



## 7v7 Formation

**Category:** Technical: Attacking and Defending Skills  
**Difficulty:** Beginner

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### Screen 1

#### Game Organization: Start

A team's formation is organized from back to front and does not include the goalkeeper. Waxhaw's recommended 7v7 formation is a 2-3-1.

1. GK=Goalkeeper

4/5. CB=Center Backs; 4=RCB, 5=LCB

7/11 RMLM= Right Mid and Left Mid

8= Center Mid

9= Forward



### Screen 2

Attacking in a 2-3-1 Formation (2 defenders, 3 midfielders, 1 forward)

#### Benefits:

1. 3 levels of play
2. 9 clear triangles of combination passing
3. 3 attacking players with one in behind

#### Weaknesses:

1. Two defenders
2. Outside mids must cover ground when you lose the ball.



### Screen 3

#### Defending in a 2-3-1 Formation GET TIGHT!

Without the ball, we occupy only 6 of the 16 squares of the field. This is so players reduce the amount of gaps teams can attack. A team that gives the opponent too much space to move forward will concede goals.

Teaching teams to "GET TIGHT" help them to remember not to give away forwards space.



## Screen 4

If the ball then moves across the field, your 2-3-1 should SLIDE and GET TIGHT!

