

Pardaan

Positions & Roles Guide

What each position does and what to coach for it.

Every position has a job to do both with and without the ball. This guide maps out a standard team and explains the main responsibility of each role and the key things to coach for it. Use it to help players understand where they fit - and remember that at youth level it is healthy to let players try several positions.



A standard 4-3-3 with every outfield role.

Position	Main job	Coach for
Goalkeeper (GK)	Stop shots, command the box, start attacks.	Handling, positioning, distribution, communication.
Centre-back (CB)	Defend the middle, win headers, bring the ball out.	Heading, tackling, positioning, composure on the ball.
Full-back (LB/RB)	Defend wide, support the attack down the flank.	1v1 defending, overlapping runs, crossing, fitness.
Defensive mid (DM)	Screen the back four, break up play, recycle the ball.	Positioning, interceptions, simple passing, awareness.
Central mid (CM)	Link defence and attack, box to box.	Passing range, work-rate, decision-making, arriving in the box.
Winger (LW/RW)	Provide width, beat the full-back, create and score.	Dribbling, crossing, 1v1, tracking back.
Striker (ST)	Lead the line, score, hold the ball up.	Finishing, movement, first touch, pressing from the front.