Positions with Defensive and Offensive Responsibilities

### Position 2

**Right Outside Back**

#### Defensive Responsibilities

- Delay attacking players from dribbling/penetrating forward
- Provide pressure and cover when the ball is on your side of the field
- Provide balance when the ball is on the opposite side of the field
- Stay compact with the center back on your side of the field
- Make your recovery runs towards the goal
- Track runners on your side of the field

#### Offensive Responsibilities

- Build-out in possession (link with midfielders and forwards)
- Recognize moments to hold your position
- Move into wide areas to provide width, often by overlapping outside midfielders or wingers
- Organize and direct outside midfielders and wingers
Position 3
Left Outside Back

Defensive Responsibilities

- Delay attacking players from dribbling/penetrating forward
- Provide pressure and cover when the ball is on your side of the field
- Provide balance when the ball is on the opposite side of the field
- Stay compact with the center back on your side of the field
- Make your recovery runs towards the goal
- Track runners on your side of the field

Offensive Responsibilities

- Build-out in possession (link with midfielders and forwards)
- Recognize moments to hold your position
- Move into wide areas to provide width, often by overlapping outside midfielders or wingers
- Organize and direct outside midfielders and wingers
Position 4

Right Center Back

Defensive Responsibilities

- Understand when to track runners and when to hold position
- Provide pressure and cover when the ball is central
- Provide cover and balance when the ball is in a wide area
- Make your recovery runs towards your goal
- Maintain a compact shape with the back line
- Don't allow attackers to turn when receiving the ball close to goal

Offensive Responsibilities

- Built-out in possession (link with midfielders and forwards)
- Organize and direct outside backs and central midfielders
- Provide quality distribution to teammates
- Provide support options for defenders and midfielders
Position 5

Left Center Back

Defensive Responsibilities

- Understand when to track runners and when to hold position
- Provide pressure and cover when the ball is central
- Provide cover and balance when the ball is in a wide area
- Make your recovery runs towards your goal
- Maintain a compact shape with the back line
- Don't allow attackers to turn when receiving the ball close to goal

Offensive Responsibilities

- Built-out in possession (link with midfielders and forwards)
- Organize and direct outside backs and central midfielders
- Provide quality distribution to teammates
- Provide support options for defenders and midfielders
Position 6

Holding Center Midfielder

Defensive Responsibilities

- Track runners in central areas of the field
- Pressure and cover when the ball is central
- Cover and balance when the ball is in wide areas
- Defensive control centrally in front of center backs
- Take away opponents' passing options into front players

Offensive Responsibilities

- Quality distribution to midfielders and forwards
- Know when to switch the point of attack
- Penetration through movement, passing, or dribbling
- Provide passing options for build out and possession
Position 7

Right Outside Midfielder/ Winger

**Defensive Responsibilities**

- In transition, recover as 1st wide defender
- Force play sideways or backwards when possible
- Pressure when the ball is on your side of the field
- Provide cover and balance when the ball is on the opposite side of the field
- Stay connected with team
- Track runners from deep areas

**Offensive Responsibilities**

- Create crossing opportunities
- Well-timed runs into the center to be released on goal
- Combination play with midfielders and forwards
- Support midfielders and forwards
- Provide length, width, and depth
- Make dangerous runs into the box
Position 8

Center Midfielder

Defensive Responsibilities

- In transition, join 1st line of defensive pressure
- Organize and communicate with midfielders and forwards
- Eliminate passing lanes into their midfielders
- Track or hand off players making dangerous runs forward

Offensive Responsibilities

- Present good passing options in between opponent's lines
- Create scoring opportunities for teammates
- Support forwards and midfielders
- Penetration through movement, passing, or dribbling
Position 9

Center Forward/ Striker

Defensive Responsibilities

- Pressure and contain opponents' build out
- Force play sideways and backwards when possible
- Try and funnel play towards one side of the field
- Stay connected with midfielders
- Be intentional about when to press and when to drop in -- listen to your teammates

Offensive Responsibilities

- Timing to create scoring chances
- Recognize and attack spaces behind the defense
- Provide a target to which defenders and midfielders can play
- Retain possession in the final third
- Move off the ball to create space
Position 10

Attacking Center Midfielder

**Defensive Responsibilities**

- In transition, join 1st line of defensive pressure
- Organize and communicate with midfielders and forwards
- Eliminate passing lanes into their midfielders
- Track or hand off players making dangerous runs forward

**Offensive Responsibilities**

- Present good passing options in between opponent's lines
- Create scoring opportunities for teammates
- Support forwards and midfielders
- Penetration through movement, passing, or dribbling
Position 11

Left Outside Midfielder/ Winger

**Defensive Responsibilities**

- In transition, recover as 1st wide defender
- Force play sideways or backwards when possible
- Pressure when the ball is on your side of the field
- Provide cover and balance when the ball is on the opposite side of the field
- Stay connected with team
- Track runners from deep areas

**Offensive Responsibilities**

- Create crossing opportunities
- Well-timed runs into the center to be released on goal
- Combination play with midfielders and forwards
- Support midfielders and forwards
- Provide length, width, and depth
- Make dangerous runs into the box