

Raising your Virtual Pro's attributes using XP in EA SPORTS™ FIFA Pro Clubs in FIFA 19 on PC, PlayStation 4, and Xbox One

Each attribute can be grown using Base Match XP or Bonus XP until it hits the attribute cap. Once an attribute has reached its cap, the only way to increase it further would be to obtain Traits, using Skill Points, as detailed in our article on EA Help: <https://help.ea.com/help/fifa/fifa-pro-clubs/>

How high an attribute can grow from XP is determined by the Virtual Pro's position and, in some cases, their height and weight. The attributes and the limits they can grow to with XP are detailed below.

Some attributes have a cap that is based purely on the position of your Virtual Pro. These are the attributes:

	ST	LM/RM	CAM	CDM	LB/RB	CB	GK
Aggression	75	70	65	90	87	94	45
Finishing	91	80	84	77	55	40	35
FK Accuracy	75	80	85	82	65	60	55
Heading Accuracy	88	55	75	75	84	88	40
Shot Power	89	80	86	83	70	60	65
Long Shots	85	80	86	82	60	40	55
Volleys	86	78	82	75	60	40	30
Penalties	84	80	85	80	50	50	50
Vision	75	84	92	85	70	55	65
Crossing	65	92	78	75	87	40	35
Long Pass	60	82	85	88	75	70	65
Short Pass	80	83	88	85	78	75	70
Curve	75	88	85	78	70	60	45

Att. Position	88	80	85	80	65	45	25
Ball Control	87	89	91	85	83	80	50
Dribbling	86	90	88	83	75	55	40
Interceptions	35	60	50	85	88	92	35
Marking	30	50	45	88	90	94	40
Standing Tackle	35	60	50	86	87	90	40
Slide Tackle	30	60	50	84	87	90	40
GK Diving	10	10	10	10	10	10	88
GK Handling	10	10	10	10	10	10	87
GK Kicking	10	10	10	10	10	10	90
GK Reflexes	10	10	10	10	10	10	88
GK Positioning	10	10	10	10	10	10	90

Other attributes have a capped rating that is based off your Virtual Pro's position and their physical (height and weight) composition.

The attributes for each position can be found on the pages below:

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Striker

		Weight Class				
Height	Attribute	120-149	150-174	175-199	200-224	225-250
5'5" to 5'6"	Acceleration	90	88	87	86	85
	Sprint speed	90	89	88	87	86
	Agility	88	85	82	77	74
	Balance	89	89	89	90	90
	Jumping	82	80	78	75	73
	Stamina	85	85	85	85	85
	Strength	55	59	63	66	70
	Reactions	91	91	90	88	88

Height	Attribute	120-149	150-174	175-199	200-224	225-250
5'7" to 5'8"	Acceleration	89	88	87	86	85
	Sprint speed	89	88	87	86	85
	Agility	87	84	81	75	73
	Balance	88	88	89	89	89
	Jumping	84	82	80	77	75
	Stamina	85	85	85	85	85
	Strength	60	64	68	72	75
	Reactions	91	91	90	88	88

Height	Attribute	120-149	150-174	175-199	200-224	225-250
5'9" to 5'10"	Acceleration	88	87	86	85	84
	Sprint speed	88	87	86	85	84
	Agility	86	83	79	74	72
	Balance	86	86	86	87	87
	Jumping	86	84	82	79	77
	Stamina	85	85	85	85	85
	Strength	65	68	73	76	80
	Reactions	90	90	90	88	88

Height	Attribute	120-149	150-174	175-199	200-224	225-250
5'11" to 6"	Acceleration	88	87	86	84	82
	Sprint speed	87	86	84	84	83
	Agility	85	82	77	72	70
	Balance	84	84	84	85	85
	Jumping	86	84	82	79	77
	Stamina	85	85	85	85	85
	Strength	68	72	77	81	84
	Reactions	90	90	88	88	88

Height	Attribute	120-149	150-174	175-199	200-224	225-250
6'1" to 6'2"	Acceleration	86	85	83	81	79
	Sprint speed	85	84	82	81	80
	Agility	83	80	75	70	68
	Balance	82	82	82	83	83
	Jumping	84	82	80	77	75
	Stamina	85	85	85	85	85
	Strength	70	75	80	86	88
	Reactions	90	90	90	90	90

Height	Attribute	120-149	150-174	175-199	200-224	225-250
6'3" to 6'4"	Acceleration	83	82	81	79	77
	Sprint speed	82	81	80	79	78
	Agility	82	79	74	69	67
	Balance	79	79	79	80	80
	Jumping	82	80	78	75	73
	Stamina	85	85	85	85	85
	Strength	73	78	82	90	91
	Reactions	90	90	90	90	90

Height	Attribute	120-149	150-174	175-199	200-224	225-250
6'5" to 6'6"	Acceleration	81	80	79	76	74
	Sprint speed	80	79	78	77	76
	Agility	81	79	74	67	65
	Balance	76	76	76	77	77
	Jumping	82	80	78	75	73
	Stamina	85	85	85	85	85
	Strength	76	80	84	88	92
	Reactions	90	90	90	90	90

Left Mid / Right Mid

		Weight Class				
Height	Attribute	120-149	150-174	175-199	200-224	225-250
5'5" to 5'6"	Acceleration	92	91	89	87	86
	Sprint speed	92	90	89	88	87
	Agility	92	89	86	79	76
	Balance	94	94	94	95	95
	Jumping	80	78	76	73	71
	Stamina	85	85	85	85	85
	Strength	53	57	61	64	69
	Reactions	92	92	92	92	92

Height	Attribute	120-149	150-174	175-199	200-224	225-250
5'7" to 5'8"	Acceleration	91	90	87	86	85
	Sprint speed	90	89	88	87	86
	Agility	90	87	84	77	75
	Balance	92	92	92	93	93
	Jumping	82	80	78	75	73
	Stamina	85	85	85	85	85
	Strength	58	62	65	70	72
	Reactions	92	92	92	92	92

Height	Attribute	120-149	150-174	175-199	200-224	225-250
5'9" to 5'10"	Acceleration	89	88	87	86	85
	Sprint speed	89	88	87	86	85
	Agility	89	85	81	75	73
	Balance	89	89	89	90	90
	Jumping	84	82	80	77	75
	Stamina	85	85	85	85	85
	Strength	62	65	71	73	77
	Reactions	92	92	92	92	92

Height	Attribute	120-149	150-174	175-199	200-224	225-250
5'11" to 6"	Acceleration	88	87	86	85	84
	Sprint speed	87	87	86	85	84
	Agility	87	83	78	74	71
	Balance	87	87	88	88	88
	Jumping	84	82	80	77	75
	Stamina	85	85	85	85	85
	Strength	66	70	75	78	81
	Reactions	92	92	92	92	92

Height	Attribute	120-149	150-174	175-199	200-224	225-250
6'1" to 6'2"	Acceleration	87	86	84	83	81
	Sprint speed	86	85	83	82	81
	Agility	85	82	77	73	70
	Balance	84	84	84	85	85
	Jumping	82	80	78	75	73
	Stamina	85	85	85	85	85
	Strength	69	72	77	80	82
	Reactions	92	92	92	92	92

Height	Attribute	120-149	150-174	175-199	200-224	225-250
6'3" to 6'4"	Acceleration	84	83	82	81	79
	Sprint speed	83	82	81	80	79
	Agility	83	80	76	71	69
	Balance	81	81	81	82	82
	Jumping	80	78	76	73	71
	Stamina	85	85	85	85	85
	Strength	71	74	79	82	84
	Reactions	92	92	92	92	92

Height	Attribute	120-149	150-174	175-199	200-224	225-250
6'5" to 6'6"	Acceleration	82	81	80	78	76
	Sprint speed	81	80	79	78	77
	Agility	81	79	74	69	67
	Balance	79	79	79	80	80
	Jumping	80	78	76	73	70
	Stamina	85	85	85	85	85
	Strength	73	77	81	84	86
	Reactions	92	92	92	92	92

Attacking Mid

		Weight Class				
Height	Attribute	120-149	150-174	175-199	200-224	225-250
5'5" to 5'6"	Acceleration	87	85	83	80	78
	Sprint speed	86	84	82	80	77
	Agility	88	86	84	82	80
	Balance	84	85	85	86	86
	Jumping	75	75	76	76	76
	Stamina	80	80	80	80	80
	Strength	55	58	61	64	67
	Reactions	86	86	86	86	86

Height	Attribute	120-149	150-174	175-199	200-224	225-250
5'7" to 5'8"	Acceleration	86	84	82	79	76
	Sprint speed	85	83	82	79	76
	Agility	87	85	83	81	80
	Balance	83	83	83	84	84
	Jumping	76	77	77	77	77
	Stamina	80	80	80	80	80
	Strength	58	61	64	67	70
	Reactions	86	86	86	86	86

Height	Attribute	120-149	150-174	175-199	200-224	225-250
5'9" to 5'10"	Acceleration	85	83	81	78	75
	Sprint speed	84	82	80	78	75
	Agility	86	85	82	80	78
	Balance	81	81	81	82	82
	Jumping	76	76	77	77	77
	Stamina	80	80	80	80	80
	Strength	60	63	66	70	73
	Reactions	86	86	86	86	86

Height	Attribute	120-149	150-174	175-199	200-224	225-250
5'11" to 6"	Acceleration	84	82	79	76	74
	Sprint speed	83	81	79	76	74
	Agility	85	83	81	79	76
	Balance	78	78	78	79	79
	Jumping	77	77	77	77	77
	Stamina	80	80	80	80	80
	Strength	62	65	68	71	74
	Reactions	86	86	86	86	86

Height	Attribute	120-149	150-174	175-199	200-224	225-250
6'1" to 6'2"	Acceleration	83	81	78	75	72
	Sprint speed	81	79	77	75	72
	Agility	84	82	80	77	75
	Balance	75	75	75	76	76
	Jumping	78	78	78	78	77
	Stamina	80	80	80	80	80
	Strength	65	68	71	75	78
	Reactions	86	86	86	86	86

Height	Attribute	120-149	150-174	175-199	200-224	225-250
6'3" to 6'4"	Acceleration	81	79	77	74	71
	Sprint speed	79	77	75	72	70
	Agility	83	81	78	76	74
	Balance	73	73	73	74	74
	Jumping	78	78	78	78	76
	Stamina	80	80	80	80	80
	Strength	67	70	73	76	80
	Reactions	86	86	86	86	86

Height	Attribute	120-149	150-174	175-199	200-224	225-250
6'5" to 6'6"	Acceleration	79	77	75	72	69
	Sprint speed	78	75	73	71	69
	Agility	81	79	76	74	72
	Balance	71	71	71	72	72
	Jumping	80	79	78	78	76
	Stamina	80	80	80	80	80
	Strength	70	74	78	81	84
	Reactions	86	86	86	86	86

Defensive Mid

		Weight Class				
Height	Attribute	120-149	150-174	175-199	200-224	225-250
5'5" to 5'6"	Acceleration	85	83	81	79	77
	Sprint speed	84	82	80	78	76
	Agility	84	82	80	78	76
	Balance	87	87	87	88	88
	Jumping	84	86	86	80	76
	Stamina	90	90	90	90	90
	Strength	70	72	74	76	78
	Reactions	92	92	92	92	92

Height	Attribute	120-149	150-174	175-199	200-224	225-250
5'7" to 5'8"	Acceleration	84	82	80	78	76
	Sprint speed	83	81	79	77	75
	Agility	83	81	79	77	75
	Balance	85	85	85	86	86
	Jumping	84	86	86	80	76
	Stamina	90	90	90	90	90
	Strength	72	74	76	78	80
	Reactions	92	92	92	92	92

Height	Attribute	120-149	150-174	175-199	200-224	225-250
5'9" to 5'10"	Acceleration	83	81	79	77	75
	Sprint speed	82	80	78	76	74
	Agility	82	80	78	76	74
	Balance	83	83	83	84	84
	Jumping	84	86	86	80	76
	Stamina	90	90	90	90	90
	Strength	74	76	78	80	82
	Reactions	92	92	92	92	92

Height	Attribute	120-149	150-174	175-199	200-224	225-250
5'11" to 6"	Acceleration	82	80	78	76	74
	Sprint speed	81	79	77	75	73
	Agility	81	79	77	75	73
	Balance	81	81	81	82	82
	Jumping	84	86	86	80	76
	Stamina	90	90	90	90	90
	Strength	76	78	80	82	84
	Reactions	92	92	92	92	92

Height	Attribute	120-149	150-174	175-199	200-224	225-250
6'1" to 6'2"	Acceleration	81	79	77	75	73
	Sprint speed	79	77	75	73	71
	Agility	80	78	76	74	72
	Balance	79	79	79	80	80
	Jumping	84	86	86	80	76
	Stamina	90	90	90	90	90
	Strength	78	80	82	84	86
	Reactions	92	92	92	92	92

Height	Attribute	120-149	150-174	175-199	200-224	225-250
6'3" to 6'4"	Acceleration	79	77	75	73	71
	Sprint speed	78	76	74	72	70
	Agility	78	76	74	72	70
	Balance	77	77	77	78	78
	Jumping	84	86	86	80	76
	Stamina	90	90	90	90	90
	Strength	81	83	85	87	89
	Reactions	92	92	92	92	92

Height	Attribute	120-149	150-174	175-199	200-224	225-250
6'5" to 6'6"	Acceleration	77	75	73	71	69
	Sprint speed	76	74	72	70	68
	Agility	76	74	72	70	68
	Balance	75	75	75	76	76
	Jumping	84	86	86	80	76
	Stamina	90	90	90	90	90
	Strength	84	86	88	90	92
	Reactions	92	92	92	92	92

Left Back / Right Back

		Weight Class				
Height	Attribute	120-149	150-174	175-199	200-224	225-250
5'5" to 5'6"	Acceleration	88	87	85	83	82
	Sprint speed	88	86	85	84	83
	Agility	88	85	82	75	71
	Balance	88	89	89	90	90
	Jumping	80	78	76	73	71
	Stamina	80	80	80	80	80
	Strength	56	60	64	67	70
	Reactions	88	88	88	88	88

Height	Attribute	120-149	150-174	175-199	200-224	225-250
5'7" to 5'8"	Acceleration	87	86	84	82	81
	Sprint speed	87	85	84	83	82
	Agility	87	84	81	74	70
	Balance	85	86	86	87	87
	Jumping	80	78	76	73	71
	Stamina	80	80	80	80	80
	Strength	60	64	67	70	73
	Reactions	88	88	88	88	88

Height	Attribute	120-149	150-174	175-199	200-224	225-250
5'9" to 5'10"	Acceleration	85	84	82	81	80
	Sprint speed	85	83	82	80	80
	Agility	85	82	79	72	68
	Balance	83	84	84	85	85
	Jumping	80	78	76	73	71
	Stamina	80	80	80	80	80
	Strength	64	67	70	73	76
	Reactions	88	88	88	88	88

Height	Attribute	120-149	150-174	175-199	200-224	225-250
5'11" to 6"	Acceleration	84	83	81	80	79
	Sprint speed	84	82	81	79	79
	Agility	83	80	77	70	66
	Balance	81	82	82	83	83
	Jumping	80	78	76	73	71
	Stamina	80	80	80	80	80
	Strength	67	70	73	76	79
	Reactions	88	88	88	88	88

Height	Attribute	120-149	150-174	175-199	200-224	225-250
6'1" to 6'2"	Acceleration	82	81	79	78	77
	Sprint speed	82	80	79	77	77
	Agility	81	78	75	68	64
	Balance	79	80	80	81	81
	Jumping	80	78	76	73	71
	Stamina	80	80	80	80	80
	Strength	70	73	76	79	82
	Reactions	88	88	88	88	88

Height	Attribute	120-149	150-174	175-199	200-224	225-250
6'3" to 6'4"	Acceleration	80	79	77	76	75
	Sprint speed	80	78	77	75	75
	Agility	79	76	73	66	62
	Balance	77	78	78	79	79
	Jumping	80	78	76	73	71
	Stamina	80	80	80	80	80
	Strength	73	76	79	82	85
	Reactions	88	88	88	88	88

Height	Attribute	120-149	150-174	175-199	200-224	225-250
6'5" to 6'6"	Acceleration	78	77	75	74	73
	Sprint speed	78	76	75	73	73
	Agility	77	74	71	64	60
	Balance	75	76	76	77	77
	Jumping	80	78	76	73	71
	Stamina	80	80	80	80	80
	Strength	76	79	82	85	88
	Reactions	88	88	88	88	88

Center Back

		Weight Class				
Height	Attribute	120-149	150-174	175-199	200-224	225-250
5'5" to 5'6"	Acceleration	83	81	79	77	75
	Sprint speed	85	83	81	79	77
	Agility	84	82	80	78	76
	Balance	82	83	83	84	84
	Jumping	84	86	88	86	80
	Stamina	80	80	80	80	80
	Strength	74	76	78	80	82
	Reactions	88	88	88	88	88

Height	Attribute	120-149	150-174	175-199	200-224	225-250
5'7" to 5'8"	Acceleration	82	80	78	76	74
	Sprint speed	84	82	80	78	76
	Agility	83	81	79	77	75
	Balance	80	81	81	82	82
	Jumping	84	86	88	86	80
	Stamina	80	80	80	80	80
	Strength	76	78	80	82	84
	Reactions	88	88	88	88	88

Height	Attribute	120-149	150-174	175-199	200-224	225-250
5'9" to 5'10"	Acceleration	81	79	77	75	73
	Sprint speed	83	81	79	77	75
	Agility	82	80	78	76	74
	Balance	79	80	80	81	81
	Jumping	84	86	88	86	80
	Stamina	80	80	80	80	80
	Strength	78	80	82	84	86
	Reactions	88	88	88	88	88

Height	Attribute	120-149	150-174	175-199	200-224	225-250
5'11" to 6"	Acceleration	80	78	76	74	72
	Sprint speed	82	80	78	76	74
	Agility	80	78	76	74	72
	Balance	78	79	79	80	80
	Jumping	84	86	88	86	80
	Stamina	80	80	80	80	80
	Strength	80	82	84	86	88
	Reactions	88	88	88	88	88

Height	Attribute	120-149	150-174	175-199	200-224	225-250
6'1" to 6'2"	Acceleration	78	76	74	72	70
	Sprint speed	81	79	77	75	73
	Agility	77	75	73	71	69
	Balance	76	77	77	78	78
	Jumping	84	86	88	86	80
	Stamina	80	80	80	80	80
	Strength	82	84	86	88	90
	Reactions	88	88	88	88	88

Height	Attribute	120-149	150-174	175-199	200-224	225-250
6'3" to 6'4"	Acceleration	77	75	73	71	69
	Sprint speed	80	78	76	74	72
	Agility	75	73	71	69	67
	Balance	75	76	76	77	77
	Jumping	84	86	88	86	80
	Stamina	80	80	80	80	80
	Strength	84	86	88	90	92
	Reactions	88	88	88	88	88

Height	Attribute	120-149	150-174	175-199	200-224	225-250
6'5" to 6'6"	Acceleration	76	74	72	70	68
	Sprint speed	79	77	75	73	71
	Agility	73	71	69	67	65
	Balance	74	75	75	76	76
	Jumping	84	86	88	86	80
	Stamina	80	80	80	80	80
	Strength	86	88	90	92	94
	Reactions	88	88	88	88	88

Goalkeeper

		Weight Class				
Height	Attribute	120-149	150-174	175-199	200-224	225-250
5'5" to 5'6"	Acceleration	70	70	70	70	70
	Sprint speed	70	70	70	70	70
	Agility	75	80	86	86	80
	Balance	70	80	85	90	95
	Jumping	80	80	80	80	80
	Stamina	75	75	75	75	75
	Strength	76	80	85	88	90
	Reactions	90	90	90	90	90

Height	Attribute	120-149	150-174	175-199	200-224	225-250
5'7" to 5'8"	Acceleration	70	70	70	70	70
	Sprint speed	70	70	70	70	70
	Agility	75	80	86	86	80
	Balance	70	80	85	90	95
	Jumping	80	80	80	80	80
	Stamina	75	75	75	75	75
	Strength	76	80	85	88	90
	Reactions	90	90	90	90	90

Height	Attribute	120-149	150-174	175-199	200-224	225-250
5'9" to 5'10"	Acceleration	70	70	70	70	70
	Sprint speed	70	70	70	70	70
	Agility	75	80	86	86	80
	Balance	70	80	85	90	95
	Jumping	80	80	80	80	80
	Stamina	75	75	75	75	75
	Strength	76	80	85	88	90
	Reactions	90	90	90	90	90

Height	Attribute	120-149	150-174	175-199	200-224	225-250
5'11" to 6"	Acceleration	70	70	70	70	70
	Sprint speed	70	70	70	70	70
	Agility	75	80	86	86	80
	Balance	70	80	85	90	95
	Jumping	80	80	80	80	80
	Stamina	75	75	75	75	75
	Strength	76	80	85	88	90
	Reactions	90	90	90	90	90

Height	Attribute	120-149	150-174	175-199	200-224	225-250
6'1" to 6'2"	Acceleration	70	70	70	70	70
	Sprint speed	70	70	70	70	70
	Agility	75	80	86	86	80
	Balance	70	80	85	90	95
	Jumping	80	80	80	80	80
	Stamina	75	75	75	75	75
	Strength	76	80	85	88	90
	Reactions	90	90	90	90	90

Height	Attribute	120-149	150-174	175-199	200-224	225-250
6'3" to 6'4"	Acceleration	70	70	70	70	70
	Sprint speed	70	70	70	70	70
	Agility	75	80	86	86	80
	Balance	70	80	85	90	95
	Jumping	80	80	80	80	80
	Stamina	75	75	75	75	75
	Strength	76	80	85	88	90
	Reactions	90	90	90	90	90

Height	Attribute	120-149	150-174	175-199	200-224	225-250
6'5" to 6'6"	Acceleration	70	70	70	70	70
	Sprint speed	70	70	70	70	70
	Agility	75	80	86	86	80
	Balance	70	80	85	90	95
	Jumping	80	80	80	80	80
	Stamina	75	75	75	75	75
	Strength	76	80	85	88	90
	Reactions	90	90	90	90	90

*This article describes in general terms how these features work in FIFA 19 on PC, PlayStation 4, and Xbox One. We're always looking to improve the gameplay experience, so this information may become outdated as we make adjustments to keep our game fun for everyone. Where possible, we'll try to keep you updated about the changes we make – through new articles, or changes to the posted ones.