



## Flagstaff Revolution Fullback Position Guide

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Modern fullbacks are expected to be complete players. While they are categorized as defenders, fullbacks must be capable of playing in possession to advance the ball out of the team's own half and also must be competent attackers. Fullbacks are well positioned to exploit space that is vacated by the opponent as the team attacks and must be able to move quickly into that space receive the ball cleanly, and then either pick out a dangerous pass or shot.

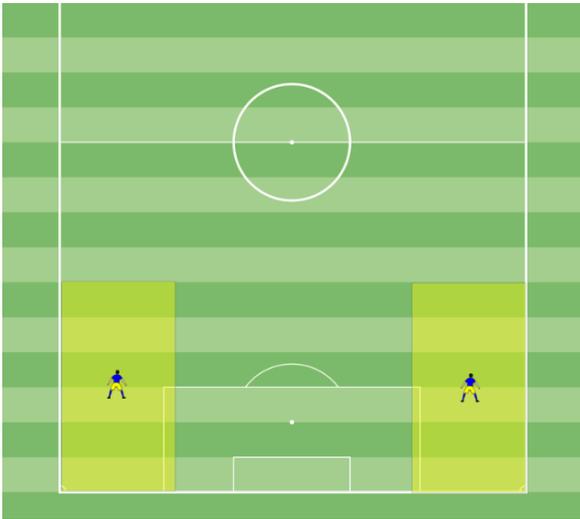
### A Busy Position

Though categorized as defenders, fullbacks must be involved in all phases of the game: attack, defense, transition to attack, and transition to defense. They must be capable of defending 1v1, delaying attacks during transition, and preventing crosses. Fullbacks are often the first to pressure attackers as they enter the defensive third. When the team is attacking, fullbacks *must* constantly scan the field looking for ways to support attackers on the ball or open space to exploit. As the team possesses in the attack, fullbacks can often provide late runs down the wing to further stretch the defense or runs into the midfield to provide numerical overloads that overwhelm the defense. When playing wide, they must be able to play various types of crosses: aerial, cutbacks, and curling crosses. When playing in the midfield they must have the skill to receive cleanly and find open teammates in between and through lines of pressure.

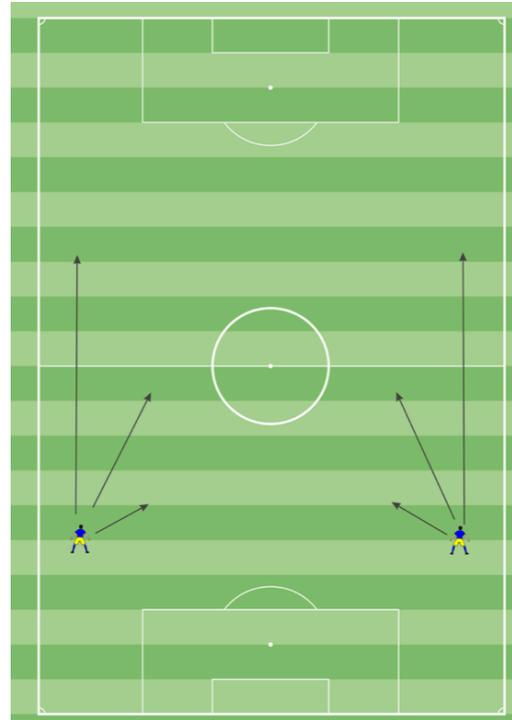
With the rise in popularity of three-man backlines (formations with 3 CBs), many fullbacks are expected to play as wingbacks as well. These players provide width to the teams formation over the entire length of the field. The position is essentially a wide midfielder that has more attacking responsibilities than a fullback.

### Basic Positioning

Fullbacks are part of the back four and start from the team's defensive third. However, they are expected to spend a significant time in and around the midfield to provide width and depth as the team builds out of their own half. When the team advances into the final third (towards the opponent's goal) they must move into the space vacated by the opponent. By staying primarily behind the ball during the attack, this space should be readily apparent to them. When a teammate is on the ball near the touchline, fullbacks can make overlapping runs in front of them to create 2v1s and opportunities to advance the ball down the wing.



When defending, the fullbacks form part of the back line and are primarily concerned with pressuring ball carriers on the wing to prevent their advance closer to goal. They must attempt to prevent any crosses into the box either by closing down attackers completely or cutting out the cross early.



Fullbacks can be deployed in the attack a variety of ways—providing width down the wings or overloads in the midfield. In many ways they rotate between playing as an extra winger or extra defensive/holding midfielders. They primarily play behind the ball, waiting for space to be vacated so they can move into it and exploit it.

They may be tasked differently day-to-day or even moment to moment with playing wide or centrally depending on what the opponent does.



## Required Skills

- Ability to win 1v1 duels via speed, physicality, and skill *in both the attack and while defending*
- Function as part of the backline to pressure opposing attackers, catch opponents offside, and prevent goal scoring chances for the opponent
- Prevent crosses by closing down attackers or cutting them out
- Understanding of space and timing to make runs into open channels and receive passes
- Accurate crossing—both aerial and on the ground. Fullbacks must be able to play crosses early (curling) and late (cutbacks inside the box)
- Clean and productive first touch that enables them to receive passes calmly and evade pressure
- Clear understanding of when an attack has fizzled and when to recycle possession



## Video Analysis

Why Liverpool is so good, and how attacking fullbacks help

<https://www.youtube.com/watch?v=WzcT3hu2BQg>

Inverted Fullbacks (Fullbacks that play in the midfield)

[https://www.youtube.com/watch?v=ahCoFRvC\\_aM](https://www.youtube.com/watch?v=ahCoFRvC_aM)

## Online Soccer Academy Breakdowns

How to Play Fullback

[https://www.youtube.com/watch?v=VToV\\_WeeTNE](https://www.youtube.com/watch?v=VToV_WeeTNE)

How to Defend 1v1

<https://www.youtube.com/watch?v=-hZJ1CAdEbQ>

Defensive Passing

[https://www.youtube.com/watch?v=5\\_jx05C0cvk](https://www.youtube.com/watch?v=5_jx05C0cvk)

Defending Fast Attackers

[https://www.youtube.com/watch?v=t4hyW\\_35O6k](https://www.youtube.com/watch?v=t4hyW_35O6k)

## Skills for Defenders

Individual Possession Skills

<https://www.youtube.com/watch?v=kW6Hrm2E--w>

5 Defensive Hacks

<https://www.youtube.com/watch?v=ZdVnLc6teug>

## Fullback Highlights

Marcelo

<https://www.youtube.com/watch?v=hoLeU9tMWUA>

Trent Alexander Arnold

<https://www.youtube.com/watch?v=5fHIUS666ms>

Dani Alves

<https://www.youtube.com/watch?v=mPDFkwcSZLg>

Alphonso Davies

[https://www.youtube.com/watch?v=j\\_8HVzmVhil](https://www.youtube.com/watch?v=j_8HVzmVhil)



**Philipp Lahm**

<https://www.youtube.com/watch?v=pnfX-7bXUI8>

**Ashley Cole**

<https://www.youtube.com/watch?v=zcP6AnqYzJ8>

**Sergiño Dest**

<https://www.youtube.com/watch?v=QjKlvcDhwDw>

**Antonee Robinson**

<https://www.youtube.com/watch?v=rsclVygxcZo>