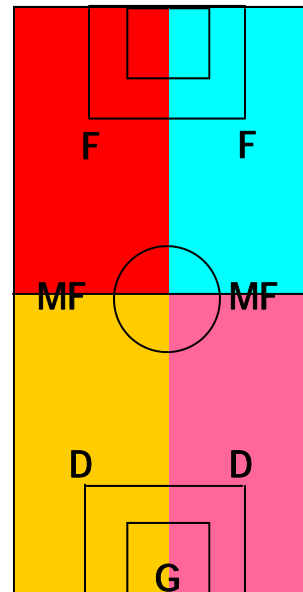
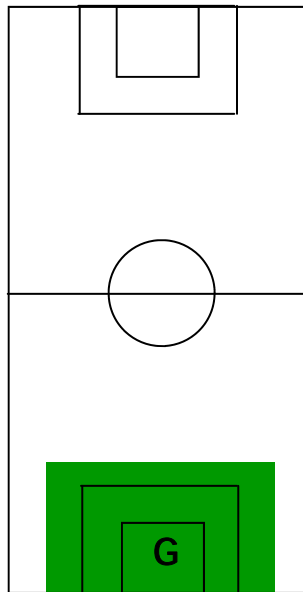


4-5 & 6-7 yr olds

(7v7 format)



The key to these positions is to keep your players spread out on the field. Everyone has a different position. Remember, focus on keeping the players spread out to prevent tiring out and herd ball.

Forward (F): Each team will designate two (2) players as **F**'s. The job of the forwards is to score...they never need to be back on defensive side but always need to be ready to receive the ball once on their half of the field.

Midfield (MF): Each team will designate two (2) players as **MF**'s. This player may run anywhere on the field to help the movement of the ball from one side to the other. Midfielders need to like to run...they need to help score, but also be able to get back on defense and help if needed. They should help get the ball back up the field to score.

Defense (D): Each team will designate two (2) players as **D**'s. The job of the defender is to defend the goal. They are to help the goalie keep the ball out of the goal...they should be communicating with the goalie at all times. Defenders should kick goal kicks. Always leave the goalie in the goal so you are not leaving the goal unattended.

Goalie (G): Each team will designate one (1) player as a **G**. The job of the goalie is to keep the ball from getting into the goal. This player is the only one who can use her hands and can only use her hands in the 2 boxes surrounding the goal. Teach the player that once the ball is picked up, she/he may run all the way out to the outer box line before she kicks or throws the ball.