

U14 Left Center Back Role Canvas

Academy center back: stay calm, defend your side, and help start attacks from the back.

What we want to see

- Be reliable in duels and calm on the ball.
- Support build-out from the back.
- Find the LB, 6, or midfield with your pass.
- Cover the space when teammates move forward.
- Communicate and stay organized.

Touches and skills to master

- Open-body first touch.
- Firm pass into midfield and pass to the fullback.
- Carry forward when the space is open.
- Heading and aerial timing.
- Front-foot defending and recovery footwork.

Final-third job

- Play forward if the lane is open.
- Switch the attack when one side is blocked.
- Keep the attack moving with clean circulation.
- Protect the back line if others join attacks.
- Be a threat on attacking set plays.

Pro models / video study

- Virgil van Dijk: control and leadership.
- John Stones: build-up quality.
- Lisandro Martinez: front-foot defending.
- Nathan Ake: balance and left-sided detail.
- Study body shape, passing, duels, and communication.

How to have success

- Scan before receiving.
- Be brave but sensible on the ball.
- Talk to the line and the 6 around you.
- Win your duels and second balls.
- Recover quickly if the first action fails.

Team patterns

- LCB starts build-up with clean passing angles.
- LCB -> LB -> midfield combinations on the left.
- If the center is blocked, use the outside route.
- Stay balanced if the left back goes high.

Pressing role

- Step in when the trigger is clear.
- Squeeze the line up behind the press.
- Compete for first contact and second balls.
- Protect the channel if the LB is high.
- Recover and reorganize quickly.

Scan & study

