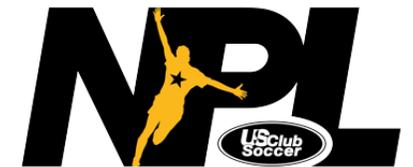


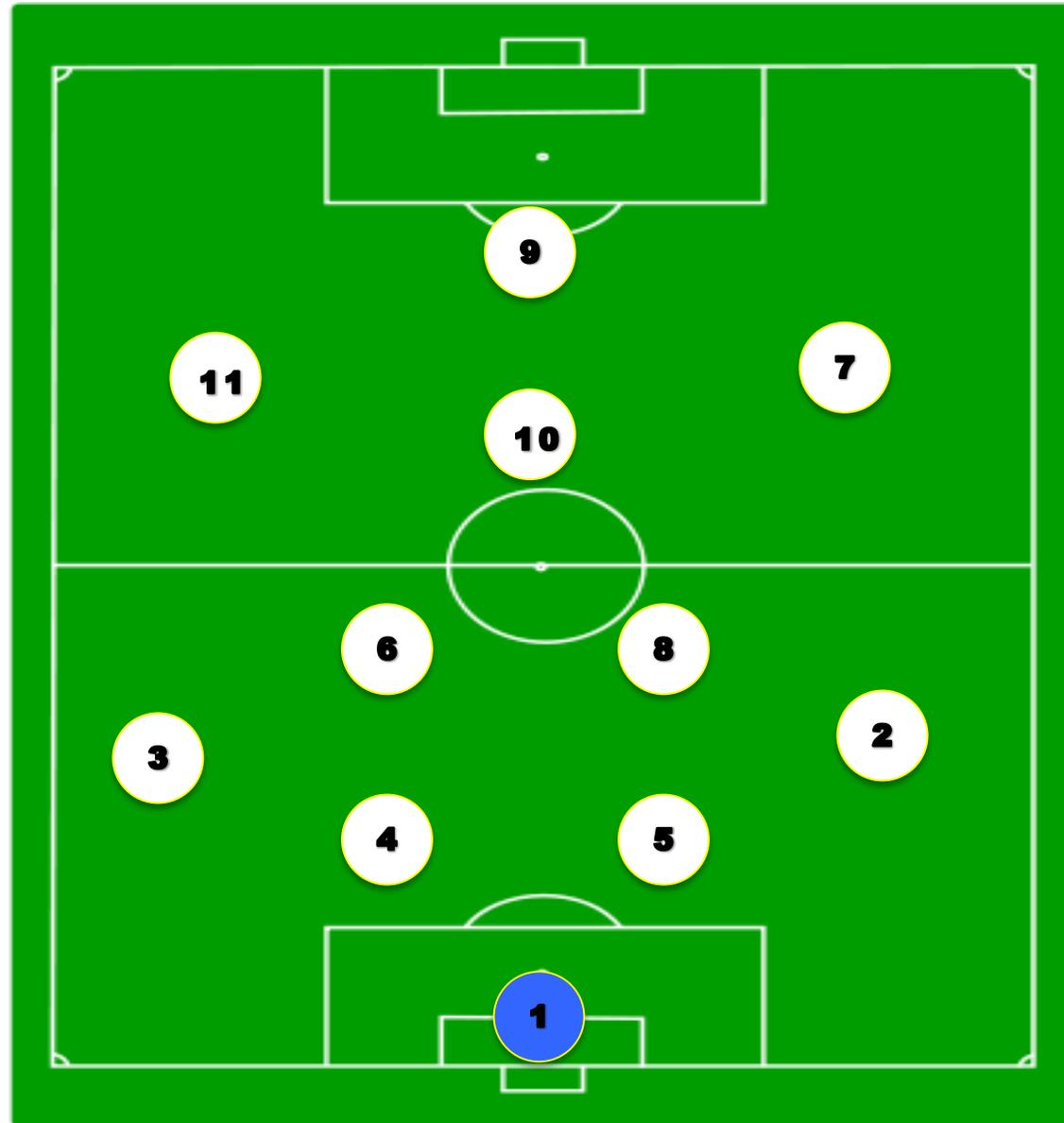


**CONTINENTAL FC ECNL AND NPL  
TACTICAL ROLE DEFINITIONS FOR  
1 - 4 - 2 - 3 - 1**





# CONTINENTAL FC ECNL AND NPL POSITION NUMBER SYSTEM





# CONTINENTAL FC ECNL AND NPL #1 GOALKEEPER



## Technical

- Excellent and varied handling techniques
- Excellent diving techniques on both sides
- High quality distribution, distance and accuracy using both hands and feet
- Commanding and technically sound in 1vs.1 situations
- Commanding and technically sound with high balls and crosses into the box
- Has excellent starting positions
- Can move feet quickly into the correct position.

## Tactical

- Knows when and where to assist teammates and has good angles and distances to offer support
- Has ability and understanding to start counterattack with quick distribution
- Excellent understanding of team shape and tactics, knows when to play long and when to play short
- Knows the role of the goalkeeper within the team
- Organizes well on all set pieces
- Has good starting positions and knows where she is in relation to the goal at all times

## Physical

- Must be athletic and have a presence to fill the goal
- Must have strength in both upper and lower body
- Agile/Mobile
- Has good acceleration and quick feet over short distances
- Must have very good flexibility
- Has good spring

## Mental

- Confident and commanding
- Can listen and communicate well with teammates and staff, taking in information quickly
- Is focused and has excellent concentration
- Can organize effectively
- Has the ability to deal with mistakes on the pitch
- Can problem solve under pressure
- Has good decision making skills and soccer intelligence
- Has character and personality



### IN POSSESSION

- On the edge of your box ready for any long balls over the top if we lose possession.
- Always ask for the ball if your teammate is facing you and is under pressure so we can play out of the pressure or clear the ball.
- Always look to restart the game quickly after a save to utilize the counter attack.
- We want to play out of the back so can you find one of your center backs or full backs further up the field with a throw/pass or your holding midfielders if they are available.
- If you are under pressure it goes long on a diagonal because of our 3 forwards, safety first when high pressure is applied.
- Ensure back four get up when we are attacking in the opposing teams defensive third to close the gap. As this is happening communicate location of recovering Forwards.
- Constant communication to your back four to keep you and them focused.

### IN DEFENSE

- Communicating must be assertive and specific so they can hear you and understand your directions.
- Ensure we always have our shape and that we have numbers up when defending. Pay attention to weak side when ball is in wide areas to ensure full backs are not out-numbered or in a bad match up when the ball gets crossed.
- From set pieces get the team organized quickly and into the positions they have been assigned by the coaches so we are prepared for anything taken quickly. Own your six yard box, come and get the ball when you can as it builds confidence through the team.
- Provide cover for the back line on counter attacks by staying out of your area when the ball is in the oppositions half.

### IMPACT ON GAME

- Shutouts and lots of them! Pride yourself on not conceding goals. You should be annoyed and ask questions of yourself and your teammates when we do concede a goal, look for answers, learn and move on quickly.
- Do NOT give up soft goals. They demoralize a team so make the opposition work to earn their goals.
- Make the saves you're supposed to make; now and again, make the saves you're not supposed to make. They lift a team.
- Be a leader and demand the respect of your players by being vocal, as they will listen to ensure we accomplish our goal of becoming a very difficult team to score against.



# CONTINENTAL FC ECNL AND NPL

## #2 / #3 OUTSIDE BACK



### Technical

- Ability to use both feet – passing and receiving
- Secure, intelligent and reliable short passing
- Ability to hit CF with long ball or clip in channel
- Can deliver a final ball to create chances (pass/cross)
- Can run with the ball
- Competent header of the ball
- Can defend 1v1, knows when to show inside/outside
- Blocks crosses & shots
- Can defend the far post
- Tackles well, with correct foot with good timing
- Can clear the ball off both feet with height, distance and direction.

### Tactical

- Knows when to take the ball from GK to start play
- Will support behind wide midfielder, never in same line
- Know when to inner/overlap at pace
- Available as outlet on opposite side when play building
- Good positional sense relative to where the ball is
- Positionally correct in her unit, not dragged out
- Awareness of movement around and in behind
- Knows when to get tight and when to drop off
- Doesn't ball watch or get dragged to the ball
- Marks in correct positions
- Covers fellow defenders correctly
- Intercepts well

### Physical

- Has energy and stamina – can get up and down the field
- Is mobile and agile – can move feet quickly sideways and backwards
- Has pace and acceleration over shorter and longer distances
- Has a good leap and times her jumps well

### Mental

- Plays with focus and concentration
- Is brave and courageous
- Has self control, is calm and composed
- Plays with controlled aggression
- Has good soccer intelligence
- Communicates well, can organize and lead
- Can make correct decisions under pressure
- Is competitive, determined and has a winning mentality
- Can deal with adversity well



# CONTINENTAL FC ECNL AND NPL

## #2 / #3 OUTSIDE BACK

### IN POSSESSION

- When we are playing out of the back you should be as high as the defensive midfielder and as wide as possible. Let the center backs get the ball from the GK and if they are pressured then our GK can find you with a longer pass in the air or you can receive off of center back/holding midfielder higher up the field.
- Must connect low risk passes in defensive/middle thirds of the field. CANNOT give the ball away cheaply as we will be punished against quality opposition.
- You are an attacking player when we have the ball, especially when the ball is on your side but ideally both full backs are getting forward when possible, especially when the attacking players are stationed more centrally.
- Vary your runs. Overlap the wide forward player on your side, run inside the forward player at times, get into the space in wide area of the field when they drift inside, support behind and be in a position to deliver ball into the box or switch play at the very least.

### IN DEFENSE

- Win your 1 v 1 battles with their wide players. Don't allow yourself to get beat, stay on your feet and be patient. Be smart amount when and where you conceded free kicks
- Try to channel inside to where we have numbers and channel outside away from our goal when they get in and around our box.
- Win your headers and NEVER let the ball bounce.
- Stay compact and stay connected with the center back on your side to eliminate big gaps between the back four.
- When the opposing team has time on the ball drop as a unit to eliminate space in behind. When we have pressure on the ball or they play a negative pass step up and push everyone in front of you up to apply pressure and ensure we close gaps.
- If a center back gets dragged out of position get compact and become a back three and force opposition to play wide to allow us time to get shape back.
- When ball is on opposite side and opposite full back is pressuring the ball stay connected with center back on your side. Keep shoulders open to the field in order to see the runs from the blind side. This player is the least dangerous player due to the fact the ball must travel a significant distance, which will give you time to react and win ball/apply pressure.

### IMPACT ON GAME

- Do NOT give the ball away in our defensive third, as we will get punished.
- Limit through balls to split you and the center back you are playing next to or ball over the top that allows your player to get in on goal/get to end line.
- Get into attacking third at least 5 to 6 times a half and put quality balls into the box or create space for our forwards with your runs.
- Support forwards/midfielders so we can switch point of attack or play back.
- Take set pieces on your side both throw ins and free kicks with quality not acceptable to give possession away on a set play.



# CONTINENTAL FC ECNL AND NPL

## #4 / #5 CENTER BACK



### Technical

- Ability to use both feet
- Secure, intelligent and reliable short passing
- Can pass long into CF or hit big diagonals to switch play
- Can carry the ball into midfield areas
- Can clear the ball off both feet with height, distance and direction
- Can defend 1v1 and is defensively composed especially in wide areas.
- Tackles well with correct foot
- Can block crosses and shots
- Wins defensive headers with height, distance and direction – heads into correct areas
- Composed and comfortable on the ball

### Tactical

- Good positional sense in relation to the ball and defensive unit
- Knows when to take the ball from GK to start play
- Knows when to pass and when to clear
- Can identify the correct first pass after possession regain (transition)
- Keeps team shape wherever the ball is
- Awareness of movement around her
- Positional awareness, not dragged out of slot, knows how far to go and when to pass players on.
- Pro-active in sensing danger and reading the game and covers defenders correctly
- Marks in correct positions
- Anticipates errors and intercepts well

### Physical

- Height, stature and presence
- Mobility & agility, can turn and move her feet quickly backwards and sideways
- Pace over long and short distances
- Good leap and times her jumps well
- Commanding, powerful and strong
- Strong when defending set pieces
- Tough
- Can deal with opponents who are bigger than her

### Mental

- Plays with focus & concentration
- Is tough, brave and courageous
- Has self control, not rash, calm and composed
- Plays with controlled aggression
- Has good football intelligence
- Communicates, organizes and leads
- Can make correct decisions under pressure
- Is competitive, determined and has a winning mentality
- Can deal with adversity well
- Is resourceful, can find solutions to problems



### IN POSSESSION

- We want to build from the back so get wide when keeper has the ball so she can find you. If you are not on, you will have created space for the holding mid to come and get it from our keeper.
- Pass with pace and accuracy, do NOT give the ball away in our defensive third.
- If it has to go long at times then so be it, safety first when under pressure.
- Push the back line up when we are attacking, constant communication.
- When in possession-based attack, become an outlet to change the point of attack.
- Always ensure we have one holding mid when we attack to slow down any counter attack. If opposition keeps numbers forward when we have the ball, keep one of your full backs at home. We should have one more defender than they have attacker.

### IN DEFENSE

- You must be leaders on the team both vocally and by your actions on the field.
- Quickly recognize opponents attacking philosophy and make necessary adjustments quickly.
- Organize your back four and midfielders in front of you to ensure we have our shape, which consists of two lines, def back four and midfield 5. This will make us difficult to play through or in behind. Lines are taken off the amount of pressure we have on the ball or do not have on the ball, 1) drop when the opposing players have time on the ball, 2) step up when we have pressure and their head is down/play negative pass
- Ensure the full back & center back you are playing next to stay connected and there is also depth with in the line at all times.
- Win your headers & tackles. Ball should never bounce or get in behind you by misjudging the flight. You can always come on to the ball but going backwards to defend means we are in trouble.
- Look to intercept passes to forwards feet. If you can't, stand up and be patient, DO NOT give away unnecessary free kicks by losing your patients and bundling into forwards from behind, set pieces can be the difference in winning and losing games.

### IMPACT ON GAME

- Do NOT give the ball away in our defensive third as we will get punished.
- Limit through balls to split you and the center back/full back you are playing next to or a ball over the top that allows the player you are responsible for to get in on goal.
- Set pieces are huge at this level. Win the battle in both boxes, get organized quickly and win your defensive headers and clear your lines (height and distance is key in clearances) when under pressure.
- From an attacking standpoint be a threat from set pieces, one/both of you can go forward if you will attack the ball and give us a goal scoring threat, just ensure we have cover defensively.
- BE A LEADER VOCALLY AND IN YOUR ACTIONS.



# CONTINENTAL FC ECNL AND NPL

## #6 / #8 HOLDING MIDFIELDER



### Technical

- Comfortable on the ball, can play with both feet
- Can receive & play in tight congested areas facing goal or with her back to goal.
- Good awareness
- Can play one touch and combine with others
- Can get turned on the ball
- Has ability to play short and long, can switch play and hit long diagonal balls.
- Can play key passes and has good end product.
- Can run the ball through midfield
- Defends well – can tackle, jockey, intercept and block
- Has a good level of aerial ability
- Goal threat

### Tactical

- Makes himself available. Wants the ball to start play. Controls, organizes and dictates play for the team
- Is positionally disciplined and holds when required
- Makes correct runs forward at right times
- Knows when to help the ball on and when to bring down and play
- Can screen the back four pick up 2nd balls
- Can provide cover & balance
- Knows when to press and when to hold
- Has the ability to switch quickly between pressing and possession
- Has awareness to spot and track runners, covers and passes on when needed

### Physical

- Has energy and stamina
- Acceleration and pace over long and short distances
- Has mobility and agility; can change direction at pace
- Has strength on the ball and can hold off and dispossess opponents
- Can run with power and pace
- Good leap and times her jumps well
- Can press and get to people
- Tough

### Mental

- Prepared to work very hard
- Is tough, brave and courageous
- Is competitive, determined and has winning mentality
- Has self control, transmits a sense of control, calmness and composure
- Plays with controlled aggression
- Football intelligence to control the game and make correct decisions
- Can adapt to different systems
- Communicates, organizes and leads



# CONTINENTAL FC ECNL AND NPL

## #6 / #8 HOLDING MIDFIELDER

### IN POSSESSION

- Look to come and get the ball from your center backs and full backs [can come in as 3<sup>rd</sup> center back] as we want to encourage building from the back and that means we need as many options for the player on the ball as possible.
- Awareness is essential to playing this position well. Head on a swivel at all times so you have a plan in mind as the ball is being played to you.
- Receive side on when possible so you can take your first touch forward and pass with a purpose.
- Accuracy and weight of pass is required when playing this position, do NOT give the ball away in our defensive/middle third. Play the high percentage pass and keep the ball moving with limited touches and time in possession
- When we have the ball one player will be assigned the holding midfielder role so they must always sit a little deeper than our attack. This will allow us to get a hold of the ball when it is cleared and start another attack which would usually mean getting the ball wide or playing a ball in behind as the opposition steps up.

### IN DEFENSE

- The holding midfielders will sit in front of the back four and look to win headers, tackles & intercept passes that are intended for forwards feet or through gaps in our defense.
- Force the opposition to play hopeful balls rather than allow them to connect passes and link up.
- When in midfield third must get head down of the opposition midfielder by high pressure to limit their vision and hopefully win the ball where possible with a strong tackle.
- One holding mid must always sit deeper than the other to have presence in front of back line and also must sit deeper than our attack to slow down any counter attack, and allow us time to make recovery runs, as we will commit numbers forward when we have the ball.
- May be required to fill in for back line if a player has carried the ball out into the midfield if opposition is playing low pressure.

### IMPACT ON GAME

- Find space to receive passes which will allow us to play out of the back and through the thirds.
- Always want to get on the ball and help us dominate possession and control desired tempo of the game in relation to the tactical requirements at that stage.
- Pass with a purpose, which means first look is always forward, we don't want to over pass just for the sake of it, as that is when we will give the ball away and get punished.
- Be a leader vocally and with your actions. Strong in the tackles and when challenging for headers. Win the midfield battle both physically and technically as games are won and lost in the heart of the midfield.



# CONTINENTAL FC ECNL AND NPL

## #10 ATTACKING MIDFIELDER



### Technical

- Technically excellent
- Strikes the ball well (passing and shooting)
- Can protect the ball well
- Has quick feet and is generally skillful
- Can play and retain possession in tight areas
- Can receive the ball in tight areas when facing goal and with back to goal
- Ability to get turned
- Can intercept and block opposition passes into midfield
- Good finisher, goal scorer

### Tactical

- Plays with imagination
- Can find space and get on the ball
- Commits defenders
- Varies movement long and short
- Is intelligent and has good anticipation
- Creates chances
- Can link and combine with others
- Can get back in position to pick up holding midfielder
- Can press but knows when to conserve energy
- Anticipates possession regain
- Excellent decision maker

### Physical

- Must have pace
- Strong enough to protect the ball
- Mobile, agile and have quick feet
- Must have stamina and energy

### Mental

- Prepared to work hard
- Plays with focus and concentration
- Positive presence on the field, positive body language in adversity
- Sound temperament – response well to being fouled
- Wants to be involved, doesn't hide
- Has football intelligence to get into correct positions
- Can identify and exploit opposition weakness



# CONTINENTAL FC ECNL AND NPL

## # 10 ATTACKING MIDFIELDER

### IN POSSESSION

- Look to find space between opposing team's midfield and defense. This will enable you to receive passes on the turn and commit defenders and play dangerous through balls/take shots on goal.
- Support striker and get into position to receive ball back, so we can create up-back and through situations, which will allow us to get our wide players in behind their defense.
- Make advanced runs off of striker to look to get through on goal.
- Mobility is key, the role gives you the license to get into various positions on a consistent basis, this will make you difficult to pick up
- Have awareness of the oppositions shape defensively and quickly realize the pockets of space this will create and exploit the weaknesses they demonstrate.
- Must limit touches and keep ball moving when in central areas of the field. Look to get the ball to our wide players so they can attack full backs.
- Weight & accuracy of pass is essential to getting our front players in on goal.
- Get into the box as much as possible when ball is coming in from wide areas.
- Dribble at defenders and back them into their own box as much as possible as good things will happen.
- This position requires great awareness and soccer IQ as the space will be at a premium and you must find it in order for us to be successful.

### IN DEFENSE

- Look to sit in front of holding midfielders and intercept passes when possible.
- Force play to one side where we have numbers. Support striker if she recognizes when to apply high pressure (bad pass, bad touch etc...) and ensure midfielders behind you follow suit so we defend in groups and not as individuals.
- Be strong when tackling and challenging for headers. Do the dirty work as well as the creative play when we have the ball.
- Stop the opposition changing the point of attack through their holding midfielder.

### IMPACT ON GAME

- Defend with intelligence, channel opposition to one side so we make them predictable.
- Create goal-scoring opportunities for the team.
- Score goals both from outside the box and by making runs into the box and getting on the end of crosses or picking up second balls and finishing them.
- Combine in central areas to force the opposition to collapse and then get ball out to our wide forwards so they can attack space and create dangerous 1v1 situations for us.



# CONTINENTAL FC ECNL AND NPL #7 / #11 WIDE ATTACKING MIDFIELDER



## Technical

- Can receive in tight/congested areas
- Can get turned on the ball
- Comfortable on the ball and can play with both feet
- Has secure, intelligent and reliable short passing
- Can beat players with trickery and/or pace, can go inside or outside opponent.
- Can run with the ball at pace
- Can play key passes and has end product
- Good technique and variation in crossing ability
- Can play on both sides of the field
- Competent in the air
- Has good quality on set pieces
- Defends well – can tackle, jockey, intercept and block
- Goal threat

## Tactical

- Makes himself available to get on the ball
- Give the team width
- Has awareness to come in off the line and receive in pockets of space
- Can combine with others
- Vision and ability to see best option
- Clever movement to create space for self and others
- Prepared to make forward runs without the ball
- Positionally sound, understands defensive roles
- Knows when to get tight and when to cover space
- Can identify and track runners
- Must protect the full back
- Willing and able to close down quickly
- Can contribute at set pieces against

## Physical

- Acceleration and pace over long and short distances
- Strength on the ball to hold off defenders
- Energy and stamina to get up and down the field
- Mobile and agile with quick feet.
- Good leap and times her jumps well
- Pace to beat opponents on the outside.
- Low center of gravity can be desirable.

## Mental

- Prepared to work hard
- Plays with focus and concentration
- Positive presence on the field, positive body language in adversity
- Sound temperament – response well to being fouled
- Wants to be involved, doesn't hide
- Has football intelligence to get into correct positions
- Can identify and exploit opposition weakness
- Tough, brave and courageous



# CONTINENTAL FC ECNL AND NPL

## #7 / #11 WIDE ATTACKING MIDFIELDER

### IN POSSESSION

- Look to establish width at times so we can get you the ball to go at the full backs 1 v 1.
- Be efficient when taking on players. Beat them once and then drive to goal and shoot or put ball in box if teammates are in better position to score than you. Stay confident and ruthless against your match up.
- At times drift inside to support striker which will also leave space for full back or attacking midfielder to get in and allow us more players in the box when the ball is crossed.
- You should be in the box every time the opposite wide forward puts in a cross. When you are putting in the cross, make sure it is whipped with pace and away from the keeper.
- Remember, the ball doesn't always have to go forward. If you are outnumbered use your supporting full back or midfielders so we retain possession and do not force things.
- Recognize counter-attacking moments instantly and provide instant high width.
- Evaluate your match up with full back quickly and understand what how your strengths will be most effective against her weaknesses. If something works repeat until stopped.

### IN DEFENSE

- You are a wide midfielder when we don't have the ball, if you are not applying high pressure (they have complete control of the ball) then drop back and get your line with the holding midfielders, you should be slightly in front of them so you can put pressure on the ball if they are playing out of your side.
- If the ball is on the opposite side of the field pinch in and get connected with your holding midfielder. Stay connected as the ball is being moved to eliminate gaps to play through.
- Channel ball inside to where we have numbers, and make them predictable.
- Win your tackles and headers, look to intercept passes and start attacks when possible.

### IMPACT ON GAME

- To create and score goals for the team. To be a constant threat when we have the ball.
- Recognize when to link up and keep ball moving (outnumbered). When to get at players and make things happen (one on one/space in behind).
- To defend and help the team soak up some pressure when necessary. Do what it takes to give the team the best chance of being successful.
- Must always be focused/positive you may only get a few chances to really impact the game and when they come you must be ready and confident.



# CONTINENTAL FC ECNL AND NPL

## # 9 CENTER FORWARD



### Technical

- Good finisher, goal scorer
- Comfortable on the ball, can play with both feet
- Can receive in tight and congested areas facing goal and with back to goal
- Can play one touch or can receive and get turned on the ball
- Can run with the ball at pace or can hold the ball up and link play
- Can shoot with both feet from a variety of positions
- Has excellent aerial ability – goal kicks, set pieces, goals
- Can run with the ball, dribble and beat players
- Can play key passes, deliver crosses and has good end product
- Individuality - can create chances/goals for himself

### Tactical

- Can combine with others in the final 3rd
- In six yard box, is between posts when ball comes in to score from close range
- Good movement – into channels, in behind, towards the ball etc.
- Good movement in box – to attack crosses, pull off, drift off the back, get across the front, dart in behind
- Chases lost causes
- Reads defensive line (isn't offside)
- Can play up front or her own or in a pair
- Drops in to pick up defensive midfielder, presses from the front, unsettles defenders and forces errors
- Can anticipate regains and takes up good positions
- Must be able to defend at set pieces.

### Physical

- Height, stature and presence
- Pace and acceleration over short and long distances
- Strength and power on the ball to hold off defenders
- Can close down and press to force errors
- Good leap and spring
- Mobile and agile, can change pace and direction
- Energy and stamina to keep pressing/chasing
- Can cope with contact and physicality without getting injured
- Sharpe, quick reactions.

### Mental

- Prepared to work hard, chases lost causes and presses from the front
- Needs to be selfish at the right times
- Plays with concentration and focus, even if not involved for long periods
- Positive presence on the field, positive body language in adversity
- Sound temperament - doesn't react to provocation
- Is competitive, determined and has winning mentality
- Has confidence to keep trying things
- Cool and calm under pressure
- Has football intelligence - makes good decisions, anticipates.



# CONTINENTAL FC ECNL AND NPL

## #9 CENTER FORWARD

### IN POSSESSION

- Good movement off the ball to take defenders away to create space, to receive pass and for teammates penetrating runs.
- Play with your head up, awareness is key when looking for space.
- Link up with midfield. Hold ball up and play the way you are facing and then move off the ball to get into dangerous attacking positions.
- Intelligent runs across/behind defenders to look to get through on goal.
- Look to create numerical advantages where possible as this will lead to goal scoring opportunities.
- Must be in the box when balls are coming in from wide areas. Timing and bravery will be the key to getting on the end of crosses, attack the ball like you believe you are going to score.
- Stay alert to pick up second balls in and around the box and look to get your shot off quickly.
- Hit the target consistently with a variety of techniques when under pressure or in space.

### IN DEFENSE

- Defend from the front. Recognize when to apply pressure (bad pass, bad touch etc...) and when to drop off (they have clear possession) and let them have the ball, as you don't want to waste energy chasing lost causes.
- When you do decide to apply pressure high up the field, make sure you bring your attacking midfielder with you as well as the wide player on that side.
- Try to force them to one side. We can make them predictable by having our wide players force their full backs to pass inside to where we have numbers and can win the ball back consistently.

### IMPACT ON GAME

- Score goals, create goals for teammates.
- Be a constant threat when we are attacking.
- Play with intelligence and use your teammates to combine, as we move quicker without the ball than with it.
- Be ruthless in front of goal. Convert the majority of your chances to give the team the best chance of being successful.