



U14 Left Back Role Canvas

Academy fullback: defend your side, support the winger, and attack with good timing.

What we want to see

- Be reliable in 1v1 defending on the left side.
- Support the LW in attack with good timing.
- Receive and pass forward when it is on.
- Recognize when to overlap and when to stay.
- React fast when the ball changes hands.

Touches and skills to master

- Open-body first touch toward space.
- Firm pass down the line and inside pass to midfield.
- Crossing and cutback technique.
- Defending footwork and body shape.
- First step on recovery runs.

Final-third job

- Support the LW with overlaps or simple support runs.
- Cross early if the chance is there.
- Play cutbacks when you reach the final third.
- Find the striker or LCM in good spaces.
- Keep the attack alive if the cross is blocked.

Pro models / video study

- Alphonso Davies: speed and overlap timing.
- Theo Hernandez: carrying power.
- Alejandro Balde: support play and defending space.
- Andy Robertson: crossing and intensity.
- Study timing, first touch, body shape, and recovery.

How to have success

- Check shoulders before the ball arrives.
- Defend first and compete every action.
- Attack with purpose, not just running for the sake of it.
- Pass, then support again.
- Recover quickly if play breaks down.

Team patterns

- LB + LW work together to create 2v1s.
- LCB -> LB -> LCM/LW combinations on the left.
- If the LW drifts inside, LB provides width.
- If the team is unbalanced, hold and protect behind the ball.

Pressing role

- Press forward on clear triggers near the touchline.
- Show the attacker away from goal.
- Counter-press after losing it on your side.
- Recover into the line if the first press fails.
- Communicate with the winger and center back.

Scan & study

