

7 versus 7 Soccer Theory

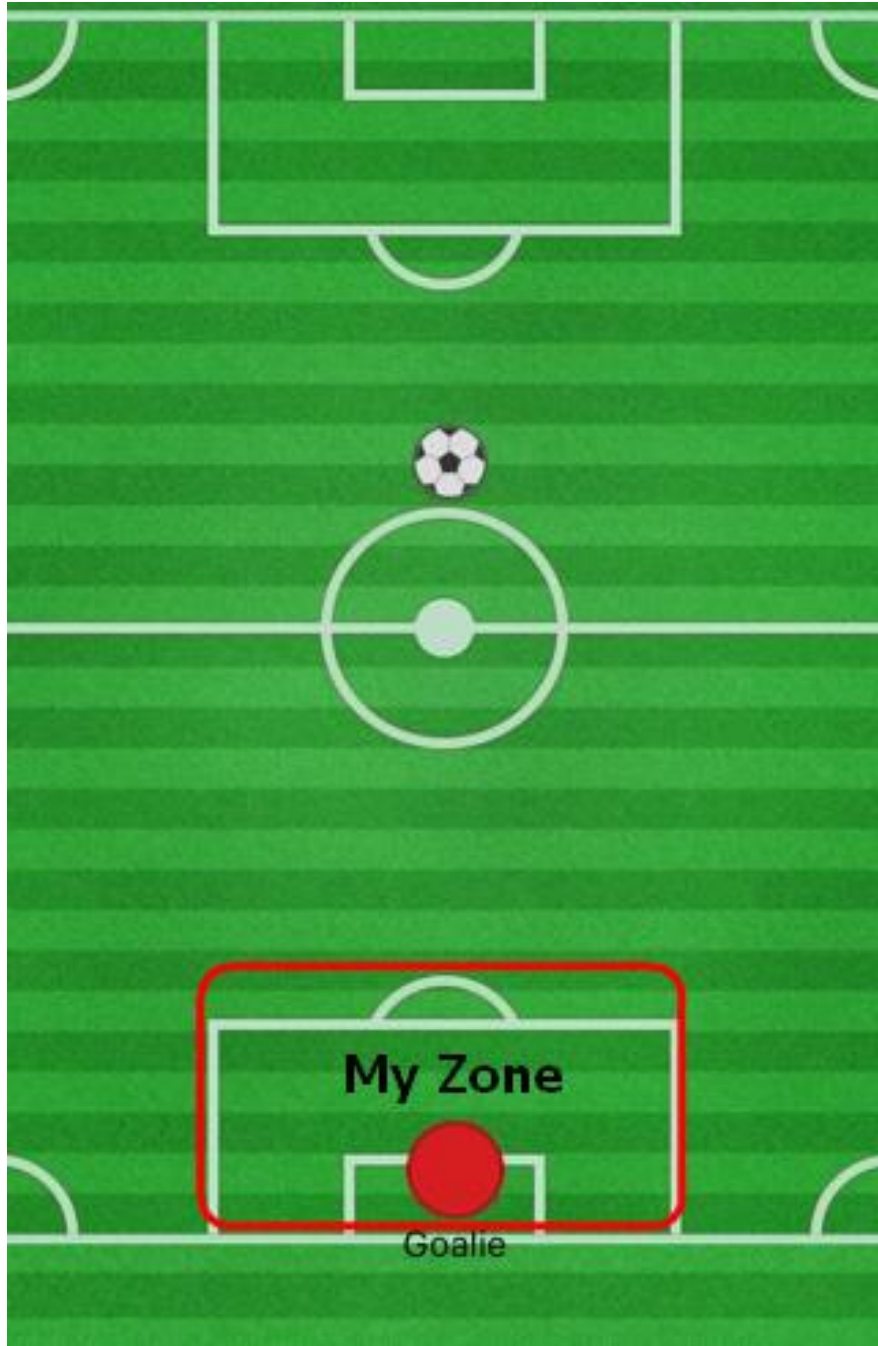
Created by Coaches Gran & Bedard

By keeping in our individual positions, it creates space for teammates to pass to each other and defend our opponents. We play with 1 goalie, 2 fullbacks (defense), 3 midfielders and one striker (which is sometimes referred to as a forward). The initial formation when a kickoff occurs is defined below.



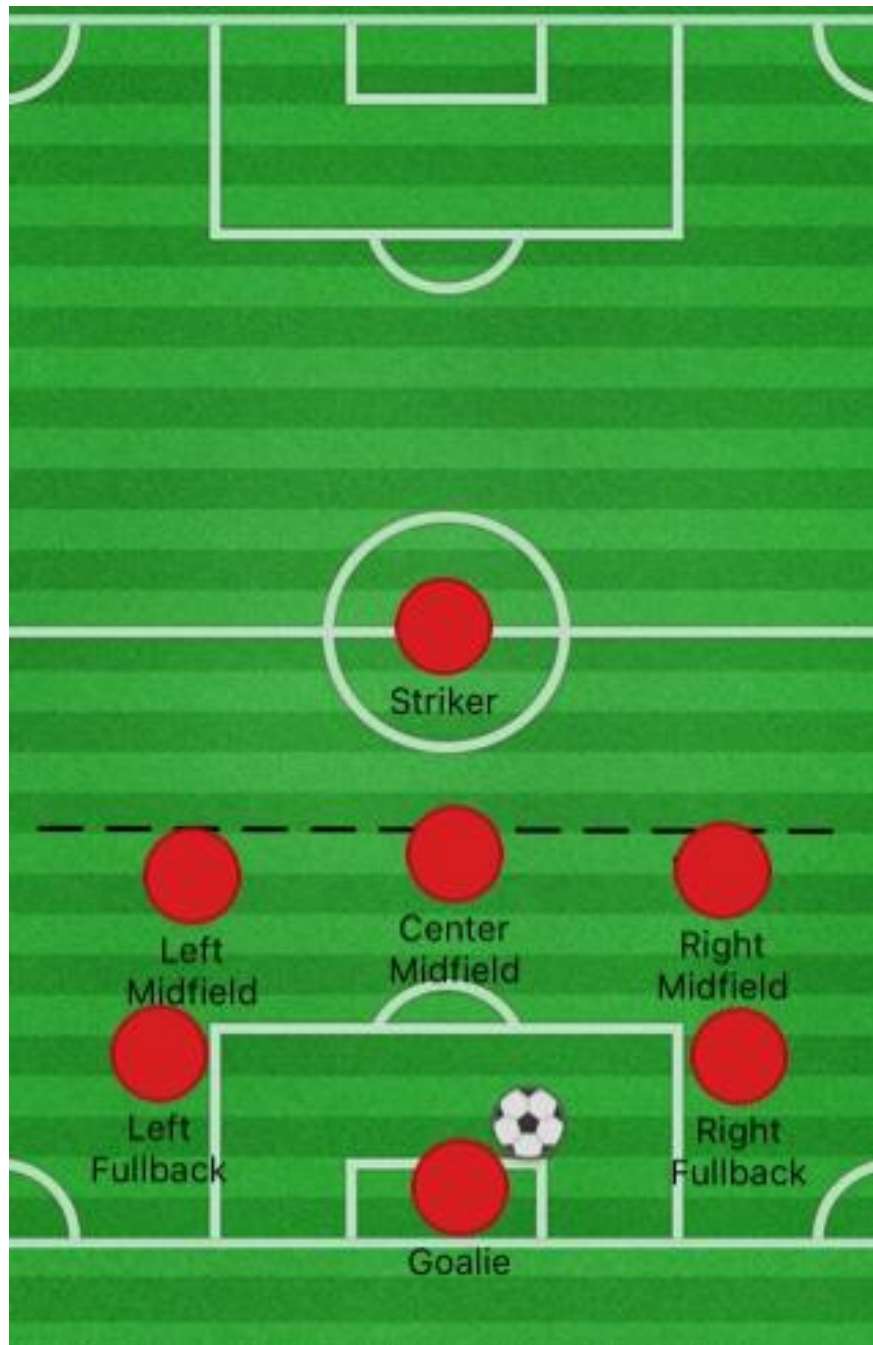
The following pages will have additional lines on the diagrams showing each position's "My Zone" which means where you typically should be located, "Help" where you can also go to help your teammates and "Not Hear" meaning where you should not be located.

Goalie



Team Setup for Goal Kicks

The dashed line on this diagram represents the new zone where opponents cannot enter during a goal kick. After the goal kick is made, you should continue moving into open spaces if you do not have the ball. Try to move the ball towards the opponent's goal and pass it up to either a striker or midfielder.



Left Fullback

Your job is to stop the other team from dribbling down the left side and center of the field to score goals. Focus on the area labeled My Zone but you can also be in the area labeled Help. If the ball is not on the right side of the field, you should be positioned in My Zone.



Right Fullback

Your job is to stop the other team from dribbling down the right side and center of the field to score goals. Focus on the area labeled My Zone but you can also be in the area labeled Help. If the ball is not on the left side of the field, you should be positioned in My Zone.



Left Midfielder

As a midfielder, your position allows you to go from your goal all the way to your opponent's goal.



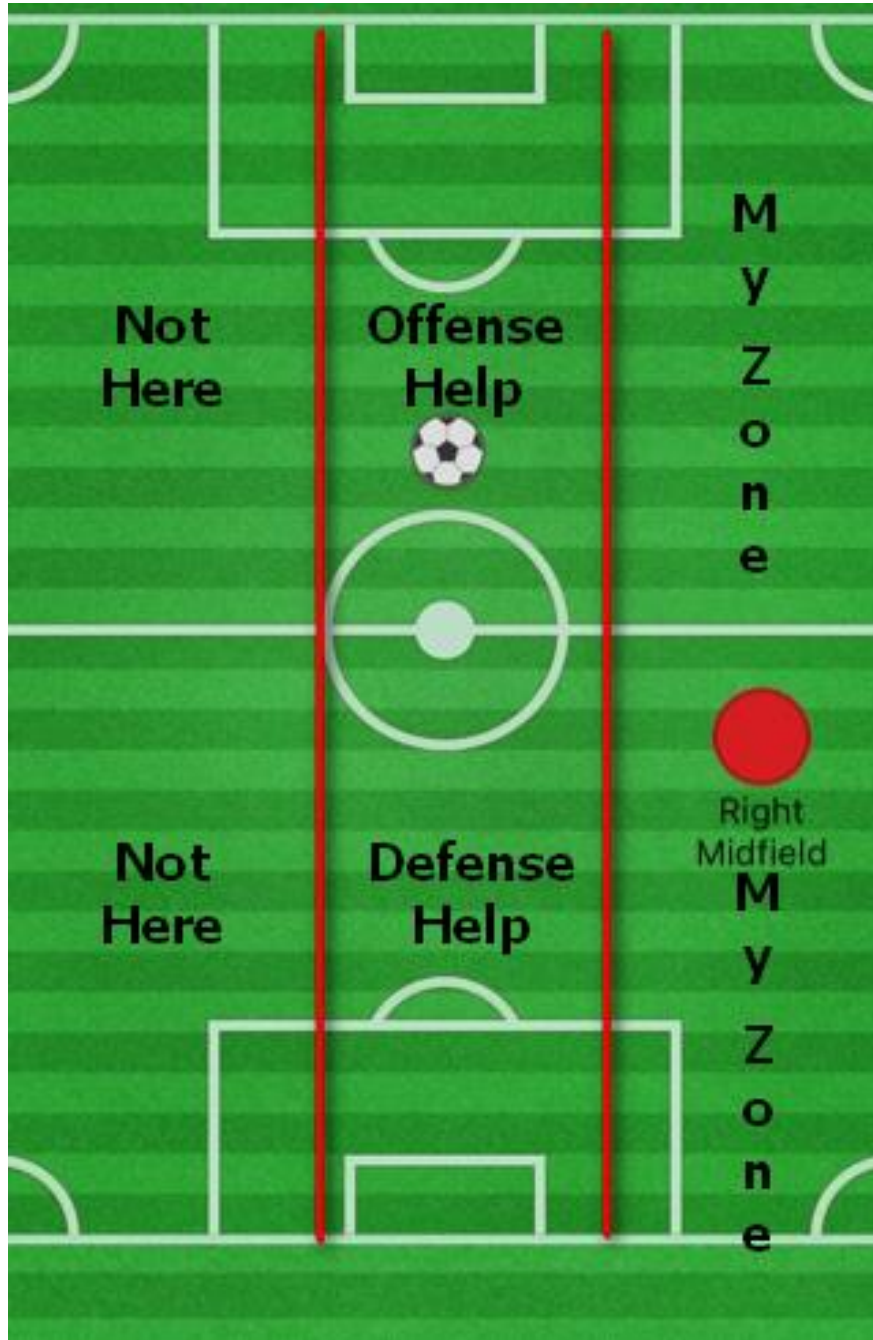
Center Midfielder

As a midfielder, your position allows you to go from your goal all the way to your opponent's goal.



Right Midfielder

As a midfielder, your position allows you to go from your goal all the way to your opponent's goal.



Striker

The striker needs to be the furthest player up the field, closest to the opponent's goal. When the ball is close to our goal and not in your coverage zone, walk back and forth from the left to the right within your zone. By doing this, it will often result in the other team's players coming out of the zones they should be covering and create more open space for you and our team.

