



7v7 Positions & Formations

Flight Recreational League



What Roles can Players have in the Game?

Each Formation consists of 3 units, Defense (incl Goalkeeper), Midfielders and Forwards. Only 7 players can be allowed on the field at one time.

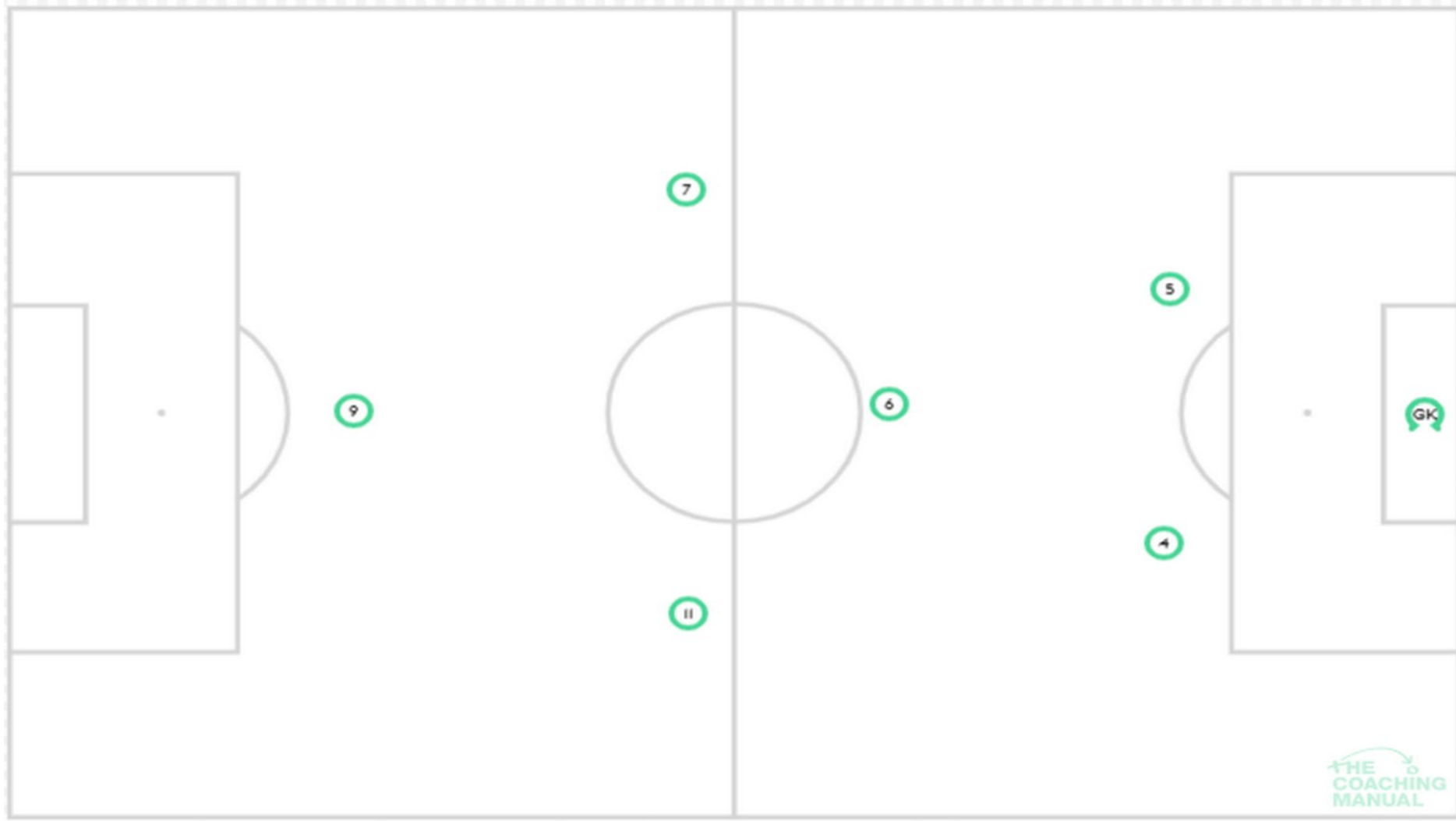
Goalkeepers Role: To move up from his/her line as the ball moves forward, be an extra option for teammates to play the ball back to. Use both Hands and/or Feet when looking to make saves, decision depends on the shot from opponent.

Defenders Role: When our team doesn't have the ball make the field smaller by getting closer to their teammates showing players to the outside keeping the ball in-front. When our team has the ball or they do, look to get teammates ahead involved by making passes. If players have space as defenders, allow them to advance up the field and take their space once pressured look for teammates.

Midfielders Role: When our team doesn't have the ball make the field smaller by getting closer to their teammates showing players to the outside keeping the ball in-front. When our team has the ball, outside Midfielders get into space wide to get ball from teammates and stretch opposition. If players have space as midfielders or they are 1v1, allow them to advance up the field and take their space trying to beat an opposition player. If forward players are in space can they pass, if they can't play forwards, are the defenders behind open?

Forwards Role: When our team doesn't have the ball make the field smaller by getting closer to their teammates showing players to the outside keeping the ball in-front. When our team has the ball staying high up the field closer to the opposition defenders looking for spaces to get a pass from midfielders or if they have the ball, looking to get past defenders 1v1 to score.

(1)-2-3-1 Formation – How it looks



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