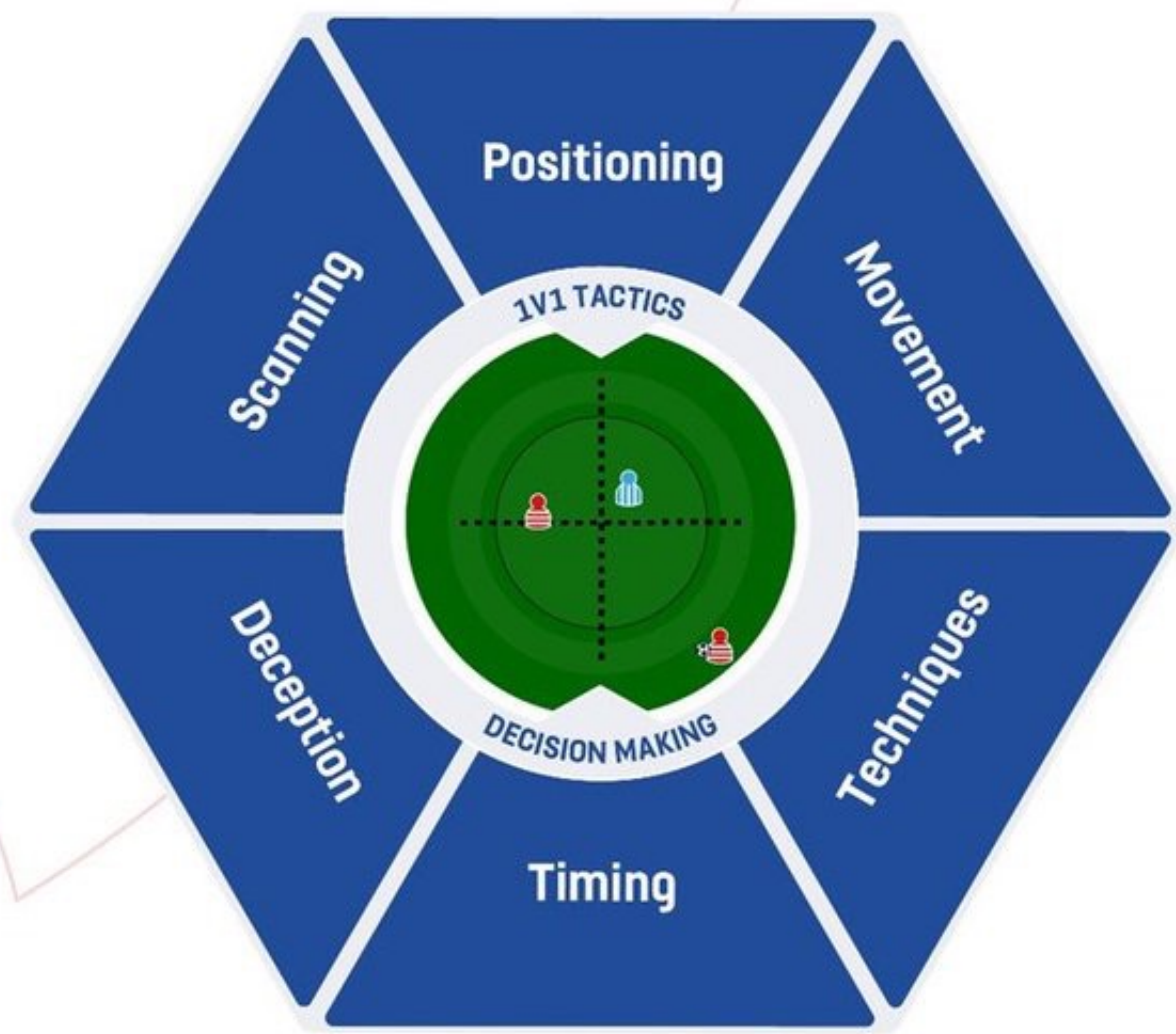


The FA's key capabilities and the skills quadrant



Timing

"To gain an advantage"

"time-bound moments of opportunity"



<- Context & Player Capabilities ->

Choosing the moment to Act:

- Decision making in relation to explicit cues and triggers
- Can require shared knowledge and understanding
- Pre-mediated solutions and mental models for time-bound opportunities to act

Sensing the moment to Act:

- Implicit perception coupled with intuitive action in the moment
- Relating to shared affordances or "in-game wavelength"
- Emergent time-bound opportunities to act



Before – During – After | On, Around, Away from the ball | Attacking & Defending

Techniques

"To gain an advantage"

"quality of actions"



<- Context & Player Capabilities ->

Technical Range & Variety:

- Bandwidth of "technical" solutions and subtle variations
- Extent of generic "models" based technical solutions
- Adaptive situational technical solutions

Technical Efficiency & Effectiveness:

- Mechanical efficiency and effectiveness of technical action: quality of execution
- Unique Individualised regular technical actions
- Adaptive Individualised technical solutions for emergent in-game situations



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Deception

"To gain an advantage"

"surprise & disguise"



<- Context & Player Capabilities ->

Hiding intentions and actions:

- Not letting opponents see or sense your intentions
- Or by "Making intentions ambiguous"
- Withholding key information from opponents

Disguising intentions and actions:

- Creating an illusion by showing opponents false information in order to take advantage
- Presenting one set signals to then change at the last second to do something else
- Is dependent on how opponent reads and reacts to the situation

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Movement

"To gain an advantage"

"quality of body-motion"



<- Context & Player Capabilities ->

Football Movement actions:

- Catalogue of common football movement actions (e.g. blindside run or near-post recovery runs)
- Common concepts and principles of football movement actions
- Individual player football movement action preferences and tendencies

Bio-mechanical effectiveness:

- Physiological efficiency and coordination in movement solutions
- Bio-mechanics in relation with thinking, perception and situational transitions
- Unique individual bio-mechanical characteristics and tendencies

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Scanning

"To gain an advantage"

"getting a picture"



<- Context & Player Capabilities ->

Act of looking:

- Frequency (how often), duration (How long), timing (when)
- Types of scanning (head turns, corners of eyes, peripheral)
- The interactions with other players and the flow of the game

Focus of Attention:

- What are they looking for? What are they looking at? (intention?)
- Ability to filter and prioritise key information
- Recognising situational possibilities and opportunities



Before – During – After | On, Around, Away from the ball | Attacking & Defending

Positioning

"To gain an advantage"

"where you put yourself"

<- Context & Player Capabilities ->

Location:

- Position in relation to ball, teammates, opponents, goals, pitch
- Position in relation to flow of the game
- Position arriving from, occupying and arriving to

Body Orientation:

- Body shape (direction-facing)
- Body state (adaptive balance and stance)
- Fluency of orientation (adjustments)

Before – During – After | On, Around, Away from the ball | Attacking & Defending

