

ALABAMA ODP PLAYER ASSESSMENT & CRITERIA



SOUTH REGION

WHAT DO AL ODP COACHES AND SCOUTS LOOK FOR?

Coaches assess players in their performance of the Key Qualities of a US Soccer Player for their Position Specific Role.

The Six Key Qualities of a US Soccer Player has been developed by the US Soccer Federation's Talent Identification Department.

The Position Specific Roles are based on the ODP Style of Play.

What if my child is not familiar with the US Soccer Key Qualities, Positional Roles, etc.?

In each Alabama ODP ID & Training Center, coaches run training exercises and games where they teach the ODP Style of Play and positional roles of each player.

The ODP Style of Play is focused on purposeful possession that helps players develop. [Learn more about the ODP Style of Play by clicking here.](#)

The training environments we create help players learn and develop the Six Key Qualities needed to execute their Positional Specific Role.



TRAIN TO DEVELOP // PLAY TO WIN

US SOCCER'S KEY QUALITIES OF A U.S. YNT 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
- 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

RESPONSIBILITY & INITIATIVE

RESPONSIBLE FOR OWN LEARNING, DEVELOPMENT & PERFORMANCE

- 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)
- Is 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 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)



US SOCCER'S KEY QUALITIES OF A U.S. YNT PLAYER

GROWTH MINDSET & WINNING MENTALITY

CONTINUOUS DRIVE TO IMPROVE & COMPETE

FOCUS (INTENSITY)

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

MOTIVATION & DETERMINATION

- Shows passion/enthusiasm
- Challenges self
- Relentlessly pursues goals (desire)
- Never gives up
- Is brave, fearless (not afraid of mistakes)
- Pushes self to limits (body and mind)
- Believes in self (confidence)
- Is a team player, selfless (giver)

EMOTIONAL STABILITY & CONTROL

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



US SOCCER'S KEY QUALITIES OF A U.S. YNT PLAYER

TECHNICAL EXECUTION

BALL MASTERY & SKILLS UNDER PRESSURE

- Comfortable/calm with ball under pressure
- Receiving and playing in tight spaces
- Receiving to play forward
- Ability to play 1 and 2 touch
- Precise passing that sets up the receiver (long, break lines, short, etc.)
- Dribbling/running with ball to create (body feints, change of speed and/or direction)
- Making quick combinations
- Creating chances and finishing (final pass/shot)
- Heading
- Dominating 1 v 1 (take-ons, challenges, regains, tackles)

PHYSICAL EXECUTION

MOVEMENT SKILLS & FITNESS

- Moves efficiently (agility, coordination, balance)
- Uses body in duels to control or disrupt the opponent and/or protect the ball
- Is explosive, makes quick movements (accelerates) and/or jumps higher (separating from opponent)
- Exudes strength, power and endurance
- Repeats high intensity actions (sprints)
- Has specialized physical qualities and stature for position

LEARNING ABILITY

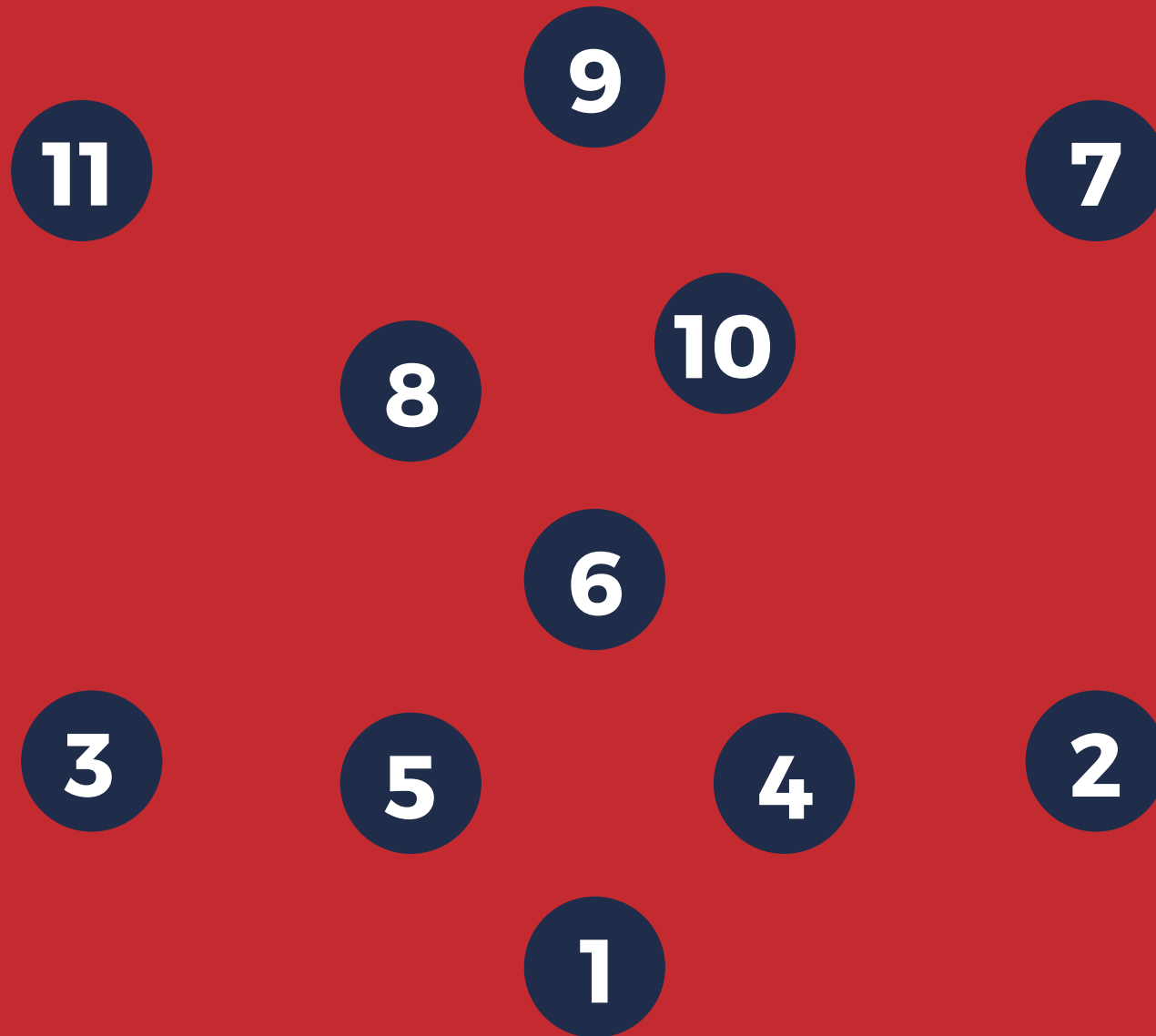
CAPACITY TO ADAPT TO A HIGHER LEVEL

- Shows an ability to excel
- Adapts to new situations quickly
- Absorbs and applies new information quickly



ODP SYSTEM OF PLAY

1-4-3-3 FORMATION



POSITION SPECIFIC PROFILES WITHIN THE ODP STYLE OF PLAY

1

GOALKEEPER

- Directing teammates, leading defensive organization (clear comm.)
- Anticipating and intercepting crosses and balls behind the defensive line (starting position)
- Stopping shots and dominating 1v1 situations (bravery)
- Reading pressure and initiating build-up
- Receiving and passing under pressure (short and long)
- Strength and power, agility and quick reactions to control the area and protect the goal (air and ground)

POSITION SPECIFIC PROFILES WITHIN THE ODP STYLE OF PLAY

4

5

CENTER BACKS

- Leading defensive organization
- Dominating 1v1 situations (heading, tackling, and intercepting)
- Zonal marking, anticipation, and preventive actions (shifting, stepping, dropping, and covering movements)
- Reading and breaking pressure (calm and decisive)
- Rang of passing (through, over, and around defensive block)
- Strength and power in duels (jumping), speed, and agility

2

3

FULL BACKS

- Continuously adjusting body shape and position to provide support and cover (height and width)
- Dominating 1v1 duels to create or regain the ball
- Receiving, dribbling, and making quick combinations to create chances (crossing and shooting)
- Making overlap and underlap runs to create advantage
- Speed, quickness, agility, and endurance

POSITION SPECIFIC PROFILES WITHIN THE ODP STYLE OF PLAY

6

8

10

MIDFIELDERS

- Dominating poitionally and individually (controlling and protecting central area)
 - Positioning between lines (spatial awareness and body orientation) and quick decision making (360 degree scanning)
 - Receiving and turning in tight spaces (technically advanced)
 - Passing range--including final pass
- Recognizing when to play forward, switch play, and keep possession (ball security)
- Breaking down compact defenses and finishing the attack (insight and creativity)
 - Providing offensive/defensive balance
 - Agility, endurance, quickness and use of body to protect the ball

POSITION SPECIFIC PROFILES WITHIN THE ODP STYLE OF PLAY

9

CENTER FORWARD

- Creating chances and scoring goals (foot or head)
- Receiving and holding the ball under pressure
- Making varied runs (movements and timing) to get behind opposition back line and create space for self and teammates
- Anticipating and moving into dangerous positions, untracking from opponent
- Receiving and passing under pressure (short and long)
- Showing advanced levels of focus, determination, and control
- Strength to hold off opponent, explosiveness to separate from opponent

7

11

WIDE FORWARDS

- Dominating 1v1, dribbling and running with the ball to take-on an opponent, creating chances and scoring
- Shooting and crossing (early, cut-back, etc.) off the dribble, coming inside or wide
- Making aggressive runs with and without the ball
- Reading and initiating pressing moments, closing space with speed and intensity
- Denying penetrations and assisting fullbacks in wide areas
- Speed, change of direction and body feints
- Ability to make repeated accelerations