

Central Midfielder Responsibilities

Attack:

- **Act as a passing station** for all positional groups. Attack building and attacking combinations.
- **Gets open & shows for passes** at the right moment.
- **Determines pace and rhythm** of play by distributing the ball.
- **Initiates group attack tactics** like wall passes and overlapping runs.
- **Shifts the area of play** to the sides in preparation for wing attacks.
- **Changes position in any direction.** Moves up to join the attack or falls back to help stabilize the defenses.
- **Passes safely** to the front to set up shots.
- **Brings assertiveness,** a willingness to **take risks,** and an **awareness of the “big picture”.**

Defense:

- **Covers** teammates.
- **Restricts the opposition’s playing space** with skillful positional play and by moving with the ball.
- **Trades opponents** with teammates as appropriate.
- **Constantly attacks opponents** in order to put time and space pressure on them and cause them to lose the ball.
- **Plays 1v1’s** against dribbling opponents.
- **Executes successful defensive headers** when the goalkeeper punts or kicks the ball away from the goal, and also on the corner kicks, free kicks from the side and long throw-ins.
- **Switches quickly to the defense** in order to try and win the ball back as soon as possible (initiates pressing) or to create a compact defensive wall.