



## 7v7 Formation - Variations

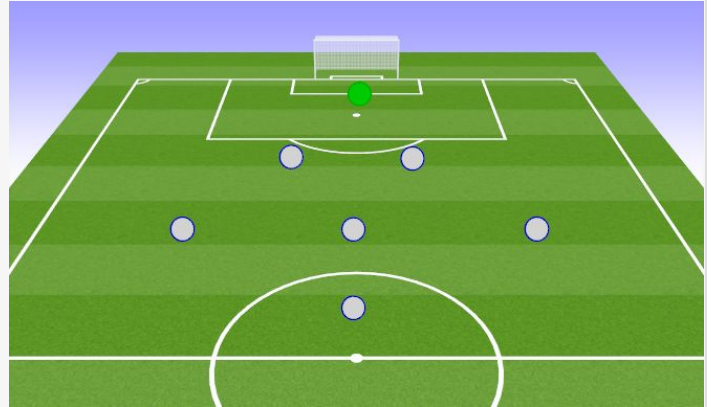
Category: Tactical: Full game form

Difficulty: Beginner

PCSL Coaching Education

### 2-3-1

- 2 backs - should play mostly in the middle next to one another; work as a partnership
- 3 midfielders - give the team width and connect the team back to front; wide players need to defend wide areas
- 1 forward - be the first to defend in the other team's end; collect passes and/or clearances to get team into attack



### 3-1-2

- 3 backs - wide backs need to move forward to pressure--when one side move forward, the other should move toward middle to support
- 1 midfielder - connect the team back to front; stay central
- 2 forwards - be the first to defend in the other team's end; help chase passes into the midfield; collect passes and/or clearances to get team into attack

