



HCSA

Principles for 7v7

Formation 1:2:3:1



DEFENDING: When the other team has the ball we:

- ⚽ Try to win the ball back by going to the player with the ball and tackling the ball (closest player)
- ⚽ Find an open player and mark him/her (if the ball is passed to this player you try to win the ball)
- ⚽ Get behind the ball!
- ⚽ Get between the ball and the goal!
- ⚽ Do not let them shoot on goal or block the shot!
- ⚽ Help each other by communicating
- ⚽ Never give up!

ATTACKING: When we have the ball we:

- ⚽ Give the player with the ball space to dribble/ pass or shoot
- ⚽ Move to the outside / forward and get open (away from players from the other team)
- ⚽ We run forward while still looking at the player with the ball (she may need to pass to you!)
- ⚽ Only ask for the ball when you are open – don't hide behind opponents
- ⚽ Give firm passes in front of your team mate (diagonal pass)
- ⚽ Receive the ball so we can keep the ball (with 1st touch taking the ball in to space)
- ⚽ We try to score!

TRANSITION: When we lose the ball we:

- ⚽ Immediately get pressure on the player in possession of the ball and take away options to score or play the ball forward (by pass or dribble) or shoot/ cross the ball

TRANSITION: When I win the ball:

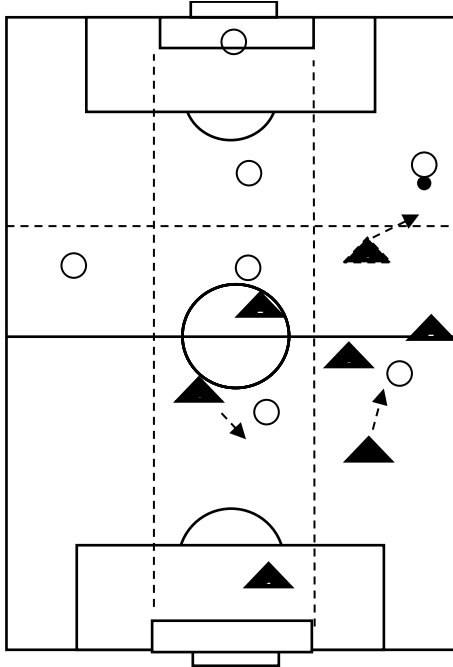
- ⚽ Immediately look to see if : A. can I score? B. can I play the ball to a teammate who can score? C. can I play the ball forward? D. can I keep possession by dribbling forward or playing the ball backwards?

Teammates:

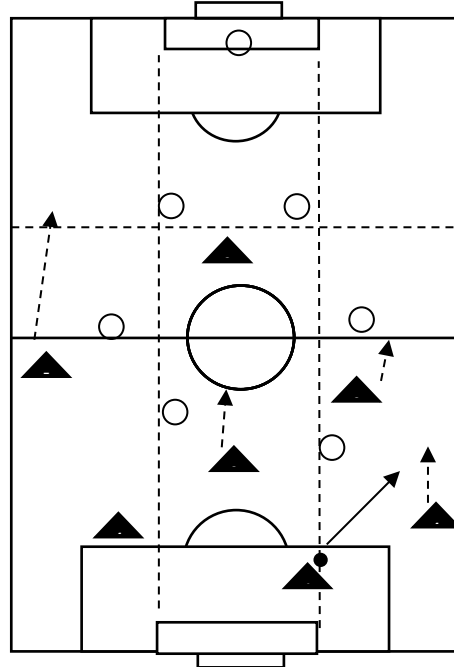
- ⚽ Create space to give the player with the ball options to play the ball forward (MF and FW's)
- Drop back if necessary to keep possession by playing the ball back. (defenders)
- ⚽ Communicate and ask for the ball if open



Defending:



Attacking:



Legend:

- ▲ Team player
- Opponent
- Ball
- ▲ Run
- ↑ Pass

Our slogans: Let's have Fun... and get Better every game!
First to the Ball... and Last to give up!

THANK YOU COACHES!!



REFEREES SHOULD NEVER BE A TARGET FOR YOUR VOICE!

Any parent/Coach who targets any referee faces repercussion from High Country Soccer. This is unsportsmanlike behavior and will not be tolerated. Referees are a vital part of our program and deserve to be treated with respect.

