

NKSA CLUB DNA-Player Roles

HOW WE PLAY



#1-Goalkeeper

TECHNICAL

- Strike goal kicks and punts accurately over distance
- Handle shots at all heights and speeds
- -Mastered diving techniques (low, medium, high)
- Able to cut down angles in 1v1 situations
- Ability to deal with crosses, catch or punch
- Tackle, regain possession 1v1

TACTICAL

- Reading and anticipating balls played behind the defense; judge when to stay or come off the line
- Positioning for shots around the 18 yard box
- Command, organize team in own half; direct team during re-starts
- Transition to attack- possess or penetrate

PHYSICAL

- Reaction time
- Explosive (jump/dive)
- Strong in the air
- Ability to change direction quickly
- Presence to cover goal

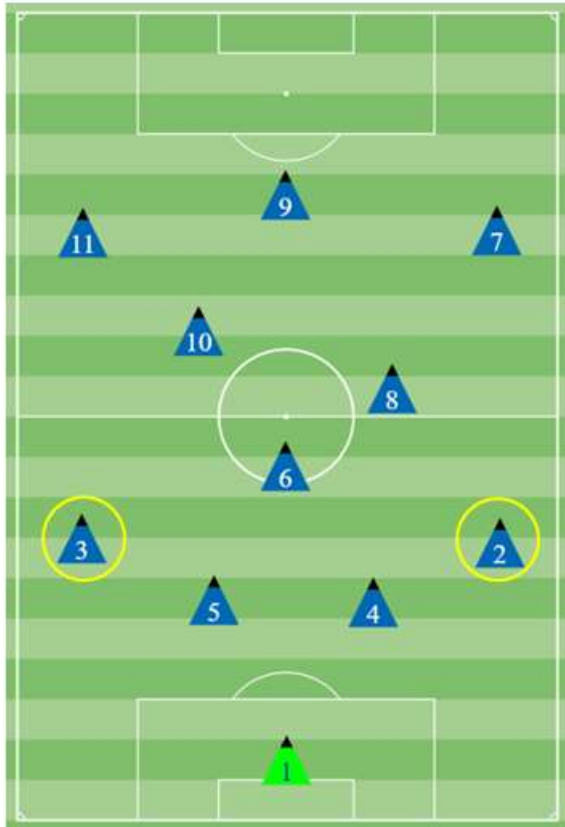
MENTAL

- Alert and focused
- Decisive
- Resilient
- Ability to lead defensive line of the team
- Ability to lead in the practice environment
- Is willing to sacrifice for the team
- Inspires others



NKSA CLUB DNA-Player Roles

HOW WE PLAY



#2/3 Outside Backs

TECHNICAL

- Tackle (block, poke, slide or steal); intercept ball to regain possession
- Heading
- Break the opposition line dribbling or passing
- Penetrate in 1v1 & 2v1 situations
- Ability to provide different types of passes from multiple angles
- Right footed (2), Left footed (3)

TACTICAL

- Understands the principles of defense & role in the defensive block
- Understands when to step vs drop
- Understands how to track, balance the back line and hold a line
- Understands 2v1 situations; creating wall passes and over/undertaps

PHYSICAL

- Fast / Dynamic to defend/track players, transition quickly A>D / D>A
- Powerful when dribbling with ball
- High anaerobic capacity, ability to run end line to end line
- Recovery on the field
- Agility and balance (1v1 Def & Att.)

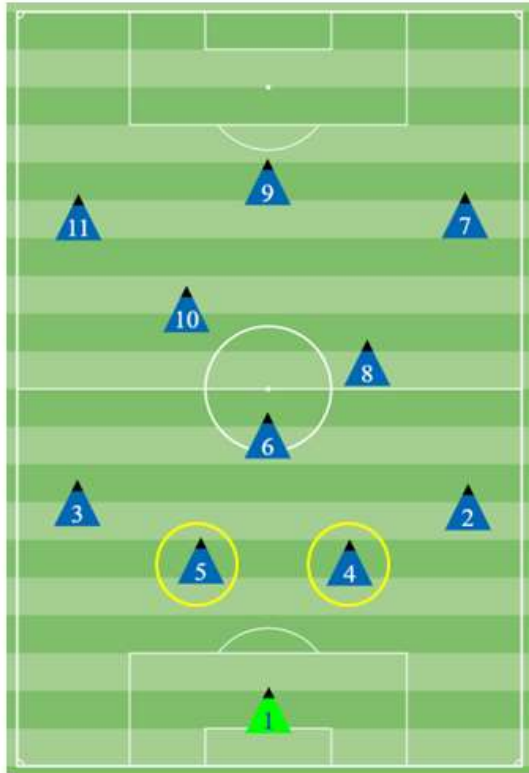
MENTAL

- Confident in 1v1 encounters
- Alert, attentive to transition
- Able to deal with adversity
- Performs under pressure
- COURAGEOUS



NKSA CLUB DNA-Player Roles

HOW WE PLAY



#4/5-Center Backs

TECHNICAL

- Marking, tracking, intercepting and tackling (block, poke, slide or steal)
- Heading, 1-touch passing on aerial serves
- Passing to penetrate and build out (all service types)
- Win 1v1 individual battles.
- Use all surfaces to control ball
- Heading

TACTICAL

- Understands the principles of defense, role in defensive block
- Build-out, possession, tempo in central channel
- Organize/Direct outside backs and midfielders
- Understands when to step vs drop; tackle vs delay; mark space vs mark man
- Understands how to track, balance the back line and hold a line

PHYSICAL

- Speed- adjust to ball, opponent movement
- Agility- change direction in response to cues
- Ability to jump and play above players
- Tall & strong / difficult to get around or over
- Can hold players off, block runs and unbalance attackers

MENTAL

- Decisive
- Control and composure under pressure
- Focus- assess and prepare when ball is away
- Able to deal with adversity
- Performs under pressure
- COURAGOUS



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HOW WE PLAY



#6-Holding Midfielder

TECHNICAL

- Marking, tracking, intercepting and tackling
- Intercept penetrating passes and protect the back line
- Win 1v1 individual battles.
- Use all surfaces to control the ball for quick transition
- Build out with a wide range of passes
- Heading

TACTICAL

- Understands the principles of defending centrally and protecting the back 4
- Read opposition attack to anticipate penetrating passes, protect back line
- Understand primary option for build out and possession
- Recognizes when to transition effectively

PHYSICAL

- Speed endurance-intermittent, intense actions
- Explosive
- Dynamic, multidirectional player.
- Strong / physical presence

MENTAL

- Energized
- Game Awareness-control tempo
- Deals with adversity
- Performs under pressure
- Self-less
- ACCOUNTABLE



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HOW WE PLAY



#8 Center Midfielder

- circumstances (box to box)
- Transition quickly A>D / D>A

TECHNICAL

- Collect, turn, re-direct to all regions of field (360)
- Passing to penetrate (all service types)
- Use all surfaces to control the ball
- for quick transition
- Combine with short passes
- Shoot from distance
- Ability to tackle (block, poke, slide or steal)

PHYSICAL

- Speed endurance- intermittent, intense actions
- Explosive/Dynamic, multidirectional player.
- Agility to be a multidirectional player.
- Fitness to play box to box

MENTAL

- Game Awareness- control tempo & speed of play
- Able to deal with adversity
- Performs under pressure
- CREATIVE

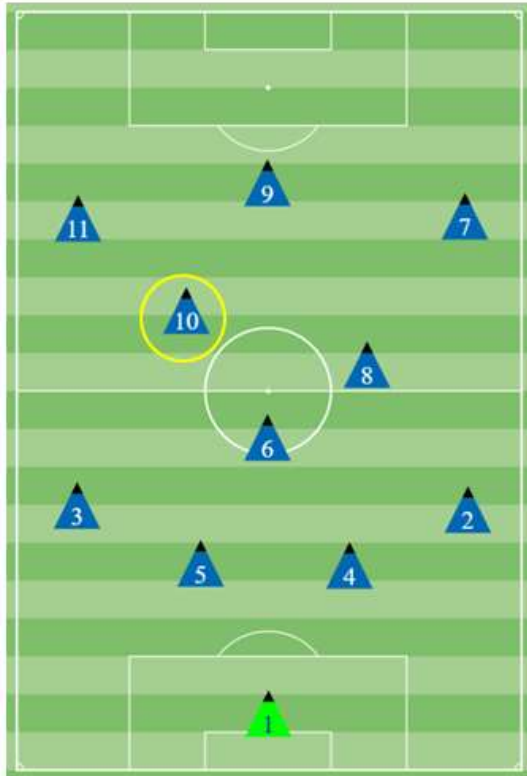
TACTICAL

- Penetrate- movement, passing or running w/ ball
- Understands the principles of defending centrally within midfield block
- Read/Intercept penetrating passes and protect the back line
- Understands how role can change based on



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HOW WE PLAY



#10- Attacking Midfielder

TECHNICAL

- Collect and turn under pressure.
- Passing- penetration and goal-scoring chances
- Use all surfaces to control the ball and create scoring chances
- Dribbling or striking to score goals from various distances/angles

PHYSICAL

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

MENTAL

- Focus-360 degree awareness
- Ambitious attacking mentality
- Perception- focus on multiple, complex cues
- Able to deal with adversity
- Performs under pressure
- CREATIVE

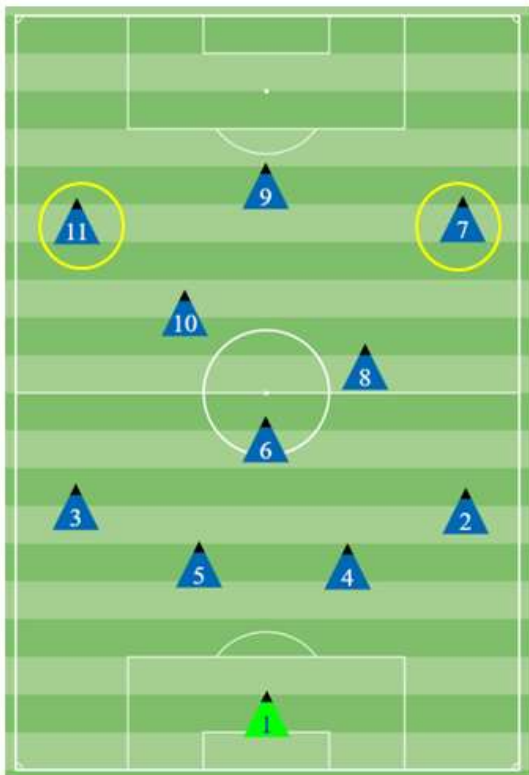
TACTICAL

- Mobility- create separation from opponent
- 360 degree awareness- mental focus
- Create scoring opportunities for teammates
- Understands role in defending. Transition join 1st line of defending pressure



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HOW WE PLAY



#7/11 Outside Forwards

TECHNICAL

- Ball control, dribbling and ball manipulation
- Running with the ball
- Serve/crossball from multiple angles
- Score different types of goals
- Ability to track and tackle

TACTICAL

- Support the midfield in possession, break the line of defense
- Understands the principles of attack
- Understands when/where to make runs
- Recognizes 2v1 situations, creates wall passes and over/underlaps
- Understands the priorities of the 7/11 based on the system of play

PHYSICAL

- Fast / Dynamic to run behind defenses and run with the ball
- High anaerobic capacity, ability to run end line to end line and ability to play full game
- Powerful when dribbling with ball
- Agility-effective in changing directions

MENTAL

- Ambitious penetrating attitude
- Patience- prepared to max opportunities w/ ball
- Focus- constant attention to game cues w/o ball
- Able to deal with adversity
- Performs under pressure
- Creativity
- SERVICE



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HOW WE PLAY



#9-Center Forward

TECHNICAL

- Ability to score different types of goals from all areas of the Final Third
- Finish 1-touch from crosses (volley and head)
- Ability to receive balls with different surfaces and play w/back to goal (Target)
- Penetrate in 1v1 situations

TACTICAL

- Understands the principles of attack
- Understands TIMING, when/where of runs
- Understands role in defending, transition, first line

PHYSICAL

- Fast / Dynamic to run behind Defenders
- Strong to play as a target forward
- Powerful when dribbling with ball
- Explosive competing for aerial balls

MENTAL

- Alert-anticipate positive opportunities
- Able to deal with adversity
- Performs under pressure
- Positive/Aggressive to handle strong defenders, compete for the ball
- PERSISTANCE

