



Characteristics of the best DEFENDERS

Psychological Characteristics:

Aggressive
Patient
Composed
Decisive/Determined/Good Decision Making
Positive

Physical Characteristics:

Speed
Endurance
Strong/Aggressive
Agile
Mobility
Jumping Ability
Intimidating

Technical Characteristics:

Quality 1st touch
Attacking ball
Passing accuracy
Tackling
Shielding (use of body)
Vocal
Clearances (High and wide)

Defensive Responsibilities:

Goal Side
Compact
Pressure/Cover/Balance
Tight Lines
Shape
Ball Winning Vs Patient (Good Decision must be made)

Attacking Responsibilities:

Ability to start attack
Creating space and supporting angles
Switching point of attack
Getting fwd when possible

Measuring a Defender's Productivity

Were you productive today?

1. Goals against/shots against
2. Balls won
3. 1v1 dual
4. Passing quality
5. Joining in the attack via pass/dribble/shoot/movement off ball