**7-a-side**

**(GK)-2-3-1 Formation**

2 Defenders, 3 Midfield, 1 Forward.

**Defense**

* Support from the back (and possible outlet). Protect the middle when one of the defenders is dragged out to the wing.
* One player deep as cover and other defender flows forward to cut out passes. Defenders attempt to slow play when opponent has the ball … channel, poke/jab and don’t over commit or miss the ball … give teammates time to get back and help out.

**Midfield**

* Player in the middle
  + acts as distributor/pivot
  + keeps the team shape
  + looks to transfer the ball quickly to the roaming forward, or outside to the wide midfielders
* Wide midfielders are the ‘Runners’ on each side

**Sole Forward**

* likes roaming and moving into space to receive the ball,
* hold the ball up, or
* return it to the player moving forward, and
* score goals.
* by roaming the forward can also pull a marking defender out of position to create space for the midfield to run into.

**Defending**

Defend from the front. Forward quickly gets 5m away from opponent restarts and protects ‘line of the ball’, i.e. cut out the big ball forward. Others pick players up in their zone (mark in zone)

**Everyone plays everywhere**

Don’t get obsessed with positions. Everyone plays support in both attack and defense on a small field. This system allows there to be two players back when the opponent breaks forward (or one covering defense and one not too far forward who can rush back). And the player up front needs to move into space where they can receive and hold the ball up. But other than that … Everyone plays everywhere.