIONS

OFF THE BALL

BE AVAILABLE TO RECEIVE THE BALL AT ALL TIMES – CREATE SPACE FOR YOURSELF TO DO SO, COVER BACK IN TO POSITIONS WHEN PLAYERS PUSH FORWARD, RECOGNIZE PRESSING CUE'S FROM THE STRIKERS AND WIDE PLAYERS- APPLY PRESSURE, ALWAYS HEAD CHECKING



Frank Lampard

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DEVELOPING THE PLAYER

Defending Center Midfielder #6

WHO ARE THE PLAYERS? (DEVELOPMENT STAGE)

Characteristics

- AGILE, GOOD CONTROL OF THE BALL, DESIRE THE BALL
- GOOD READER OF THE GAME, MOVEMENT, FINDS SPLITS, GOOD VISION

Key Objectives

- GOOD PASSER OF THE BALL, GOOD TACKLER, DENIES SPLIT PASSES, CONNECTS THE DEF AND OFFENSE
- STAYS CENTRAL, HEAD CHECKS CONSTANTLY
- CAN PLAY SHORT AND HIT LONG BALLS

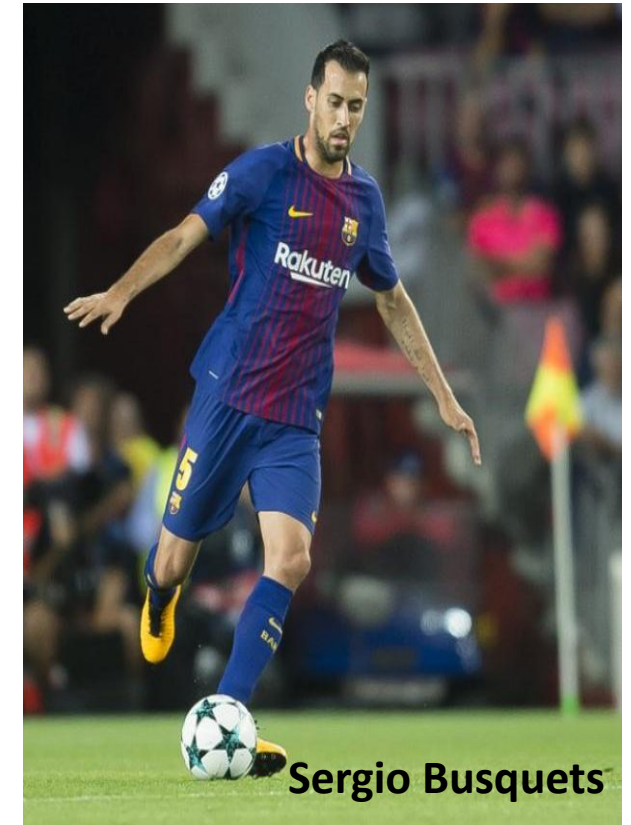
WHAT DO THEY NEED? Team Tactical Principles

ON THE BALL

- Receive the ball in a position to play forward (side on)
- Be *available* at all times to receive from defenders/midfielders (in front and under the ball)
- *Dictate* the tempo of the game: start quick attacks or recycle the ball
- Be *Brave*

OFF THE BALL

- Cut off passing lines in to the opposition center forwards
- Recognize the need to *cover* team mates centrally and wide
- Be aggressive in winning the ball back and on the front foot
- Recognize opposition *danger* players early and make adjustments to your game for their strengths and weaknesses.



Sergio Busquets

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DEVELOPING THE PLAYER

Wingers #11 & #7

WHO ARE THE PLAYERS? (DEVELOPMENT STAGE)

Characteristics

- FAST, AGILE, GOOD FITNESS, GOOD OFF THE DRIBBLE
- MOVEMENT OFF THE BALL, PROVIDE WIDTH

Key Objectives

- TAKE PLAYERS ON 1V1, MAKE RUNS BEHIND BACK LINE
- PROVIDE CROSSES IN THE BOX, GET ON THE END OF CROSSES, CREATE GOAL SCORING OPPORTUNITIES
- ABLE TO CUT INSIDE AND SHOOT ON GOAL

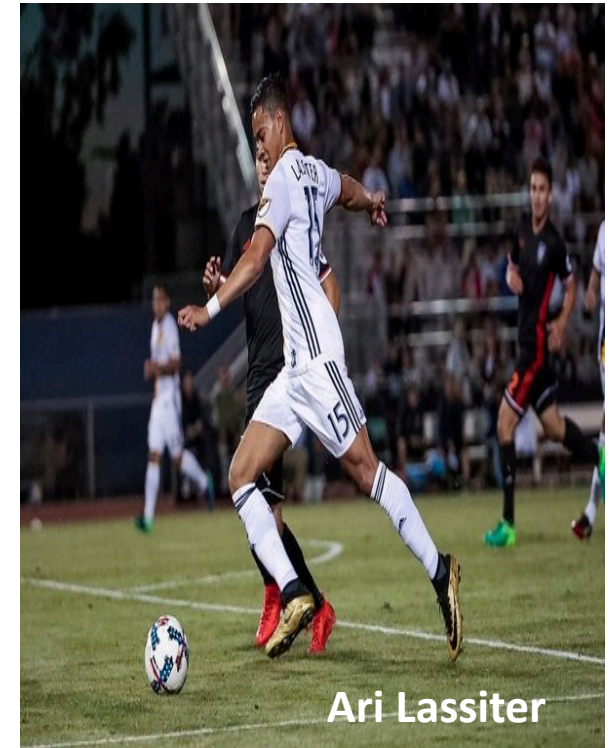
WHAT DO THEY NEED? Team Tactical Principles

ON THE BALL

RECEIVE THE BALLS FACING FORWARD AND RECOGNIZE WHAT YOUR FIRST TOUCH LOOKS LIKE AND WHY, TO BE DEFENDERS INSIDE AND OUTSIDE TO SHOOT OR CROSS/PULLBACK, RECOGNIZE WHEN TO SET INSIDE TO RECEIVE THE BALL BACK ON THE OUTSIDE,

OFF THE BALL

PROVIDE COVERAGE ON THE WEAK SIDE IN THE MIDDLE AND FINAL DEFENSIVE 3RD, RECOGNIZE WHEN TO STAY WIDE AND WHEN TO DRIFT INSIDE, SUPPORT YOUR DEFENSIVE TEAMMATE TRACKING RUNNERS AND COVERING, SUPPORT BEYOND AND INSIDE STRIKERS AND MAKE DOUBLE RUNS TO LOSE MARKERS



Ari Lassiter

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DEVELOPING THE PLAYER

Outside Fullbacks #3 & #2

WHO ARE THE PLAYERS? (DEVELOPMENT STAGE)

Characteristics

- ANTICIPATES THE GAME
- STRONG DEFENDING TENDENCIES
- GOOD 1V1 PLAYER

Key Objectives

- COVER WINGERS AND CENTER BACKS DEFENSIVELY
- OVERLAPPING AND KNOWING WHEN TO JOIN IN THE ATTACK
- DENY SHOTS AND CROSSES

WHAT DO THEY NEED? Team Tactical Principles

ON THE BALL

RECOGNIZE WHEN TO PLAY FORWARD OR BACKWARDS, TRAVEL FORWARD WITH THE BALL WHEN SPACE PRESENTS AND LOOK TO OVERLAP AND COMBINE, RECONGIZE WHEN TO PLAY SHORT AND WHEN TO PLAY LONG, RECEIVE WITH OPEN BODY SHAPE.

OFF THE BALL

COVER WINGERS AND CENTRAL DEFENDERS, CLOSE DOWN SPACE, ANTICIPATE LONG BALLS, DENY SPLITS, STAY CONNECTED WITH CENTRAL DEFENDERS, RECONGIZE WHEN TO MARK TIGHT AND WHEN TO DROP OFF, STAY ON YOUR FEET WHEN DEFENDING

Marcelo



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DEVELOPING THE PLAYER

Central Defenders #5 & #4

WHO ARE THE PLAYERS? (DEVELOPMENT STAGE)

Characteristics

- ANTICIPATE, VOCAL FROM THE BACK, DIRECT PLAYERS
- GOOD 1V1 DEFENDING TENDENCIES, DECISIVE, BALL CONTROL

Key Objectives

- PREVENT THE OPPOSITION FROM SCORING
- PREVENT THE OPPOSITION FROM ADVANCING TOWARD GOAL

WHAT DO THEY NEED? Team Tactical Principles

ON THE BALL

WHEN THE BALL ADVANCES UP THE FIELD DEFENDERS ADVANCE TO DENY SPACE TO OPPOSITION, PROVIDE DEPTH TO CREATE SPACE WHEN IN POSSESSION, LOOK TO ADVANCE BALL UP THE FIELD TO FORWARDS OR WINGERS FIRST.

OFF THE BALL

STAYING CONNECTED THROUGH COMMUNICATION, ANTICIPATE LONG BALLS, BALLS INTO FORWARDS AND SPLIT PASSES, DENY SHOTS ON GOAL, BEING PACIENT WHEN LATE TO OPPONENT TO GAIN POSITION FORCE OR WIN THE BALL



Becky Sauerbrunn

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DEVELOPING THE PLAYER

Goalkeeper #1

WHO ARE THE PLAYERS? (DEVELOPMENT STAGE)

Characteristics

- BRAVE ON CROSSES AND BREAK-AWAYS, GOOD HAND AND EYE COORDINATION
- AGILE AND GOOD COMMANDER FROM THE BACK, GOOD REFLEXES AND ABLE TO DISTRIBUTE WITH HANDS AND FEET

Key Objectives

- BLOCKING SHOTS TO DENY GOALS AND CUTTING OFF ANGLES ON SHOTS
- ANTICIPATING A SHOT OR CROSS AND COMMANDER OF 18YD BOX, COMMANDING VOCALLY

WHAT DO THEY NEED? Team Tactical Principles

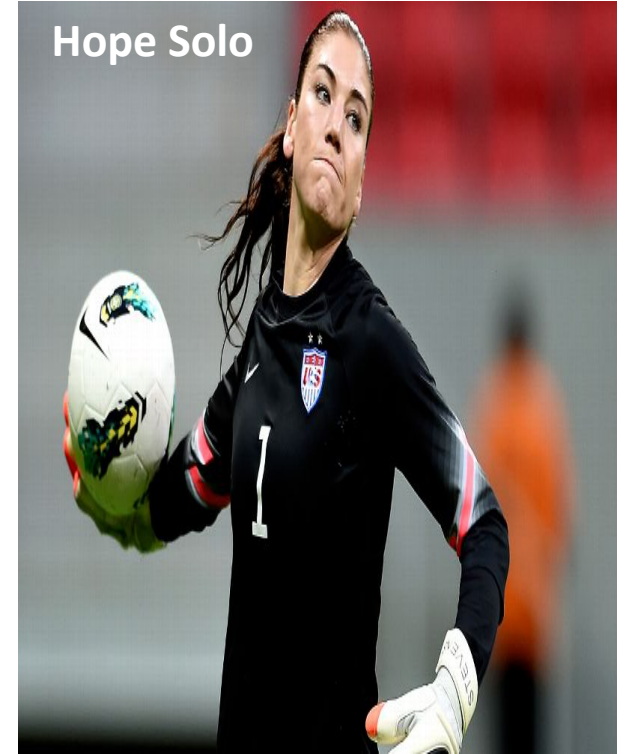
ON THE BALL

PLAY OUT FROM THE BACK AND MEASURE PASSING LINES, BE CALM, BUT ANTICIPATE THE PLAY, PLAY LONG AND SAFE IF NEEDED, RECOGNIZE WHEN TO START QUICK ATTACKS AND WHEN TO SLOW THE GAME DOWN (RECOGNIZE THE SCORE + OPPONENT

OFF THE BALL

STAYING CONNECTED TO BACK LINE, CLOSING DOWN SPACE QUICKLY, DENYING SHOTS AND BREAK-AWAYS AND ANTICIPATING OF CROSSES, COMMUNICATE WITH DEFENDERS TO PUSH UP, DROP, SLIDE, MARK, COVER, ETC. AVAILABLE FOR PASS BACKS

Hope Solo



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9v9

#9
Forward

#11
Winger/Forward

#7
Winger/Forward

#8
Central Midfielder

#10
Central Midfielder

#3
Left Back

#5
Central Defender

#2
Right Back

#1
Goalkeeper

