



Allie Rowan — Player Scouting Report

Player Overview

Allie Rowan is an intelligent and proactive central defensive midfielder who demonstrates a strong understanding of the CDM role. Throughout the games observed, she consistently displayed good movement, awareness, and positioning while contributing on both sides of the ball. Allie is constantly scanning the field, checking her shoulders before receiving possession, and looking to make the next play quickly. Her ability to read the game and anticipate developing situations allows her to remain involved and effective throughout the match. She also showed versatility and adapted well to the CDM role, particularly given her natural attacking mindset and desire to contribute in the final third.

Technical Attributes

Allie demonstrates good technical ability and confidence in possession. She is composed when operating in tight areas and generally makes good decisions when under pressure. Her ability to rotate the ball and switch the point of attack helps maintain possession and allows her team to move the opposition from side to side. She also displays good vision and the ability to play effective through balls when opportunities develop. Allie is confident striking the ball from outside the box and is willing to take opportunities to contribute offensively from distance.

Her first look and awareness before receiving the ball are strengths, as she consistently checks her shoulders and prepares herself for the next action. While there are moments when she can force a pass or attempt to play forward too quickly, she generally maintains good composure and technical control in possession.



Physical Attributes

Allie shows good strength on the ball and does a strong job competing in physical situations. She is difficult to dispossess when she can use her body effectively and shows the determination to compete for second balls and regain possession. When she loses the ball, she immediately works to recover and applies pressure to win it back.

Defensively, she shows the ability to compete effectively in 1v1 situations and is comfortable dropping into deeper positions to provide defensive support. Her willingness to work on both sides of the ball allows her to contribute consistently throughout the match.

Tactical Awareness & Game Intelligence

Allie's understanding of the CDM position is one of the strongest aspects of her game. She demonstrates a clear understanding of when to hold her position, when to drop into the defensive line, and when to move forward to support the attack. Her constant scanning and proactive movement allow her to anticipate plays before they develop rather than simply reacting to them.

She communicates consistently with teammates and shows a strong understanding of her responsibilities within the midfield. Allie does a good job recognizing opportunities to switch the side of play and helps keep the ball moving through the midfield. Her ability to read developing situations, anticipate passes, and position herself effectively allows her to provide defensive stability while also serving as an important link between the defensive and attacking phases.

Although she is naturally attack-minded and frequently looks for opportunities to move the team forward, she also demonstrates the discipline to contribute defensively. Her versatility and overall soccer IQ allow her to adapt to different roles and responsibilities effectively.



Overall Assessment

Allie Rowan is a smart, versatile, and proactive midfielder who shows strong potential in the CDM role. Her combination of technical ability, field awareness, communication, defensive competitiveness, and attacking mentality makes her an effective two-way player. She consistently scans the field, anticipates plays, and looks to positively influence the game with and without the ball.

Her ability to remain composed in tight situations, rotate possession, switch the field, and create opportunities through forward passes gives her value in possession, while her work rate, 1v1 defending, and willingness to immediately regain possession make her equally valuable defensively. Continued development in decision-making when playing forward—particularly recognizing when to simplify rather than force a play—will further enhance her effectiveness. Overall, Allie presents as an intelligent midfielder with the versatility and understanding of the game to continue developing into a well-rounded and impactful player.