

## NGS 7v7 Formation



The **1-3-2-1 formation** offers a balanced spread of players over the field with numerous triangles and diamond shapes which creates good opportunities for:

- Effective positioning play
- Playing out from the Back
- Combination passing and Possession style soccer
- Creative and varied attacking play using the width of the field
- Early disturbing and pressuring after losing possession

### **TEAM DEFENDING PRINCIPLES**

**1) PRESSURE** the ball. The first step is to always apply immediate pressure on the ball. This does not mean diving in but closing down the players space on the ball.

**2) COVER** off the ball. The defense must move as one, providing support and coverage for one another. The primary thing to remember here is to have a good shape, being **BALANCED**. The main principle here is to not ball watch, cover dangerous space and keep an eye on your opponent while adjusting.

**3) COMPACT** in the center of the field. When the team closes down the center of the field and has no gaps between players it is very difficult for opponents to penetrate and attack the dangerous space.

**4) DELAY** the attack. You don't always have to immediately win the ball. After attacking the space, to keep opponents from moving forward sometimes it is best to stall their progress and wait for your team to get into defensive shape. When your team has an attack delayed in a one-on one situation another team member should move in as a second defender to attack the ball.

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**5) EACH PLAYER MARKED** every defender should know where every attacking player is at all times. The primary thing to make this happen is constant communication.

**6) FALL BACK** every player is a defender when the opposition has the ball. If players are tired after an attack first sprint back to goal-side of opposition to rest; they shouldn't allow attackers to win the ball in front of them. When one defender steps up to play the ball other defenders should not remain square but, should immediately drop to support. This is also known as **DEPTH** in the defense.

### TEAM ATTACKING PRINCIPLES

**1) SPEED** - On the ball the weight of the pass has to be good so it cannot be intercepted. Forward diagonal passes are key, to put the opponent on the back foot. Square passes slow the flow down and can be intercepted easily. When running with the ball this has to be at speed to suck a defender/s in to create the space for a pass to a team mate or create space for a team mates run. Movement off the ball is vital to speed the play up. Diagonal runs, overlapping runs, will help isolate defenders and create numbers up situations.

**2) SPACE** – To create space players be constantly on the move. Every time a player moves they create another space for another team mate. When in possession the space should be created with spreading the field with width and depth. This will allow movement to happen and good supporting angles and distances.

**3) SUPPORT** – When the ball is played it is important that players support the play. Good angles and distance of support is vital to allow space and time to play the next pass, dribble, cross or finish.

**4) SURPRISE** – It is important that players *do not* become *predictable*. Robotic players can become very easy to break down. Being creative in the attacking third can always create opportunities to goal. If this means dribbling 1v1, striking from distance, playing a free kick or corner quickly to create a goal scoring opportunity.

### PLAYER ROLES

#### In Possession

- Goalkeeper and defenders encouraged to be comfortable receiving the ball at their feet and playing out from the back. #2 and #3 defenders should get as wide as possible when the goalkeeper has the ball to try and receive it themselves.
- #2 and #3 defenders must also support in attack offering width to the midfield and support to the forward #9. At the same time they should be aware of the need to 'cover' each other when one pushes forward.
- Central midfield #6 and #8 players looks to link play between team mates all over the field, receiving from the goalkeeper, combining with defenders and forwards, and always looking to make themselves available for a pass, being not only 'open' but giving a passing 'lane'.
- #9 forward should be a 'target' for the defenders and midfielder by giving good angles for a passes and combinations.
- #8 is the attacking midfielder who offers support to the #9 forward.
- In general, all players look to 'stretch out' and make the field as 'big' as possible to create space and passing options.

#### Out of Possession

- Closest player pressures the ball, with team-mates getting compact behind
- Forwards work hard to get at least one of them back into the midfield and help make it compact
- Goalkeeper should be alert and ready to come out to beat an opponent to a ball played over or through the defense
- Defenders should 'pinch in' if the ball is wide to cover central areas of the field.

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### How It Transfers To The Larger Sided Game Formats

- Players perform a range of roles in each of the positions and have to be encouraged to be flexible and fluid.
- 'Defenders' are encouraged to get forward at the right times and have an attack minded attitude in possession.
- The system uses a central midfielder player to link the play together from back to front, from right to left. This player must look to receive the ball from, and combine with team mates all over the field as they do in 9v9 and 11v11.
- Forwards have to be flexible. They perform defensive duties, and in attack look to provide width or go central depending on the situation.

### Look out for...

- Defenders only 'defending'. Sitting back on half way or deeper and watching midfielder and forwards attacking and not providing support.
- Forwards neglecting defensive duties, leaving midfielder overrun.
- Central midfielder player and forwards not 'showing' to receive a pass, and instead just running forwards towards goal while calling.