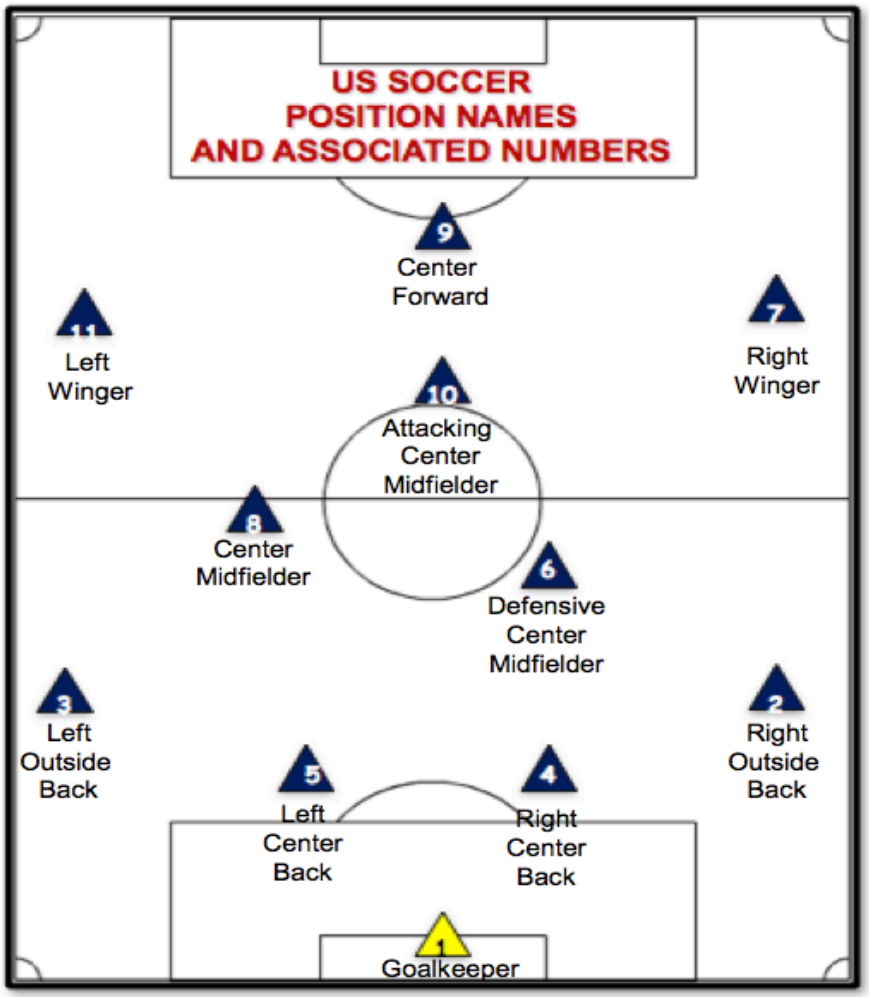
STING-TITANS SOCCER CLUB

‘Numbering System’

1-4-3-3 System



SYSTEM: "1-4-3-3"

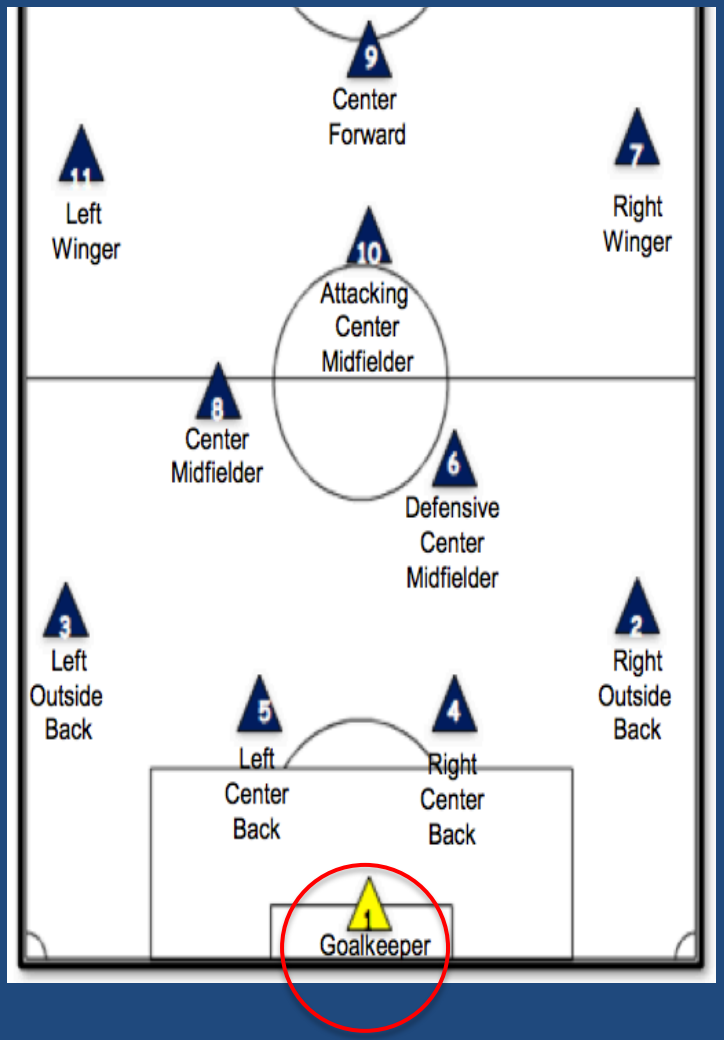
3 FORWARDS

3 MIDFIELDERS

4 BACKS

1 GOALKEEPER

“The #1” - “The Goalkeeper”



Alyssa Naeher

Allison

“The #1” - “The Goalkeeper”

Technical

•To have the ability to pass accurately & with range using both feet
•To possess excellent receiving skills to execute a variety of first touch based on game conditions
•To excel in ball handling skills
•To excel in ability to makes saves with hands and feet
•To excel in distribution using hands and feet (throws, punts & goal-kicks)

Tactical

In Possession:

•To provide depth to attack
•To provide support OB’s and CB’s in possession
•To recognize when to drop to offer switch to OB’s / CB’s vs. step up and stay connected to attack
•To recognize effective use of the ball based on conditions presented (clear, keep ball, switch, play 2nd line etc.)
•Be composed and reliable
•First look forward

Out of Possession:

•Show quick transition to recover to effective start position
•To have good understanding of zonal defending through relationship with CB’s and OB’s
•To play with appropriate distancing from back-line (sweep)
•To always be in position to make a save
•To always protect the near post
•To demonstrate good knowledge of when to press, drop, delay and shift and communicate to back line
•Read the game effectively in order to take up effective defending positions consistently
•Communication, organization and discipline

Physical

•To demonstrate high levels of flexibility, co-ordination and agility in order to make saves
•To have sufficient power in legs to allow for longer balls to be hit comfortably
•Strength required to take contact and fight through crowded areas effectively
•Sufficient vertical explosiveness for collection of high balls
•Quick and explosive across goal and in penalty area to close space rapidly and/or eliminate danger

Psychological

•To demonstrate strong leadership skills
•Maintain concentration over prolonged periods
•To be fearless and aggressive in protecting the goal
•To play with composure
•To be mentally tough
•To be confident in communicating
•To be decisive and clear in judgment under pressure
•Competent in problem-solving

“The #2/#3” - “The Right/Left Outside Back”

Kelley O’Hara

Trent
Alexander-Arnold

“The #2/#3” - “The Right/Left Outside Back”

Technical

•To have the ability to pass accurately & with range using both feet
•To possess excellent receiving skills to execute a variety of first touch based on game conditions
•To demonstrate control and awareness whilst driving forward with the ball into space
•To competently execute cross, pass or shot off of the drive & dribble
•To able to cut inside and execute shot from distance
•To head the ball
•To be an excellent 1v1 defender

Tactical

In Possession:

•To provide width
•To provide support to CB’s, CM’s and Wide MF’s/F’s
•To recognize when to join attack higher to create overloads in advanced, wide areas or offer switch
•To recognize effective use of the ball based on conditions presented (keep ball, switch, attack 1v1, play 2nd line etc.)
•Be composed and reliable
•First look forward
•Take a throw in effectively to keep possession

Out of Possession:

•Show quick transition to recover to effective defending position
•To have good understanding of zonal defending through relationship with CB’s and GK
•To play with appropriate distancing with teammates
•To always be in position to press the ball when required
•To demonstrate good knowledge of when to press, drop, delay and shift
•Communication, organization and discipline

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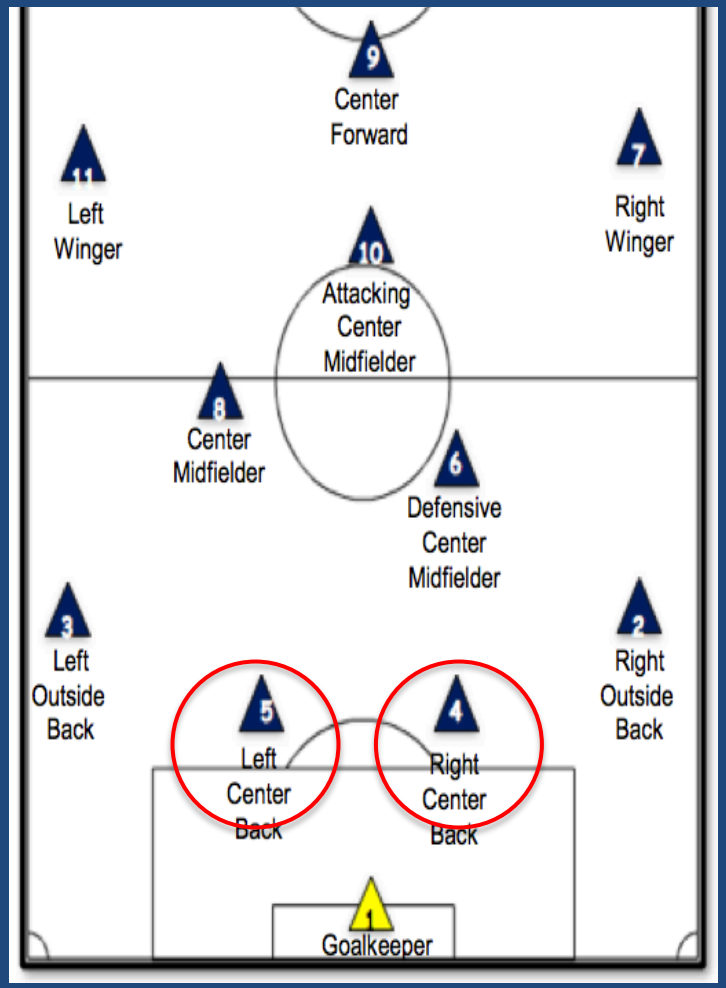
Physical

•To have high levels on anaerobic endurance to get from box to box throughout the game
•To have sufficient power in legs to allow for longer balls to be hit comfortably
•Quick and agile over small distances
•Strong upper body for 1v1 situations
•Sufficient vertical explosiveness for heading

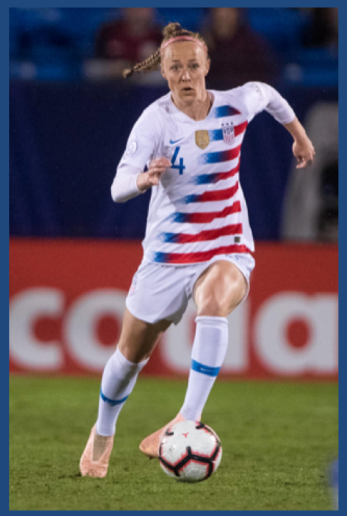
Psychological

•To demonstrate strong leadership skills
•To demonstrate the capacity to maintain concentration over prolonged periods
•To be aggressive & resilient particularly when defending
•To play with composure
•To be mentally tough – embracing the work associated with covering the length of the field and potential for mistakes

“The #4/#5” – “The Right/Left Center Back”



Virgil Van Dijk



Becky Sauerbrunn

“The #4/#5” – “The Right/Left Center Back”

Technical

•To have the ability to pass accurately & with range using both feet
•To possess excellent receiving skills to execute a variety of first touch based on game conditions
•To excel in heading the ball
•To excel as a 1v1 defender

Tactical

In Possession:

•To provide depth by dropping off
•To provide support GK, OB’s and CM’s
•To recognize when to drop to offer switch or free up CM vs. step up and stay connected to attack
•To recognize effective use of the ball based on conditions presented (keep ball, switch, break line on dribble, play 2nd line etc.)
•Be composed and reliable
•First look forward

Out of Possession:

•Show quick transition to recover to effective defending position
•To have good understanding of zonal defending through relationship with GK and OB’s
•To play with appropriate distancing with teammates
•To always be in position to press the ball when required
•To demonstrate good knowledge of when to press, drop, delay and shift
•Read the game effectively in order to take up effective defending positions consistently
•Communication, organization and discipline

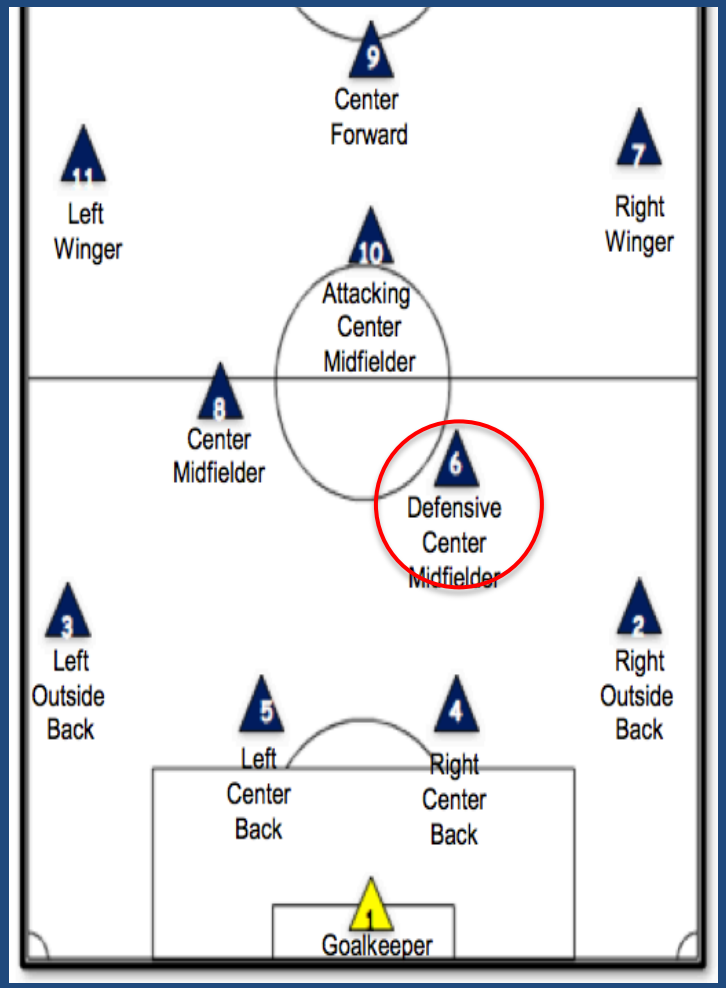
Physical

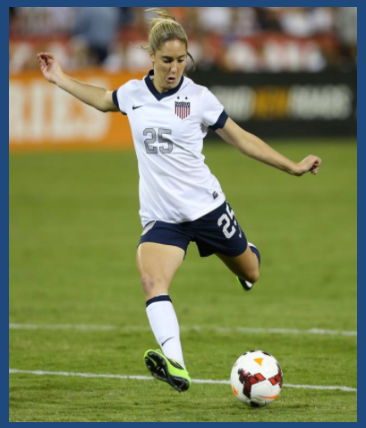
•To have high levels of stamina to supplement concentration levels and endure demands of game
•To have sufficient power in legs to allow for longer balls to be hit comfortably
•Quick and agile over small distances
•Strong upper body for 1v1 situations
•Sufficient vertical explosiveness for heading

Psychological

•To demonstrate strong leadership skills
•Maintain concentration over prolonged periods
•To be aggressive & resilient particularly when defending
•To play with composure
•To be mentally tough
•To be confident in communicating
•To be decisive and clear in judgment under pressure
•Competent in problem-solving

“The #6” – “The Defensive Midfielder”





Morgan Brian

N’Golo Kante

“The #6” – “The Defensive Midfielder”

Technical

•To excel in all variations of passing using both feet
•To have an ability to pass quickly with logic
•To possess excellent receiving skills to be able to play in tight situations with composure and awareness
•To score goals from distance
•To be able to see and execute long passes
•To break lines on the dribble or drive into space under control
•To be creative & comfortable on the ball
•To head the ball
•To demonstrate competence defending 1v1

Tactical

In Possession:

•To be able to control the rhythm, speed and tempo of the game
•To always be available to receive the ball through effective positioning off of the ball
•To show good understanding of the best decision for the team based on conditions (pass, dribble, switch, play 2nd line)
•To organize attacks
•To stay in position and demonstrate good synergy with other MF’s through sound awareness of triangles and diamonds
•To maintain good distancing from defenders & forwards
•Effectively recognize the need for balance in attack

Out of Possession:

•Show quick transition to recover to effective defending position / track runners
•To have good understanding of with MF’s to establish effective shape to occupy middle third centrally
•Have effective distancing from teammates
•To always be in position to press the ball when required
•To demonstrate good knowledge of when to press, drop, delay and shift
•Communication, organization and discipline

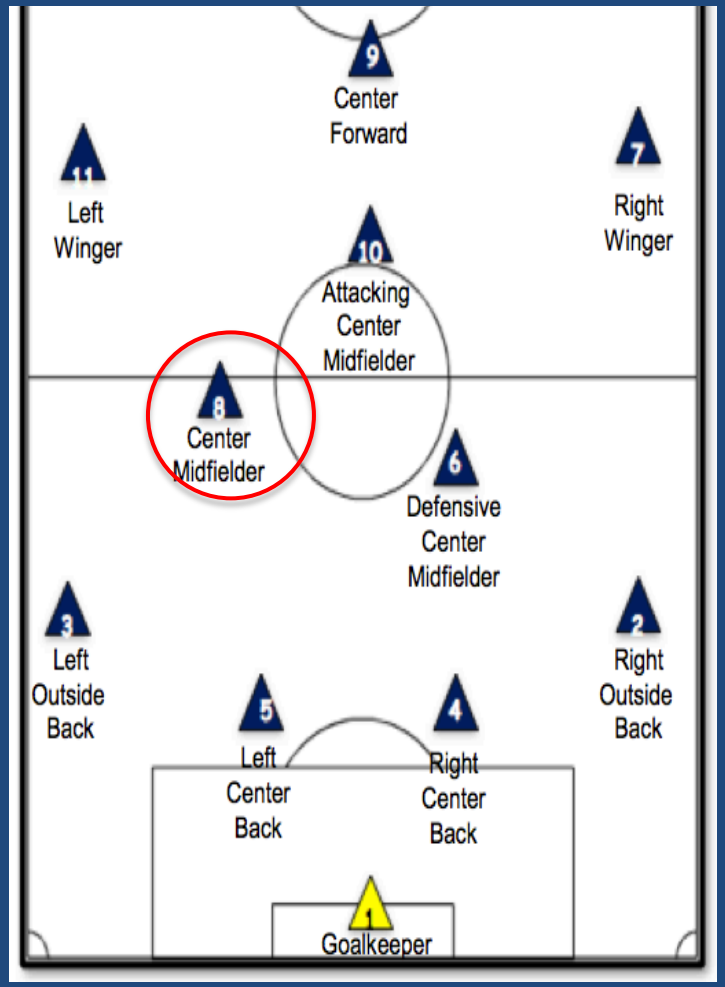
Physical

•To have high levels on anaerobic endurance to get from box to box throughout the game
•To have sufficient power in legs to allow for longer balls and shots from distance to be taken with impact
•Quick and agile over small distances
•Strong upper body for 1v1 situations
•Sufficient vertical explosiveness for heading
•High levels of stamina

Psychological

•To demonstrate strong leadership & organizing qualities
•To be able to dominate the middle area of the field
•To be aggressive & resilient particularly when defending
•To play with composure
•To have a good level of concentration and always be involved in the game
•Self belief in being creative
•Possess the correct temperament to control the game

“The #8” – “The Central Midfielder”



Lindsay Horan

Kevin DeBruyne

“The #8” – “The Central Midfielder”

Technical

•To excel in all variations of passing using both feet
•To have an ability to pass quickly with logic
•To possess excellent receiving skills to be able to play in tight situations with composure and awareness
•To score goals from distance
•To be able to see and execute long passes
•To break lines on the dribble or drive into space under control
•To be creative & comfortable on the ball
•To head the ball
•To demonstrate competence defending 1v1

Tactical

In Possession:

•To be able to control the rhythm, speed and tempo of the game
•To always be available to receive the ball through effective positioning off of the ball
•To show good understanding of the best decision for the team based on conditions (pass, dribble, switch, play 2nd line)
•To organize attacks
•To stay in position and demonstrate good synergy with other MF’s through sound awareness of triangles and diamonds
•To maintain good distancing from defenders & forwards
•Effectively recognize the need for balance in attack

Out of Possession:

•Show quick transition to recover to effective defending position / track runners
•To have good understanding of with MF’s to establish effective shape to occupy middle third centrally
•Have effective distancing from teammates
•To always be in position to press the ball when required
•To demonstrate good knowledge of when to press, drop, delay and shift
•Communication, organization and discipline

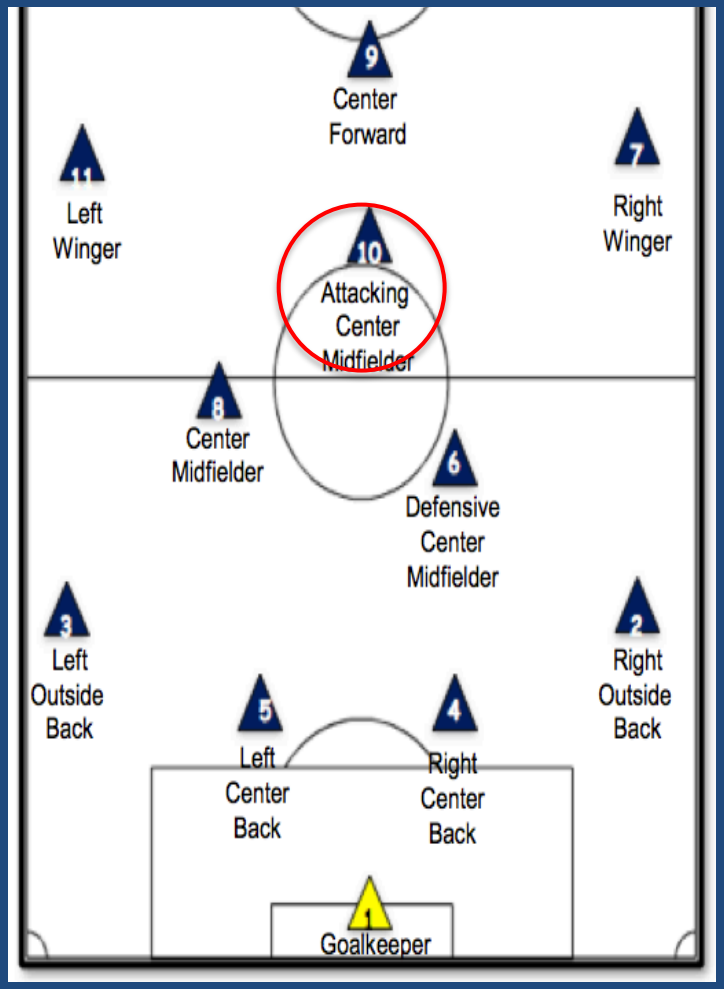
Physical

•To have high levels on anaerobic endurance to get from box to box throughout the game
•To have sufficient power in legs to allow for longer balls and shots from distance to be taken with impact
•Quick and agile over small distances
•Strong upper body for 1v1 situations
•Sufficient vertical explosiveness for heading
•High levels of stamina

Psychological

•To demonstrate strong leadership & organizing qualities
•To be able to dominate the middle area of the field
•To be aggressive & resilient particularly when defending
•To play with composure
•To have a good level of concentration and always be involved in the game
•Self belief in being creative
•Possess the correct temperament to control the game

“The #10” – “The Attacking Midfielder”



Rose Lavelle

Phillipe Coutinho

“The #10” – “The Attacking Midfielder”

Technical

•To excel in all variations of passing using both feet
•To have an ability to pass quickly with logic
•To possess excellent receiving skills to be able to play in tight situations with composure and awareness
•To score goals from distance
•To be able to see and execute long passes
•To break lines on the dribble or drive into space under control
•To be creative & comfortable on the ball
•To head the ball
•To demonstrate competence defending 1v1

Tactical

In Possession:

•To be able to control the rhythm, speed and tempo of the game
•To always be available to receive the ball through effective positioning off of the ball
•To show good understanding of the best decision for the team based on conditions (pass, dribble, switch, play 2nd line)
•To organize attacks
•To stay in position and demonstrate good synergy with other MF’s through sound awareness of triangles and diamonds
•To maintain good distancing from defenders & forwards
•Effectively recognize the need for balance in attack

Out of Possession:

•Show quick transition to recover to effective defending position / track runners
•To have good understanding of with MF’s to establish effective shape to occupy middle third centrally
•Have effective distancing from teammates
•To always be in position to press the ball when required
•To demonstrate good knowledge of when to press, drop, delay and shift
•Communication, organization and discipline

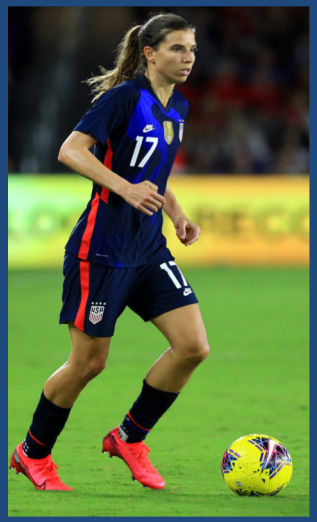
Physical

•To have high levels on anaerobic endurance to get from box to box throughout the game
•To have sufficient power in legs to allow for longer balls and shots from distance to be taken with impact
•Quick and agile over small distances
•Strong upper body for 1v1 situations
•Sufficient vertical explosiveness for heading
•High levels of stamina

Psychological

•To demonstrate strong leadership & organizing qualities
•To be able to dominate the middle area of the field
•To be aggressive & resilient particularly when defending
•To play with composure
•To have a good level of concentration and always be involved in the game
•Self belief in being creative
•Possess the correct temperament to control the game

“The #11/#7” – “The Left/Right Winger”



Tobin Heath

Christian Pulisic

“The #11/#7” – “The Left/Right Winger”

Technical

•To have the ability to pass accurately & with range using both feet
•To possess excellent receiving skills to execute a variety of first touch based on game conditions
•To demonstrate control and awareness whilst driving forward with the ball into space
•To excel in ability on the dribble to beat an opponent 1v1
•To competently execute cross, pass or shot off of the drive & dribble
•To able to cut inside and execute shot from distance
•To score goals from varying positions in and around the box
•Competence defensively 1v1 to make game predictable

Tactical

In Possession:

•To provide width
•To provide support to FW’s, CM’s and OB’s – always being available
•To recognize when to come back to the ball vs. exploit space in behind with penetrating runs
•To recognize effective use of the ball based on conditions presented (keep ball, switch, attack 1v1, play 2nd line etc.)
•Be composed and reliable on the ball
•First look forward
•Demonstrate creative ability

Out of Possession:

•Show quick transition to recover to effective defending position
•To have good understanding of zonal defending through relationship with FW and CM
•To play with appropriate distancing from teammates
•To always be in position to press the ball when required
•To demonstrate good knowledge of when to press, drop, delay and shift
•Communication, organization and discipline
•Track Runners if necessary

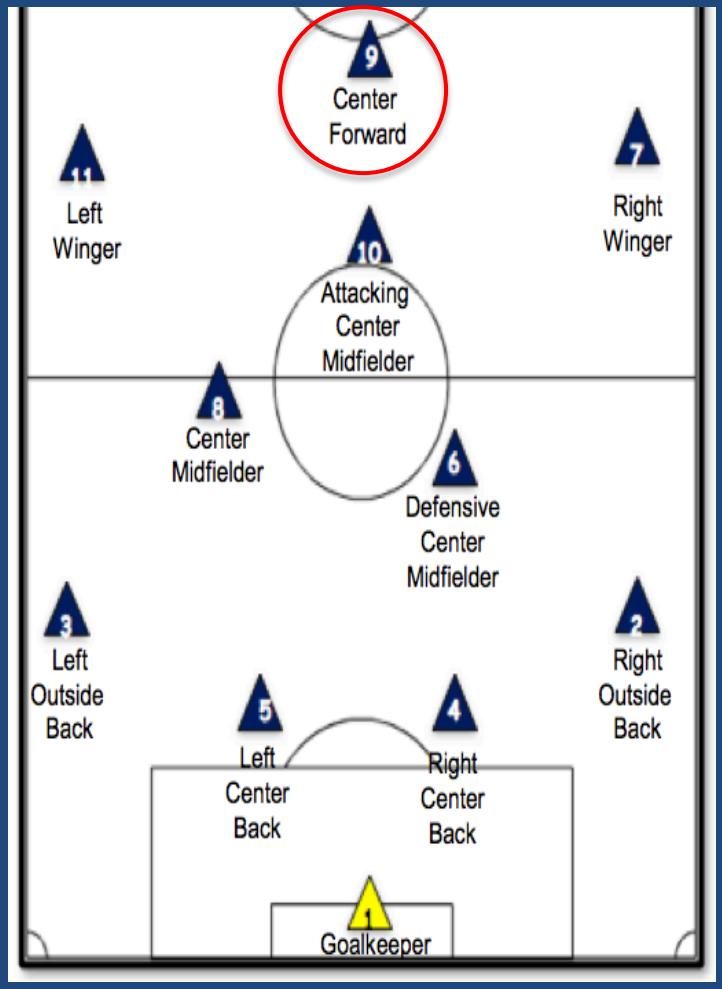
Physical

•To have high levels on anaerobic endurance to get from box to box throughout the game and apply high pressure
•To have sufficient power in legs to allow for longer balls to be hit comfortably
•Explosive, quick and agile over small distances
•Sufficient vertical explosiveness for heading
•Excellent balance, co-ordination and low center of gravity

Psychological

•To be aggressive in 1v1 situations
•To play with composure
•To be extremely confident in attacking 1v1 – positive attitude 1v1
•To be mentally tough enough to recover from loss of possession in attempting to beat opponent 1v1

“The #9” – “The Center Forward”



Alex Morgan

Robert Lewondowski

“The #9” – “The Center Forward”

Technical

•To have the ability to pass accurately & with range using both feet
•To possess excellent receiving skills to execute a variety of first touch based on game conditions – particularly with back to goal
•To demonstrate control and awareness whilst driving forward with the ball into space
•To excel in executing a variety of shots to score various types of goals (from cross, 1v1 w/GK, dribble and shoot etc.)
•To head the ball
•To be able to shield the ball effectively and bring others into game

Tactical

In Possession:

•To provide depth by playing high – yet recognize opportunities to present in spaces between MF and DF.
•To provide support to CM’s and Wide Players
•To recognize and present in the channels between defenders to link the play higher
•To recognize effective use of the ball based on conditions presented (keep ball, switch, attack 1v1, play 2nd line etc.)
•Be composed, confident and reliable
•To constantly take up goalscoring positions in attack
•To excel in movements off of the ball by running in behind, off of the shoulder of defenders, posting up and offering by coming back to the ball – timing & type of movements.

Out of Possession:

•Show quick transition to recover to effective defending position – immediate pressing from the front
•To have good understanding of zonal defending through relationship with CM’s and WF’s
•To play with appropriate distancing from teammates
•To always be in position to press the ball when required
•To demonstrate good knowledge of when to press, drop, delay and shift
•Communication, organization and discipline
•To make the game predictable through effective 1v1 defending

Physical

•To have high levels on anaerobic endurance to consistently make sharp runs off of the ball throughout the game
•To have sufficient power in legs for shooting and holding off opponents
•Quick and agile over small distances
•Strong upper body for 1v1 situations and hold up play
•Sufficient vertical explosiveness for heading

Psychological

•To demonstrate the capacity to maintain concentration over prolonged periods
•To play with high levels of confidence and move on quickly from errors or missed chances

“Takeaways”

- Understand the US Soccer numbering system, associated terminology and ‘desired traits’ associated with each role within the system
- Begin to ‘define’ yourself – know what you bring to the game and IMPACT with it
- What role do YOU play?
- What role do OTHERS play?