



Characteristics of the best *FORWARDS*

Mental Characteristics:

- Confident
- Determined
- Goal-Minded
- Risk takers
- Smart- think a pass ahead
 - Making decisions on the ball
 - Out maneuver defenders

Physical Characteristics:

- Fast - runs
- Quick – tight spaces
- Agile – jumping, sliding, diving
- STRONG - on the ball and holding off opponent

Technical Characteristics:

- 1v1 – able to beat players while dribbling ball
- Accurate – touches, passes and shots
- Strikes ball with proper surface
- Has clever moves and deceptive dribbling skills
- Expose defenders weakness

Defensive Responsibilities:

- Apply pressure to defenders
- Force players into turnovers
- Help double, cover midfielders/forwards
- Helps keep the ball to one side of field
- Recovers after a turnover or to help teammates

After Defending Successes:

- Check/Create space to receive the ball
- Get Open!

MEASURING A FORWARD'S PRODUCTIVITY

Were you productive today?

1. Score/Goals
2. Created Shots – Took Shots
3. Created Corners
4. Connected passes (%)
5. Selfish in/around the Box
6. Runs-Timing that created scoring opportunities