System of Play
Position Numbers and Player Profiles
System of Play 1-4-3-3

4 Backs
3 Midfielders
3 Forwards
1 Goalkeeper
System of Play 1-4-3-3

U.S. Soccer Position Names and Numbering System

- Goalkeeper
- Right Outside Back
- Left Outside Back
- Center Back
- Center Back
- Center Midfielder
- Attacking Center Midfielder
- Defensive Center Midfielder
- Left Winger
- Right Winger
- Left Outside Back
- Center Back
- Center Back
- 11 Left Winger
- 7 Right Winger
- 8 Center Midfielder
- 6 Defensive Center Midfielder
- 10 Attacking Center Midfielder
- 9 Center Forward

<TTPM> POSITION PROFILE

<T> TECHNICAL

<T> TACTICAL

<P> PHYSICAL

<M> MENTAL
Position-Specific Profiles
Position Profile: Goalkeeper

#1 GOALKEEPER

- Collecting, handling & serving with hands & feet.
- Receiving aerial service (all angles, distances)
- Tackle, regain possession one v one

- Command, direct team during re-starts
- Organize, direct team actions in own half
- Transition to attack - possess or penetrate

- Power, acceleration and explosive movement
- Aerial mobility maximize height and reach
- Maximal Speed of Reaction

- Alert and focused, constant assessment of play
- Lead - confident, decisive mentality
- Resilient - re-focus on targets, objectives
Position Profile: Outside Backs

#2, 3 OUTSIDE BACKS

+ Collecting the ball efficiently, serve, run fwd.
+ Full passing range, crosses from flank channel
+ Tackle, intercept, regain possession of ball

+ Recognize, execute penetration on flanks
+ Organize and direct #7, #11 in defending role
+ Central channel balance, cover for #4, #5

+ Speed endurance- repeated explosive runs
+ Acceleration- change speed response to ball
+ Endurance, box-box range for the full match

+ Confident competitor in one-one isolation
+ Confident in attacking and defending roles
+ Alert, immediate response in transition
Position Profile: Center Backs

U.S. Soccer Position Names and Numbering System

#4, 5 CENTER BACKS

+ Marking, tracking, intercepting and tackling
+ Heading, 1-touch passing on aerial serves
+ Passing to penetrate (all service types)

+ Decide, execute - mark opponent or mark space
+ Build-out, possession, tempo in central channel
+ Organize, direct outside backs and c. midfielders

+ Aerial - max. use of height, explosive movement
+ Rx Speed - adjust to ball, opponent movement
+ Agility - change direction in response to cues

+ Decisive leader - command and direct teammates
+ Control and composure under pressure
+ Focus - assess and prepare when ball is away
Position Profile: Center Midfielder

Position Names and Numbering System

#6, 8 CENTER MIDFIELDER

- Marking, tracking, intercepting and tackling
- Collect, turn, re-direct to all regions of field (360)
- Passing to penetrate (all service types)
- Primary option for build out and possession
- Defensive control centrally in front of backs
- Penetrate- movement, passing or running w/ ball
- Mobility- multi-directional, box-box, centrally
- Speed endurance- intermittent, intense actions
- Explosive movement- max. acceleration
- Energized- maximal effort to connect the team
- Game Awareness- control tempo & speed of play
- Self-less- effort to connect all parts of the team
Position Profile: Attacking Center Midfielder

#10 ATTACK C. MIDFIELDER

- Collect and turn under pressure.
- Passing - penetration and goal-scoring chances
- Dribbling or striking to score goals.

- Mobility - create separation from opponent
- Create scoring opportunities for teammates
- Transition - join 1st line of defending pressure

- Explosive movement - separation from opponent
- Acceleration - change direction or change speed
- Strength - shoot from distance, challenge for ball

- 360 degree awareness - mental focus
- Ambitious attacking mentality
- Perception - focus on multiple, complex cues
Position Profile: Wingers

- Flank service at high pace with either foot
- Running with the ball, high pace (penetration)
- Ball preparation, dribbling and ball manipulation
- Transition - react, recover as 1st flank defender
- Mobility to create team crossing opportunities
- Mobility, timing of runs for central goal scoring
- Speed endurance, high pace, frequent transition
- Acceleration - with and without the ball
- Agility - efficiency in changing direction
- Ambitious penetrating attitude
- Patience - prepared to maximize opportunities with the ball
- Focus - constant attention to game cues without the ball
Position Profile: Center Forward

U.S. Soccer
Position Names and Numbering System

1. Goalkeeper
2. Right Outside Back
3. Left Outside Back
4. Center Back
5. Center Back
6. Defensive Center Midfielder
7. Right Winger
8. Center Midfielder
9. Center Forward
10. Attacking Center Midfielder
11. Left Winger

#9 CENTER FORWARD

+ Scoring - one-touch on demand (head and feet)
+ Receive, secure ball under pressure
+ Able to turn and face the goal (Penetrate)

+ Mobility, timing to optimize scoring chances
+ Recognize, attack the spaces behind the defense
+ Pressure, contain opponents' build out

+ Speed Endurance - repetitive explosive runs
+ Strength - compete for possession
+ Explosive movement - compete for aerial service

+ Persistence - remain in advanced position
+ Aggressive attitude to compete for the ball
+ Alert, anticipate positive opportunities
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