



Fusion SC
Player Journal

LIVERMORE FUSION SOCCER CLUB



NAME

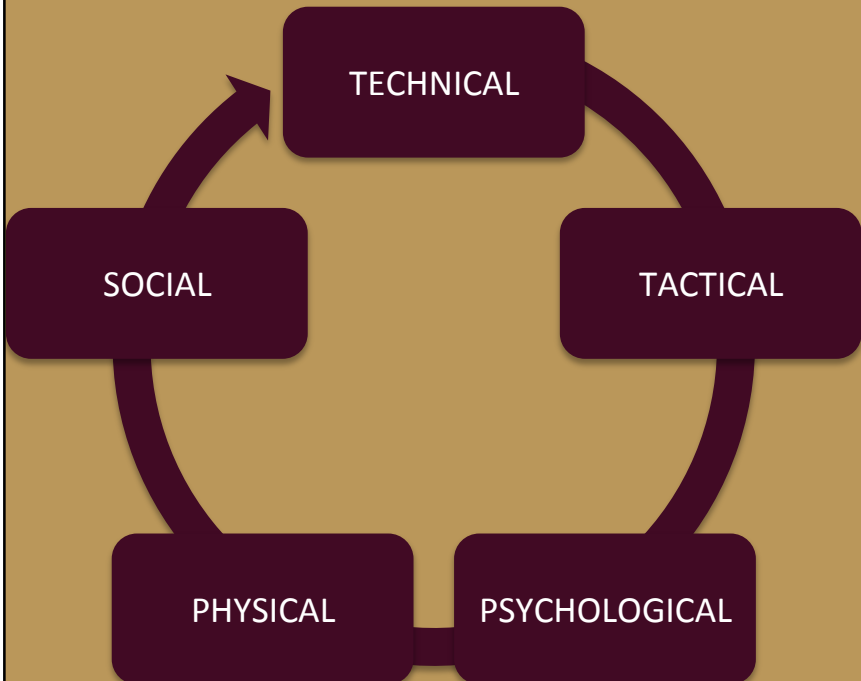
SEASON

CONTACT INFORMATION

TEAM

EMAIL

THE FIVE PILLARS OF PLAYER DEVELOPMENT

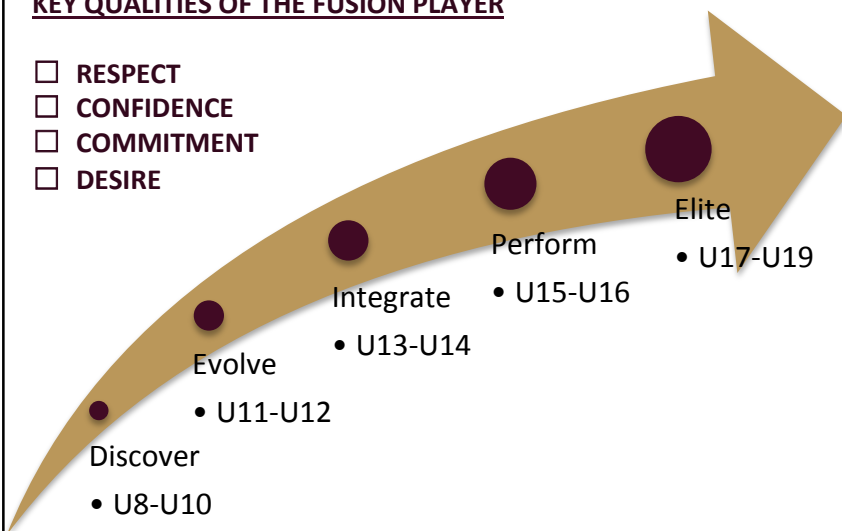




THE FUSION PLAYER DEVELOPMENT PATHWAY

KEY QUALITIES OF THE FUSION PLAYER

- RESPECT
- CONFIDENCE
- COMMITMENT
- DESIRE



FUSION SC CLUB VALUES

Develop

- Inspire
- Educate
- Lead

Pride

- Community
- Identity
- Integrity

Ambition

- Passion
- Focus
- Achievement



THE FUSION GAME MODEL - 11V11



KEY QUALITIES - IN ATTACK

KEY QUALITIES - IN DEFENSE

KEY QUALITIES - IN TRANSITION



PLAYER PROFILE: GOALKEEPER



[Alyssa Naeher](#)



#1 GOALKEEPER

- + Collecting, handling & serving with hands & feet.
- + Receiving aerial service (all angles, distances)
- + Tackle, regain possession one v one

- + Command, direct team during re-starts
- + Organize, direct team actions in own half
- + Transition to attack- possess or penetrate

- + Power, acceleration and explosive movement
- + Aerial mobility maximize height and reach
- + Maximal Speed of Reaction

- + Alert and focused, constant assessment of play
- + Lead- confident, decisive mentality
- + Resilient- re-focus on targets, objectives

The Fusion Play Model supports a variety of possessional and penetrating passes from the Goalkeeper #1 when WE have the ball (throw, roll, pass, chip, drive and drop-kick). The first pass to start an attack will directly influence our opponents defensive positioning; a short pass will invite high pressure and create space behind our opponents, long pass will force them back and create space in front of our opponents, the same can be expected from passing left or right, space will be created opposite of the opponent's lateral shift to the ball-side.



PLAYER PROFILE: RIGHT OUTSIDE BACK



Ali Krieger



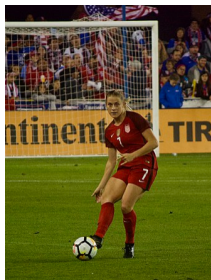
#2, 3 OUTSIDE BACKS

- + Collecting the ball efficiently, serve, run fwd.**
 - + Full passing range, crosses from flank channel**
 - + Tackle, intercept, regain possession of ball**
- + Recognize, execute penetration on flanks**
 - + Organize and direct #7, #11 in defending role**
 - + Central channel balance, cover for #4, #5**
- + Speed endurance- repeated explosive runs**
 - + Acceleration- change speed response to ball**
 - + Endurance, box-box range for the full match**
- + Confident competitor in one-one isolation**
 - + Confident in attacking and defending roles**
 - + Alert, immediate response in transition**

The Fusion Play Model demands that the right back #2 has good mobility and accurate service while Running With the Ball to create goal scoring opportunities when WE have the ball. (applicable for #2 and 3). There is no better example of this than Ali Krieger.



PLAYER PROFILE: RIGHT CENTERBACK



[Abby Dahlkemper](#)



#4, 5 CENTER BACKS

- + **Marking, tracking, intercepting and tackling**
 - + **Heading, 1-touch passing on aerial serves**
 - + **Passing to penetrate (all service types)**
- + **Decide, execute- mark opponent or mark space**
 - + **Build-out, possession, tempo in central channel**
 - + **Organize, direct outside backs and c. midfielders**
- + **Aerial- max. use of height, explosive movement**
 - + **Rx Speed- adjust to ball, opponent movement**
 - + **Agility- change direction in response to cues**
- + **Decisive leader- command and direct teammates**
 - + **Control and composure under pressure**
 - + **Focus- assess and prepare when ball is away**

Center backs #4 and #5 share and require similar qualities. Speed and power for tackling, recovering and aerial challenges. But also the center back #4 and #5 support the team mentality with leadership, communication and confidence. The Fusion Play Model demands that center backs are also comfortable in possession of the ball while building attacks and have a good Range of Pass.



PLAYER PROFILE: LEFT CENTERBACK



[Becky Sauerbrunn](#)



#4, 5 CENTER BACKS

- + Marking, tracking, intercepting and tackling**
 - + Heading, 1-touch passing on aerial serves**
 - + Passing to penetrate (all service types)**
- + Decide, execute- mark opponent or mark space**
 - + Build-out, possession, tempo in central channel**
 - + Organize, direct outside backs and c. midfielders**
- + Aerial- max. use of height, explosive movement**
 - + Rx Speed- adjust to ball, opponent movement**
 - + Agility- change direction in response to cues**
- + Decisive leader- command and direct teammates**
 - + Control and composure under pressure**
 - + Focus- assess and prepare when ball is away**

Center backs #4 and #5 share and require similar qualities. Speed and power for tackling, recovering and aerial challenges. But also the center back #4 and #5 support the team mentality with leadership, communication and confidence. The Fusion Play Model demands that center backs are also comfortable in possession of the ball while building attacks and have a good Range of Pass.



PLAYER PROFILE: LEFT OUTSIDE BACK



Crystal Dunn



#2, 3 OUTSIDE BACKS

- + Collecting the ball efficiently, serve, run fwd.**
 - + Full passing range, crosses from flank channel**
 - + Tackle, intercept, regain possession of ball**
- + Recognize, execute penetration on flanks**
 - + Organize and direct #7, #11 in defending role**
 - + Central channel balance, cover for #4, #5**
- + Speed endurance- repeated explosive runs**
 - + Acceleration- change speed response to ball**
 - + Endurance, box-box range for the full match**
- + Confident competitor in one-one isolation**
 - + Confident in attacking and defending roles**
 - + Alert, immediate response in transition**

Like the #2, the left back #3 is expected to have good mobility and create attack. When we lose the ball and Transition WE>THEY have ball, #2 and #3 need competency for Tackling - poke, block, slide, shield and head. Pressure and 1v1 defending - face-on, side-on and from above the ball. Recovery runs - angle and speed. Above is a young player who exemplifies the Physical, Technical and Tactical commitment of a #3: Crystal Dunn



PLAYER PROFILE: HOLDING MIDFIELDER



[Julie Ertz](#)



#6, 8 CENTER MIDFIELDER

- + Marking, tracking, intercepting and tackling
- + Collect, turn, re-direct to all regions of field (360)
- + Passing to penetrate (all service types)

- + Primary option for build out and possession
- + Defensive control centrally in front of backs
- + Penetrate- movement, passing or running w/ ball

- + Mobility- multi-directional, box-box, centrally
- + Speed endurance- intermittent, intense actions
- + Explosive movement- max. acceleration

- + Energized- maximal effort to connect the team
- + Game Awareness- control tempo & speed of play
- + Self-less- effort to connect all parts of the team

The Fusion Play Model demands that the holding center midfield #6 have technical abilities for passing in tight space and decision making for ball retention in the critical moment of transition THEY>WE. Spatial awareness and mobility are key for the #6, the following video exemplifies the effectiveness of 1 or 2 touch passing in critical areas of the field. The #6 is sometimes referred to as the conductor of the team: Tempo, Rhythm and Game Management.



PLAYER PROFILE: ATTACKING MIDFIELDER



[Lindsey Horan](#)



#6, 8 CENTER MIDFIELDER

- + **Marking, tracking, intercepting and tackling**
 - + **Collect, turn, re-direct to all regions of field (360)**
 - + **Passing to penetrate (all service types)**
- + **Primary option for build out and possession**
 - + **Defensive control centrally in front of backs**
 - + **Penetrate- movement, passing or running w/ ball**
- + **Mobility- multi-directional, box-box, centrally**
 - + **Speed endurance- intermittent, intense actions**
 - + **Explosive movement- max. acceleration**
- + **Energized- maximal effort to connect the team**
 - + **Game Awareness- control tempo & speed of play**
 - + **Self-less- effort to connect all parts of the team**

The central midfielder #8 position has high demands for tactical positioning and mobility in transition WE>THEY and THEY>WE from goal box to goal box. The #8 shares the defensive responsibility of making the team Compact the middle of the field with the #6 but is also encouraged to play up the field to create goal scoring chance and offer ball service to #7, #11 and #9.



PLAYER PROFILE: ATTACKING MIDFIELDER



Rose Lavelle



#10 ATTACK C. MIDFIELDER

- + Collect and turn under pressure.
- + Passing- penetration and goal-scoring chances
- + Dribbling or striking to score goals.

- + Mobility- create separation from opponent
- + Create scoring opportunities for teammates
- + Transition- join 1st line of defending pressure

- + Explosive movement- separation from opponent
- + Acceleration- change direction or change speed
- + Strength-shoot from distance, challenge for ball

- + 360 degree awareness- mental focus
- + Ambitious attacking mentality
- + Perception- focus on multiple, complex cues

Attacking center midfield #10. The Creativity, Flare and Technique are the characteristics sought after for this position, primary defensive responsibility is Covering the front as they set a Line of Confrontation and attempt win the ball back with group concepts; Force, Funnel, Trap and Collapse.



PLAYER PROFILE: RIGHT WINGER



[Tobin Heath](#)

#7, 11 WINGERS

- + Flank service at high pace w/ either foot
- + Running with the ball, high pace (penetration)
- + Ball preparation, dribbling and ball manipulation

- + Transition- react, recover as 1st flank defender
- + Mobility to create team crossing opportunities
- + Mobility, timing of runs for central goal scoring

- + Speed endurance, high pace, frequent transition
- + Acceleration- with and without the ball
- + Agility- efficiency in changing direction

- + Ambitious penetrating attitude
- + Patience- prepared to max opportunities w/ ball
- + Focus- constant attention to game cues w/o ball

The right wing #7 needs Speed, Agility, Balance and the technique to run with the ball beyond defenders, score goals and provide service from wide or central locations. Dribble penetration in the attacking third of the field is expected based on but not limited to the strong sided dribble (right or left foot #7).



PLAYER PROFILE: LEFT WINGER



[Megan Rapinoe](#)



#7, 11 WINGERS

- + Flank service at high pace w/ either foot
- + Running with the ball, high pace (penetration)
- + Ball preparation, dribbling and ball manipulation

- + Transition- react, recover as 1st flank defender
- + Mobility to create team crossing opportunities
- + Mobility, timing of runs for central goal scoring

- + Speed endurance, high pace, frequent transition
- + Acceleration- with and without the ball
- + Agility- efficiency in changing direction

- + Ambitious penetrating attitude
- + Patience- prepared to max opportunities w/ ball
- + Focus- constant attention to game cues w/o ball

The left wing #11 needs Speed, Agility, Balance and the technique to run with the ball beyond defenders, score goals and provide service from wide or central locations. Dribble penetration in the Attacking Third of the field is expected based on but not limited to the strong sided dribble (right or left foot #7).



PLAYER PROFILE: STRIKER



[Christen Press](#)



#9 CENTER FORWARD

- + Scoring- one-touch on demand (head and feet)
- + Receive, secure ball under pressure
- + Able to turn and face the goal (Penetrate)

- + Mobility, timing to optimize scoring chances
- + Recognize, attack the spaces behind the defense
- + Pressure, contain opponents' build out

- + Speed Endurance- repetitive explosive runs
- + Strength- compete for possession
- + Explosive movement- compete for aerial service

- + Persistence- remain in advanced position
- + Aggressive attitude to compete for the ball
- + Alert, anticipate positive opportunities

The center forward #9. Like the #10 Creativity, Flare and Technique are the characteristics sought after for this position. The center forward also needs mastery of techniques for scoring goals; Finish, Shoot, Head and Volley. Primary defensive responsibility is to set a Line of Confrontation and attempt win the ball back with group concepts; Force, Funnel, Trap and Collapse.