

KEY QUALITIES OF A U.S. PLAYER



GAME UNDERSTANDING & DECISION-MAKING

READ SITUATIONS, ANTICIPATE & MAKE QUICK DECISIONS UNDER PRESSURE

- Observes and analyzes the position of teammates and opponents
- Identifies cues and intentions of teammates and opponents
- Recognizes space, time and risk/opportunity
- Processes information quickly, thinks ahead and acts fast (makes the best choice)
- Manages the pace of the game, recognizes when to accelerate or slow-down play
- Works smart, uses energy efficiently
- Understands position and role, based on style of play, team principles and strategy
- Adjusts position and moves into space quickly/ahead of time to provide support/cover, aligns actions with teammates
- Scans continuously
- Adapts body shape
- Versatility and flexibility to play multiple roles or positions in different systems
- Uses creativity to find new and different solutions

PHYSICAL EXECUTION

MOVEMENT SKILLS & FITNESS

- Moves efficiently (agility, coordination, balance)
- Uses body in duels to protect the ball, control or disrupt the opponent
- Makes quick, explosive movements to separate from opponent (accelerating, decelerating, turning and recovering, jumping)
- Repeats high intensity actions (sprints)
- Exudes strength, power and endurance
- Has specialized physical attributes and stature for positional role

RESPONSIBILITY & INITIATIVE (SELF-REGULATION)

RESPONSIBLE FOR ONE'S OWN LEARNING, DEVELOPMENT & PERFORMANCE

- Demonstrates self-knowledge and applies to their role and responsibility within the team
- Takes ownership, sets goals, plans, monitors, (re)evaluates
- Takes initiative, is proactive (creative), sees opportunities to take action without being told
- Manages personal lifestyle and environment (rest, recovery, sleep, nutrition, injury prevention/care, mental health)
- Behaves like a role model under all circumstances
- Builds relationships, helps and supports teammates and staff
- Prepares for every game/session
- Reflects on and evaluates one's own performance (self-critical)
- Receives and applies feedback, asks questions (coachable)
- Communicates openly and often (coaches, teammates)
- Creates a personal development plan
- Holds self accountable (no excuses, delivers on agreements and promises)

TECHNICAL EXECUTION

BALL MASTERY & SKILLS UNDER PRESSURE

- Moving easily with the ball, staying calm under pressure
- Receiving and playing in tight spaces (use of both feet)
- Receiving to play forward
- Playing 1 and 2 touch
- Precise passing to set up the receiver (range of passing: long, break lines, short, etc.)
- Dribbling and running with the ball to break lines and accelerate attack (use of body feints, change of speed and/or direction)
- Making quick combinations
- Creating chances and finishing (final pass/shot)
- Heading
- Dominating 1v1 (take-ons, challenges, regains, tackles)

GROWTH MINDSET & WINNING MENTALITY

CONTINUOUS DRIVE TO IMPROVE & COMPETE

INTENSITY (FOCUS)

- Gives maximum effort (work ethic)
- Concentrates, stays on task (focused and engaged)
- Commits to the process (sacrifice)

COMMUNICATION

- Communicates with teammates on the field to solve game situations (gives and receives)
- Communicates off the field to improve self and team (open and often)

MOTIVATION & DETERMINATION

- Shows joy, passion and enthusiasm (fun and freedom)
- Challenges self (development)
- Pursues goals (desire)
- Never gives up (relentless)
- Faces adversity and overcomes fear (brave)
- Pushes self to limits (body and mind)
- Believes in self (confidence)
- Contributes to team performance and result (deliberate)

EMOTIONAL STABILITY AND CONTROL

- Overcomes setbacks
- Deals with pressure
- Stays composed
- Behaves maturely
- Is true to self

LEARNING ABILITY

CAPACITY TO ADAPT TO A HIGHER LEVEL

- Shows an ability to excel
- Adapts to new situations quickly
- Absorbs and applies new information quickly
*Observed over an extended time, includes games and training sessions