



7v7 Without ball handbook

Category: Tactical: Defensive principles

Difficulty: Beginner

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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.