

# Washington Timbers FC

## Key Player Qualities



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## Character

- 1. Responsibility** - Accepts personal ownership over and accountability for development and performance.
- 2. Initiative** - Pro-actively engages in development and performance.
- 3. Focus** - Consistently attentive during training, games, and other development activities.

## Execution

- 1. Game Understanding** - Ability to read the game and make effective soccer decisions under game-like pressure.
- 2. Technical Ability** - Ability to consistently execute soccer actions under game-like pressure.
- 3. Physical Ability** - Ability to use physical attributes to consistently execute soccer actions under game-like pressure.

# Responsibility



## U7-U10

- Engages in every training session and exercise.

## U11-12

- Communicates needs and goals.
- Honors commitments.



# Responsibility



## U13-14

- Evaluates and reflects on personal development.
- Participates in creating an Individual Development Plan.

## U15+

- Adapts to unexpected changes.
- Manages lifestyle and environment to perform at top level.
- Serves as a role model on and off the field.



# Initiative



## U7-U10

- Proactive with and without the ball.
- Confident in 1v1 situations.

## U11-12

- Confronts problems, neutralizes threats, and overcomes fear.
- Enhances team performance through communication and action.

## U13-14

- Seeks knowledge.

## U15+

- Displays leadership and support.



# Focus



## U7-U10

- Concentrates on instructions and tasks.
- Shows bravery.
- Competes to win.

## U11-12

- Recovers quickly from adversity and mistakes.

## U13-14

- Shows composure.

## U15+

- Executes under all circumstances.



# Game Understanding



## U7-U10

- Understands cues in the game.
- Understands positions and relationships in the team system.

## U11-12

- Works together with teammates in training and games.
- Recognizes and exploits opportunities and threats.



# Game Understanding



## U13-14

- Executes under pressure based on cues in the game.
- Executes under pressure based on understanding of positions and relationships in the team system.

## U15+

- Manages individual impact on the game based on tempo and game moments.
- Asserts individual superiority over positional role in the team.



# Technical Ability



## U7-U10

- Dribbles to beat opponents and finish.
- Passes accurately under pressure.
- Controls the ball with clean first touch using feet and thighs.
- Commits to 1v1 defending.

## U11-12

- Controls the ball out of the air with chest.
- Drives the ball with power.



# Technical Ability



## U13-14

- Wins aerial challenges with head.
- Executes soccer actions with both feet.
- Strikes the ball cleanly and accurately when driving, shooting, chipping, and lofting the ball.

## U15+

- Maintains optimal execution from the beginning to end of all training sessions and games.
- Dictates tempo and pace of the game with individual ability.

# Physical Ability



## U7-U10

- Uses body to compete with opponents.

## U11-14

- Impacts the game with balance, agility, power, and/or speed.

## U15+

- Performs at optimal physical ability from beginning to end of all training sessions and games.

