

Functional Characteristics of Soccer Players by Position

Player Selection Based on Function

Right and Left Backs

Physical

- Medium height/limb length
- Speed
- Power
- Recovery

Technique

- Passing
- Good vision
- Controlling
- Penetration
- Kicking

Tactics

- Covering
- Kicking with both feet
- Defensive and offensive capacity

Psychological

- Will power
- Courage
- Confidence
- Initiative
- Firm decision

Center Backs

Physical

- Tall; good functional strength and stability
- Quick movement
- Power
- Reaction/reflexes

Technique

- Passing
- Ball control
- Anticipation
- Heading
- Short dribbling

Tactics

- Covering
- Off-side awareness
- Positioning
- How to play with keeper and midfielders

Psychological

- Poise
- Courage
- Confidence
- Concentration
- Determination

Center Forwards

Physical

- Medium height
- Agility
- Speed
- Functional stability/balance

Technique

- Passing
- Control
- Shooting
- Heading
- Dribbling/feinting

Tactics

- How to move well
- How to keep position
- How to create space
- How to create situations

Psychological

- Courage
- Determination
- Leadership

Midfielders

Physical

- Medium height
- Coordination
- Power
- Recovery
- Resistance

Technique

- Passing
- Control
- Anticipation
- Heading
- Dribbling
- Kicking

Tactics

- How to defend
- How to attack
- Periphery vision
- How to create situations

Psychological

- Leader
- Firm decision
- Maturity
- Will power

Right and Left Wings

Physical

- Medium height
- Agility
- Speed
- Power
- Recovery

Technique

- Passing
- Ball control
- Shooting accurately
- Dribbling/feinting

Tactics

- How to move well
- How to keep position
- How to play with backs, midfielders and center forwards

Psychological

- Courage
- Determination
- Will power

Goalkeeper

Physical

- Height/limb length
- Mobility/flexibility
- Power
- Agility
- Reaction/reflexes
- Quick feet

Technique

- Catching
- Good vision
- Throwing mechanics
- Repositioning of the ball
- Deflecting the ball

Tactics

- Position
- How to anticipate
- How to fall and protect and recovery quickly

Psychological

- Poise
- Courage
- Leadership
- Responsibility