



Key Qualities of a Soccer Player

World-Class Player Behavior:

A world class player has, given his role in the team and position on the field, the qualities to give a decisive contribution to the general principles of Attacking, Defending and Transition to accomplish the goals and game result

Key Qualities of U.S. Soccer Player	World-Class Player Behavior
<p>Game Understanding & Decision Making Read, analyze and understand the game and make autonomous decisions</p>	<ul style="list-style-type: none"> • Reads & analyzes situation regarding Attacking/Defending/Transition in a split second and/or under pressure, thinks fast • Aligns own actions with the other players, positions (understand relationships/ partnerships) • Is the best player at his position based on the style of play of the team • Manages the game when it comes to the pace of the game and/or the moment in the game • Recognizes the transition moment as an opportunity and threat • Is a 'coach' on the field
<p>Initiative Take initiative, be pro-active</p>	<ul style="list-style-type: none"> • Creates instead of reacts, confronts situations • Takes people on (1v1, dribbles to drag opponents out of position) • Thinks ahead • Moves into space ahead of time • Is there when it is needed (leadership)
<p>Focus Focused for 90 + minutes on his/ her task</p>	<ul style="list-style-type: none"> • Executes his/her task under all circumstances • Deals with adversity (recovers quickly) • Is composed in his/her behavior (emotional stability) • Has guts, is brave • Enhances the team and the other players by executing his task (is a giver) • Plays to win
<p>Optimal Technical & Physical Optimal technical and physical conditions to execute their task for 90+ minutes</p>	<ul style="list-style-type: none"> • Has the physical fitness to execute his task at top level during the whole game (whole season) • Exudes power and speed • Uses his/ her body (e.g. getting on the man and defend) • Is technically proficient to be effective (accurate) and successful in all situations • Has the technical skills to create, even under pressure • Has the technique to dictate the pace of the game • Is proficient in 1v1 to create or to win/regain the ball • Protects and holding on the ball under pressure
<p>Responsible Take responsibility and accountability for their own development and performance</p>	<ul style="list-style-type: none"> • Evaluates and reflects on their own performance (analyzes matches in relation to positional requirements in the system of play) • Articulates his own learning needs and formulate personal development goals • Is (more) adaptable and flexible in dealing with (un)expected challenges and problems • Creates a personal development plan • Consults sources of knowledge/ 'experts' • Creates their own learning environment • Delivers on agreements and promises • Organizes and manages the personal lifestyle and environment to perform at top level • Is a role model under all circumstances