

**PLAYER ROLES
AND
RESPONSIBILITIES**

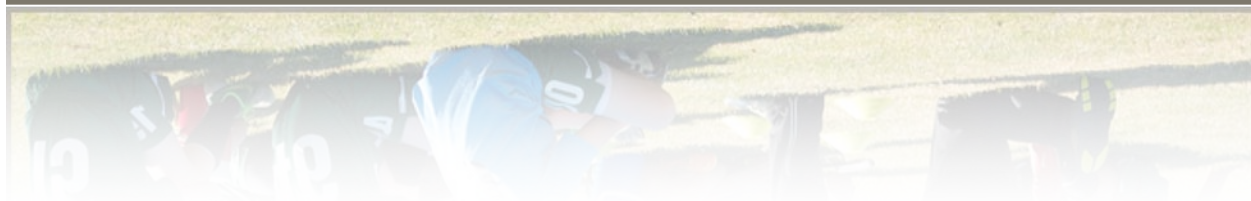


The Ultimate objective of the club is to foster an environment that will allow every player to reach their full potential when in the system of play. Moving forward it is important that every VLSC staff coach and director is on the same page and that the progression from coach to coach is seamless. In doing so it is important that the rhetoric of the technical priorities and how we want our players to play is universal.


Outlined below you will find the individual roles and responsibilities of each position within the VLSC system of play. Use this as a tool to guide your players both on and off the field. To have success as a team it is imperative that each individual player and position is reaching their full potential and understanding what needs to be achieved in each position is part of the process.

You will find both the technical and tactical demands for each position in relation to the style of play we are trying to achieve in the club. These are many of the major points, but within your own coaching style and knowledge you may find other points that help improve the players role.



Study these, learn these, and use these as a tool to help your players improve!





#1 - Goalkeeper

	Technical Functions		Tactical Functions
	<p>Shot Stopping</p> <ul style="list-style-type: none"> • On ground • Below waist • Above waist • Diving • Catching • Parrying • Body Postion <p>Crosses</p> <ul style="list-style-type: none"> • Catching (@highest point) • Punching (1 and 2 hands) • Attacking the Ball 	<p>Distribution</p> <ul style="list-style-type: none"> • Bowling • Throwing • Kicking • Punting <p>Receivng</p> <ul style="list-style-type: none"> • Out of pressure <p>Passing</p> <ul style="list-style-type: none"> • Short Range • Long Range 	<p>Defending</p> <ul style="list-style-type: none"> • Organization of the Defense. <ul style="list-style-type: none"> • First line of Communication. • Playing as a Sweeper to provide cover and balance for the Defenders. • Starting position in relation to the ball (constantly moving and adjusting shape). • Closing down shooting angles. • Closing down players on break aways. • Range and decisions on handling crosses. <p>Attacking</p> <p>Provide support to the back line. Ability to change the point of attack. Distribution as first attacker. First line of building out of the back.</p>


#2 (Right Back) #3 (Left Back)

 	Technical Functions		Tactical Functions
	<p>Heading</p> <ul style="list-style-type: none"> • To clear a ball • To pass <p>Clearing a ball</p> <ul style="list-style-type: none"> • Feet • Head <p>Tackling</p> <ul style="list-style-type: none"> • Slide <p>Distribution</p> <ul style="list-style-type: none"> • Short • Long • Driven Balls • Chipped Balls • Bent balls 	<p>Receiving</p> <ul style="list-style-type: none"> • Out of the air • On the ground <p>Long Range Shooting</p> <p>Crossing</p> <p>Footwork in individual defending</p> <p>Shielding</p> <p>Dribbling to beat an opponent</p> <p>Finishing</p>	<p>Defending</p> <ul style="list-style-type: none"> • Deny penetration through the flanks. • Provide cover for the #7, #11, #4, and #5. • Keep team compact opposite side of the ball. • Tracking players and runs into the box. • Ability to defend in 1v1 situations • Clear communication with the #4, #5, #7, and #11 to organize defensively. <p>Attacking</p> <ul style="list-style-type: none"> • Support the play out wide in the flanks. • Provide support to the #7, #11, and central midfielders behind the ball. • Provide width to the attacking unit. • Keep possession upon winning the ball. • Push into the attacking 3rd to attack. • Provide early service into the box.


#4 (Right Center Back) #5 (Left Center Back)

		<u>Technical Functions</u>	<u>Tactical Functions</u>	
 		<p>Heading</p> <ul style="list-style-type: none"> • To clear a ball • To pass <p>Clearing a ball</p> <ul style="list-style-type: none"> • Feet • Head <p>Tackling</p> <ul style="list-style-type: none"> • Slide <p>Distribution</p> <ul style="list-style-type: none"> • Short • Long • Driven Balls • Chipped Balls • Bent balls 	<p>Receiving</p> <ul style="list-style-type: none"> • Out of the air • On the ground <p>Long Range Crossing</p> <p>Footwork in individual defending</p> <p>Shielding</p>	<p>Defending</p> <ul style="list-style-type: none"> • Deny penetration through the center of the field. • Provide cover for the #2, #3, and central midfielders. • Control the line and rate of defensive stepping and retreat. (Offside Tactics). <p>Attacking</p> <ul style="list-style-type: none"> • Provide width in the build up phase for the #1. • Distribution of the ball <ul style="list-style-type: none"> • Relief of pressure into forwards feet. • Simple possession with the #6 and #1. • Quickly changing the point of attack. • Provide support behind the ball for the #2, #3 and central midfielders. • Control the line and depth of the playing field.


#6 (Defensive Mid)

		<u>Technical Functions</u>	<u>Tactical Functions</u>	
		<p>Heading</p> <ul style="list-style-type: none"> • To clear a ball • To pass <p>Clearing a ball</p> <ul style="list-style-type: none"> • Feet • Head <p>Tackling</p> <ul style="list-style-type: none"> • Slide <p>Distribution</p> <ul style="list-style-type: none"> • Short • Long • Driven Balls • Chipped Balls • Bent balls 	<p>Receiving</p> <ul style="list-style-type: none"> • Out of the air from distance. <ul style="list-style-type: none"> • Chest • Feet • With back to goal. • Side on. • On the ground • Turning out of pressure. <p>Footwork in individual defending</p> <p>Shielding</p> <p>Mobility to cover ground.</p>	<p>Defending</p> <ul style="list-style-type: none"> • Deny penetration through the center of the field. • Provide cover for the #8 and #10. • Provide Balance in the MF. • Slow down transition and counters. • Organization of the MF group and Front line. • Firm Tackling to disrupt play. <p>Attacking</p> <ul style="list-style-type: none"> • Provide Support for the #8, #9, and #10 behind the ball. • Provide as an option of penetration from the Gk and the back line. • Distribution of the ball <ul style="list-style-type: none"> • Relief of pressure into forwards feet. • Simple possession with the #4, #5, #2, #3 and #1. • Quickly changing the point of attack to off balance the defense. • Control the line and depth of the playing field.



#8 (Box - Box Midfielder)

	Technical Functions		Tactical Functions
	<p>Heading</p> <ul style="list-style-type: none"> To clear a ball To pass <p>Clearing a ball</p> <ul style="list-style-type: none"> Feet Head <p>Tackling</p> <ul style="list-style-type: none"> Slide <p>Distribution</p> <ul style="list-style-type: none"> Short Long Driven Balls Chipped Balls Bent balls Deceptive 	<p>Receiving</p> <ul style="list-style-type: none"> Out of the air from distance. <ul style="list-style-type: none"> Chest Feet With back to goal. Side on. On the ground Turning out of pressure. <p>Footwork in individual defending</p> <p>Shielding</p> <p>Mobility to cover ground.</p>	<p>Defending</p> <ul style="list-style-type: none"> Deny penetration through the center of the field. Provide cover for the #10 and #9. Provide Balance in the MF. Slow down transition and counters. Organization of the MF group and Front line. Firm Tackling to disrupt play. Cover for the #7 and #11 in transition. <p>Attacking</p> <ul style="list-style-type: none"> Provide Support for the #9 and #10 behind the ball. Be an attacking option from their own 18 to their attacking 18. Ability to create and find space between the playing lines of the defending team. Support in advance of the back line. Penetration with and without the ball. Finishing from long range. Quickly changing the point of attack to off balance the defense. Play in conjunction with the #6 if playing as a second holding mid.



#10 (Attacking Midfielder)

	Technical Functions		Tactical Functions
	<p>Heading</p> <ul style="list-style-type: none"> To pass <p>Tackling</p> <ul style="list-style-type: none"> Slide <p>Distribution</p> <ul style="list-style-type: none"> Short Long Driven Balls Chipped Balls Bent balls Deceptive <p>Shooting</p> <ul style="list-style-type: none"> From Distance Close Range . 	<p>Receiving</p> <ul style="list-style-type: none"> Out of the air from distance. <ul style="list-style-type: none"> Chest Feet With back to goal. Side on. On the ground Turning out of pressure. <p>Footwork in individual defending</p> <p>Shielding</p> <p>Mobility to cover ground.</p>	<p>Defending</p> <ul style="list-style-type: none"> Deny penetration through the center of the field. Provide cover for the #9. Slow down transition and counters. <p>Attacking</p> <ul style="list-style-type: none"> Provide Support for the #9 and #10 behind the ball. An attacking option in the box from service from the flanks. Provide depth in the MF in advance of the #6 and #8. Ability to create and find space between the playing lines of the defending team. Support in advance of the back line. Penetration with and without the ball into the attacking 3rd. Finishing from long range. Link up play with the #9.

#7 and #11 (Winger)

		Technical Functions	Tactical Functions
	Heading <ul style="list-style-type: none"> To pass 	Dribbling <ul style="list-style-type: none"> Into space. To beat a defender. 	Defending <ul style="list-style-type: none"> Deny penetration through the flanks of the field. Provide cover for the #9 in the flanks. Deny service to the outside back. Slow down transition and counters through the flanks.
	Tackling <ul style="list-style-type: none"> Slide 		
	Distribution <ul style="list-style-type: none"> Short Long Driven Balls Chipped Balls Bent balls Deceptive 	Receiving <ul style="list-style-type: none"> Out of the air from distance. <ul style="list-style-type: none"> Chest Feet Side on. On the ground Turning out of pressure. 	Attacking <ul style="list-style-type: none"> Provide Support for the #9 and #10 behind the ball. Provide Support for the #2 and #3. Provide width for the attacking unit. Penetration with and without the ball into the attacking 3rd through the flanks. Finishing from long range. Link up play with the #2/#3, #9 and #10. Support in central areas to create space behind for the #2 and #3.
	Shooting <ul style="list-style-type: none"> From Distance Close Range From a cross 		
	Crossing <ul style="list-style-type: none"> Driven Chipped Bent 	Footwork in individual defending	
		Shielding	
		Mobility to cover ground.	

#9 (Central Forward)

		Technical Functions	Tactical Functions
	Heading <ul style="list-style-type: none"> To pass To score 	Receiving <ul style="list-style-type: none"> Out of the air from distance. <ul style="list-style-type: none"> Chest Feet Head Side on. On the ground Turning out of pressure. 	Defending <ul style="list-style-type: none"> Usher to the play to one side of the field. Make play predictable. First line of defensive pressure. Pressing Slow down transition and counters through the flanks.
	Tackling <ul style="list-style-type: none"> To intercept a pass 		
	Distribution <ul style="list-style-type: none"> Short Long Deceptive 	Footwork in individual defending	Attacking <ul style="list-style-type: none"> Provide Support in advance of the ball. Create Depth up the field. Ability to create space for self and others. Penetration with and without the ball into the attacking 3rd. Finishing from long range. Link up play with the #10. Timing of runs to get behind the back line.
	Shooting <ul style="list-style-type: none"> From Distance Close Range From a cross 		
	Crossing <ul style="list-style-type: none"> Driven Chipped Bent 	Shielding	
	Dribbling <ul style="list-style-type: none"> Into space. To beat a defender. 	Mobility to cover ground.	