



# 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 (SELF-REGULATION)

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)

## 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

## 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