



# 7v7 Without ball handbook

Category: Tactical: Defensive principles

Difficulty: Beginner

East Bay United - Bay Oaks Soccer Club

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## Starting Positions

### General Idea:

- Encourage 1v1
- Each player to rotate position
- Try, fail, try again.
- Be selfish
- Use GK as a field player
- Encourage High Pressure
- All players attack



## Zone 3, Without Ball

Zone 3, Without the Ball.

GK has the ball

Play as high as possible.

Gk as well

Notion of distance between players.

"Block team" compact



## Zone 2, Without the ball

Encourage 1v1 defending.

Notion of pressure cover but 1v1 is priority.

Position between the ball and the goal



## Zone 1, Without the ball

Protect the box  
Still 1v1 defending. Take a Mark.  
GK in the 6.  
Pressure BC.

