



# 7v7

These Position Profile principles will be new to players when transition to the 7v7 level. Most of the player positions will be new to the players, so learning what the tasks are in the two main moments (attacking and defending) will be a big challenge for both the players and the coaching staff.

Players will not specialize in any position at this age and will therefore need to learn all the tasks for each position. There are 4 main moments in a game: possession, opponents' possession, and transitions to attacking and defending. At 7v7, not as much emphasis is given to the transition moments.

These principles will be trained during the period the players are playing 7v7. The coaches cannot train every Position Profile principle in a single fall or spring, but over two/three years at 7v7, every principle for each position will be trained and there should be recognition of the different tasks in the position profiles before the player moves to 9v9. Player development is a marathon, not a sprint. Player awareness (game insight) is different for each individual player. Some recognize moments in the game right away, other players take longer to understand and recognize what is happening or what will/could happen (reading the game, being proactive, not reactive). The most talented players will be able to recognize the action that is required to be successful and execute the decision they make (make the pass/dribble passed an opponent/ score the goal/tackle the ball).



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POSITION

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# PROFILES

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7v7



# Summit Strikers FC

## Player Profiles - #1 Goalkeeper

| MOMENT   | DEFENSIVE 1/3  | MIDDLE 1/3  | ATTACKING 1/3   |
|--|--|---|---|
| <b><i>IN POSSESSION (Attacking)</i></b>                                  | <ul style="list-style-type: none"> <li>Distribute the ball to 4/5/6 by rolling or throwing the ball to the open player</li> <li>Offer good angles of support (pass back) in possession to change point of attack (to open side)</li> </ul>   | <ul style="list-style-type: none"> <li>Stay connected w/the game &amp; position relative to the game (move up or back with the play)</li> <li>Be a “relief” pass (back) if we need to re-start</li> <li>Continue communicating to defense to prevent counterattacks</li> </ul>  | <ul style="list-style-type: none"> <li>Offer good angles of support (be available and ready for a back pass) in possession for use to change point of attack</li> </ul>   |
| <b><i>TRANSITION &gt; DEFENSE (Transition not emphasized at 7v7)</i></b> | <ul style="list-style-type: none"> <li>Critical communication to organize defense – quickly organizing dangerous marks &amp; spaces</li> <li>Positional importance to deny goals</li> </ul>  | <ul style="list-style-type: none"> <li>Quick recognition &amp; communication of defense’s height &amp; width (how far up or back they are and are they in the middle of the field or to spread out too wide apart) in transition</li> <li>Read body language to cut out ball behind back line</li> <li>Adjust angle/positioning quickly to deny early shot</li> </ul> | <ul style="list-style-type: none"> <li>Quick recognition &amp; organization of defense’s height &amp; width in the change</li> <li>Read body language to cut out balls in behind our back line</li> </ul>                             |
| <b><i>OUT OF POSSESSION (Defending)</i></b>                              | <ul style="list-style-type: none"> <li>Deal w/any shots (know when to hold/deflect) or crosses (know when to catch/punch/nudge)</li> <li>Critical communication (yell for keepers’ ball, call out open players for defenders to mark up)</li> <li>Angle of play adjustments</li> </ul> | <ul style="list-style-type: none"> <li>Coaching communication to organize defense</li> <li>Defend space behind back line</li> <li>Good, confident decisions to come off the line (don’t stand on the goal line and wait for the attacker on a breakaway, come out to challenge)</li> </ul>  | <ul style="list-style-type: none"> <li>Coaching communication to organize defense and prevent counters</li> <li>Read body language and be alert for balls over back line</li> <li>Be prepared to defend space behind backs</li> </ul> |
| <b><i>TRANSITION &gt; ATTACK (Transition not emphasized at 7v7)</i></b>  | <ul style="list-style-type: none"> <li>Quick recognition &amp; communication when to open up &amp; build up vs. counter (play short or throw or pass the ball to a forward)</li> <li>Effective distribution to counterattack</li> </ul>  | <ul style="list-style-type: none"> <li>Recognize &amp; communicate which back should join attack</li> <li>Adjust attacking shape behind the play</li> <li>Move to the top of the penalty area to be ready for a back pass</li> </ul>  | <ul style="list-style-type: none"> <li>Recognize &amp; encourage 4/5 to quickly join attack</li> <li>Push back line up (4/5) to keep lines tight (space not too big between defenders and midfielder)</li> </ul>                      |
| <b><i>SET PIECES (ATT &amp; DEF)</i></b>                                 | <ul style="list-style-type: none"> <li>A – Organization prevent counter</li> <li>A – Be ready to be a back pass option</li> <li>D – Organize early (numbers in wall, positioning, &amp; marks)</li> <li>D – Deal w/aerial balls &amp; shots in range</li> </ul>                        | <ul style="list-style-type: none"> <li>A – Organization to prevent counter</li> <li>D – Alert for quick re-starts</li> <li>D – Ready to deal with balls behind back line</li> </ul>   | <ul style="list-style-type: none"> <li>A – Organization to prevent counter</li> <li>D – Alert for quick re-starts</li> <li>D – Ready to deal with balls behind back line</li> </ul>   |



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## Player Profiles - #4/#5 Center Back

| <u>MOMENT</u>  | <u>DEFENSIVE 1/3</u>  | <u>MIDDLE 1/3</u>   | <u>ATTACKING 1/3</u>   |
|--|---|---|--|
| <b><i>IN POSSESSION (Attacking)</i></b>                                  | <ul style="list-style-type: none"> <li>• Help build-up with solid passing to advance to middle 1/3</li> <li>• Skip lines/players to relieve high press (play to forwards)</li> </ul>  | <ul style="list-style-type: none"> <li>• Provide depth in midfield possession</li> <li>• Be an outlet behind to change point of attack</li> <li>• Join attack for overload opportunity</li> </ul>   | <ul style="list-style-type: none"> <li>• Continue providing depth as an outlet to change point of attack</li> <li>• Join attack in to assist in probing for penetrating passes</li> </ul>  |
| <b><i>TRANSITION &gt; DEFENSE (Transition not emphasized at 7v7)</i></b> | <ul style="list-style-type: none"> <li>• Quick recognition to deny goal-scoring chance w/immediate pressure</li> <li>• Quickly identify marks to track</li> <li>• Quickly slow down counter to delay</li> </ul>   | <ul style="list-style-type: none"> <li>• Quick recognition of when to apply pressure, cover, or balance based on pressure &amp; location of the ball</li> <li>• Quickly identify runners to track</li> </ul>  | <ul style="list-style-type: none"> <li>• Quick recognition of when to recover vs. getting compact with positional lines in front</li> <li>• Identify runners to track and defend</li> <li>• Read body language to cut out balls in behind our back line</li> </ul>   |
| <b><i>OUT OF POSSESSION (Defending)</i></b>                              | <ul style="list-style-type: none"> <li>• Deal w/opposition's CFW (vs. front 3) or with one of the 9's (vs. front 2)</li> <li>• Deny opponent time, space, and penetration w/good 1v1 defending</li> <li>• Stop/block crosses into the penalty area</li> </ul> | <ul style="list-style-type: none"> <li>• Read the game (visual cues/body language)</li> <li>• Deny forward penetration/track runners (in front or behind)</li> <li>• Protect space behind</li> </ul>  | <ul style="list-style-type: none"> <li>• Assist in press by dealing with checking FW's</li> <li>• Stay connected with other positional lines</li> <li>• Organize positional line in front</li> </ul>   |
| <b><i>TRANSITION &gt; ATTACK (Transition not emphasized at 7v7)</i></b>  | <ul style="list-style-type: none"> <li>• Quickly recognize where &amp; how deep to drop for support</li> <li>• Join attack for numbers, when able</li> </ul>  | <ul style="list-style-type: none"> <li>• Quickly recognize when to counterattack via dribble or pass to create central overload</li> </ul>  | <ul style="list-style-type: none"> <li>• Quickly recognize of when there is an ability to join attack</li> <li>• Counter prevent from further away</li> </ul>  |
| <b><i>SET PIECES (ATT &amp; DEF)</i></b>                                 | <ul style="list-style-type: none"> <li>• A – Look for quick re-start to build or counter</li> <li>• D – Alert for quick re-start to deny goal</li> <li>• D - Take a position so a throw-in cannot go over or past you</li> </ul>                              | <ul style="list-style-type: none"> <li>• A – Look for quick re-start and/or quality delivery to catch opponent</li> <li>• D – Alert for quick re-start to deny goal</li> <li>• D – Win/protect ball in behind our back line from deep delivery</li> <li>• D - Take a position so a throw-in cannot go over or past you</li> </ul> | <ul style="list-style-type: none"> <li>• A – Look to join the attack</li> <li>• D – Alert for early long-range delivery – deny ball behind back line</li> <li>• D – Alert and ready to organize marks in front to avoid counter</li> <li>• D - Take a position so a throw-in cannot go over or past you</li> </ul> |



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## Player Profiles - #6 Defensive CMF

| <u>MOMENT</u>  | <u>DEFENSIVE 1/3</u>  | <u>MIDDLE 1/3</u>  | <u>ATTACKING 1/3</u>  |
|--|---|--|---|
| <b><i>IN POSSESSION (Attacking)</i></b>                                  | <ul style="list-style-type: none"> <li>important in the build-up giving depth between defensive and attacking lines as an outlet for 1/4/5</li> <li>May drop down between 4/5 vs. press from opposition</li> </ul>  | <ul style="list-style-type: none"> <li>Supporting link between backs and forwards</li> <li>Depth in support of forwards to assist with changing point of attack</li> </ul>                             | <ul style="list-style-type: none"> <li>Provide depth in support to change the point of attack to probe to score</li> <li>Look to join areas of the field to create overloads</li> <li>Quality entry passes into 7/9/11</li> </ul> |
| <b><i>TRANSITION &gt; DEFENSE (Transition not emphasized at 7v7)</i></b> | <ul style="list-style-type: none"> <li>Quickly recognize when to deny scoring chance or penetration with pressure</li> <li>Track counterattacking threatening players (usually opposition's 6)</li> </ul>           | <ul style="list-style-type: none"> <li>Quickly recognize when to apply immediate pressure vs. quick recovery to compactness</li> <li>Track countering dangerous players</li> </ul>                     | <ul style="list-style-type: none"> <li>Quickly recognize when to quickly join press to win the ball back vs. recovering to dangerous counter opportunities</li> <li>Quickly communicate with forwards</li> </ul>                  |
| <b><i>OUT OF POSSESSION (Defending)</i></b>                              | <ul style="list-style-type: none"> <li>Deal w/opposition's 6</li> <li>Deny comfortable possession</li> <li>Intercept passes/screen opposition's 9</li> <li>Organize (talk to) forwards defensively</li> </ul>       | <ul style="list-style-type: none"> <li>Deny penetration into opposition's 9</li> <li>Deny opposition's 6 opportunities to play make</li> <li>Assist in covering/balancing with 7/11</li> </ul>         | <ul style="list-style-type: none"> <li>Assist FWs in press by denying access to opposition's 6/9</li> <li>Stay connected/compact with forwards in front</li> </ul>  |
| <b><i>TRANSITION &gt; ATTACK (Transition not emphasized at 7v7)</i></b>  | <ul style="list-style-type: none"> <li>Quickly recognize when to find space to support to either assist with build-up or on the counter</li> </ul>  | <ul style="list-style-type: none"> <li>Quickly recognize whether to counter quickly or support to build and change point of attack</li> </ul>  | <ul style="list-style-type: none"> <li>Quickly recognize when to play forward quickly to counter vs. dropping deep in MF line to change point of attack</li> </ul>  |
| <b><i>SET PIECES (ATT &amp; DEF)</i></b>                                 | <ul style="list-style-type: none"> <li>A – Look for quick re-start to counter</li> <li>D – Alert to quick re-starts/delay play</li> <li>D – Anchor in the wall</li> <li>D – Win match up on balls in box</li> </ul> | <ul style="list-style-type: none"> <li>A – Look for quick re-start to counter or build</li> <li>D – Alert to quick re-starts/delay play</li> <li>D – Win balls played into the penalty area</li> </ul> | <ul style="list-style-type: none"> <li>A – Execute attacking role on set piece</li> <li>D – Alert to quick re-start</li> <li>D – Quickly organize players in front to deter counterattack</li> </ul>                              |



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## Player Profiles - #7/#11 Wide Forward

| <u>MOMENT</u>  | <u>DEFENSIVE 1/3</u>   | <u>MIDDLE 1/3</u>  | <u>ATTACKING 1/3</u>  |
|--|--|--|---|
| <b><i>IN POSSESSION (Attacking)</i></b>                                      | <ul style="list-style-type: none"> <li>Provide higher option in build-up phase for our backs to skip lines</li> </ul>  | <ul style="list-style-type: none"> <li>Inter-change with 9 and/or 6 to penetrate and play through midfield</li> <li>Continue to combine w/2/3/6 and FWs to advance ball into Final 1/3</li> </ul>  | <ul style="list-style-type: none"> <li>Provide wide support to get isolated to go 1v1 to create goal or deliver cross into the penalty area</li> <li>Make runs to threaten back line</li> <li>Finish crosses from opposite side</li> </ul>                    |
| <b><i>TRANSITION &gt; DEFENSE<br/>(Transition not emphasized at 7v7)</i></b> | <ul style="list-style-type: none"> <li>Quickly recognize when to quickly move to win ball vs. recovering to good defensive shape</li> <li>Find opposition's 4/5 to track</li> </ul>  | <ul style="list-style-type: none"> <li>Quickly recognize when to immediately press/drop back to win the ball vs. recovering to good defensive shape</li> <li>Find opposition's 4/5 to track</li> </ul>   | <ul style="list-style-type: none"> <li>Quickly recognize when to immediately press to win the ball vs. recovering to good defensive shape</li> <li>Find opposition's 4/5 to track</li> </ul>  |
| <b><i>OUT OF POSSESSION<br/>(Defending)</i></b>                              | <ul style="list-style-type: none"> <li>Drop back to win ball with 4/5 off opposition's 7/11</li> <li>Track opposition's 4/5 coming forward</li> </ul>  | <ul style="list-style-type: none"> <li>Continue to look to drop back to win the ball via tackle/interception</li> <li>Continue to track opposition's 4/5</li> </ul>  | <ul style="list-style-type: none"> <li>Work w/9 to effectively press</li> <li>Deny opposition's 4/5 any penetration</li> <li>Track 4/5 releasing into midfield</li> </ul>   |
| <b><i>TRANSITION &gt; ATTACK<br/>(Transition not emphasized at 7v7)</i></b>  | <ul style="list-style-type: none"> <li>Quickly recognize when to be quick forward option wide</li> <li>Turn clearances into passes with anticipation</li> </ul>  | <ul style="list-style-type: none"> <li>Quickly recognize when to counter with a run, pass, or dribble to get into Final 1/3 vs. support for build-up play</li> <li>Threaten behind if opposition is high (playing near the middle line)</li> </ul> | <ul style="list-style-type: none"> <li>Quickly recognize when to go forward with run, pass, dribble, or shot vs. opening up wide for option to isolate for 1v1</li> <li>Quick forward decision to create goal</li> </ul>                                      |
| <b><i>SET PIECES (ATT &amp; DEF)</i></b>                                     | <ul style="list-style-type: none"> <li>A – Be an early outlet for quick re-start</li> <li>D – Be alert for quick re-start</li> <li>D – Join wall for FKs in scoring range</li> <li>D - Mark player on throw-ins</li> </ul> | <ul style="list-style-type: none"> <li>A – Be an early outlet for quick re-start</li> <li>D – Be alert for quick re-start/slow play</li> <li>D – Recover to mark opponents</li> <li>D - Mark player on throw-ins</li> </ul>                        | <ul style="list-style-type: none"> <li>A – Execute set piece role</li> <li>A – Early option for re-start</li> <li>D – Deny quick re-start for counter</li> <li>D - Mark player on throw-ins</li> <li>D – Mark space/outside defender on goal kicks</li> </ul> |



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## Player Profiles - #9 Forward

| <u>MOMENT</u>  | <u>DEFENSIVE 1/3</u>  | <u>MIDDLE 1/3</u>  | <u>ATTACKING 1/3</u>   |
|--|---|--|--|
| <b><i>IN POSSESSION (Attacking)</i></b>                                  | <ul style="list-style-type: none"> <li>• Provide higher option in build-up phase for our backs to skip lines</li> <li>• Inter-change w/6 / in build up to advance ball into middle 1/3</li> </ul> | <ul style="list-style-type: none"> <li>• Inter-change with 6 to penetrate and play through midfield</li> <li>• Continue to combine w/MF and FWs to advance ball into Final 1/3</li> <li>• Threaten back line if opposition is high (near middle line)</li> </ul> | <ul style="list-style-type: none"> <li>• Constant mobility (checking &amp; threatening runs) to disorient opposition's defense</li> <li>• Combine/Inter-change w/6 to create scoring chances</li> <li>• Finish chances/crosses</li> <li>• Follow-up shots from distance</li> </ul> |
| <b><i>TRANSITION &gt; DEFENSE (Transition not emphasized at 7v7)</i></b> | <ul style="list-style-type: none"> <li>• Quickly recognize when to drop back to win ball vs. recovering to good defensive shape</li> <li>• Find opposition's 4/5 to track</li> </ul>              | <ul style="list-style-type: none"> <li>• Quickly recognize when to immediately press/drop back to win the ball vs. recovering to good defensive shape</li> <li>• Find opposition's 4/5 to track</li> </ul>   | <ul style="list-style-type: none"> <li>• Quickly recognize when to immediately press to win the ball/deny the deep pass vs. recovering to good defensive shape to channel the ball</li> <li>• Find opposition's 4/5 to track</li> </ul>  |
| <b><i>OUT OF POSSESSION (Defending)</i></b>                              | <ul style="list-style-type: none"> <li>• Drop back to win ball off opposition's 6</li> <li>• Track opposition's 4/5 releasing into attack</li> </ul>  | <ul style="list-style-type: none"> <li>• Continue to drop back to win ball/ deny the pass into the opposition's 6</li> <li>• Continue to track opposition's 4/5 releasing into attack</li> </ul>   | <ul style="list-style-type: none"> <li>• Initiates press by channeling opposition's build-up to make play predictable (force to one side)</li> <li>• Track/defend opposition's 4/5 dribbling into midfield to overload</li> </ul>  |
| <b><i>TRANSITION &gt; ATTACK (Transition not emphasized at 7v7)</i></b>  | <ul style="list-style-type: none"> <li>• Quickly recognize when to become a forward option wide (when 7/11 drop)</li> <li>• Turn clearances into passes with anticipation</li> </ul>              | <ul style="list-style-type: none"> <li>• Recognize when to quickly counter with a run, pass, or dribble to get into Final 1/3 vs. support for build-up play</li> <li>• Threaten behind if opposition is high</li> </ul>  | <ul style="list-style-type: none"> <li>• Quick recognition to go forward with run, pass, dribble, or shot (catch GK)</li> <li>• Opportunistic by finishing loose balls from turnovers, crosses and shots</li> </ul>  |
| <b><i>SET PIECES (ATT &amp; DEF)</i></b>                                 | <ul style="list-style-type: none"> <li>• A – Be an early outlet for quick re-start</li> <li>• D – Be alert for quick re-start</li> <li>• D – Join wall for FKs in scoring range</li> </ul>        | <ul style="list-style-type: none"> <li>• A – Be an early outlet for quick re-start</li> <li>• D – Be alert for quick re-start/slow play</li> <li>• D – Recover to mark opponents</li> </ul>  | <ul style="list-style-type: none"> <li>• A – Execute set piece role</li> <li>• A – Early option for re-start</li> <li>• D – Deny quick re-start for counter</li> </ul>   |