



The Academy Way
7v7 Methodology
Norwood Academy

Numbers



Roles



Offensive Role

- Support player, ability to maintain possession (always an option)
- Distribution (Correct choice – Short option preferable)
- Transition – recognizing moments to play forward quickly

Defensive Role

- Playing as a sweeper, providing cover and balance
- Starting positions in reference to the movement of the ball, pressure on the ball
- Ability to close down player on breakaway, cut down shooting angles

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Goalkeeper

Technical Requirements

- Shot stopping and ball handling – on the ground, below the waist, above the waist, diving, parrying
- Crosses – catching, attacking the ball
- Distribution – throwing, bowling, passing
- Break away – technical aspects
- Receiving



Roles



Offensive Role

- Provide an early outlet
- Establish width in attack
- Play as a flank player, wide midfielder or winger in attack; with the ball and without the ball – look to create 2v1 whenever possible
- Provide support behind the ball and beyond the ball
- Maintain team shape in the attack on the side of the ball and the far side
- Play the ball forward immediately upon winning the ball or run with the ball if unopposed

2 + 3
Full Back

Defensive Role

- Deny penetration on the flanks
- Positional play depending on movement of the ball and players
- Provide cover and balance – staying compact
- Ability to adopt 5's role if required

Technical Requirements

- Passing: Short
- Receiving
- Finishing: Close range
- Dribbling to beat an opponent
- Running with the ball
- Tackling



Roles



Offensive Role

- Receiving the ball on the ground
- Distribution of the ball: Safe , secure, progressive
- Support player – always an outlet
- Win the ball and play forward quickly
- Ability to help switch the point of attack
- Hold team shape
- Ability to switch roles with 6
- Move up to hold desired line of confrontation

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Center Back

Defensive Role

- Marking responsibilities
- Starting position in relation to the ball and movement of players
- Denying, containing and winning the ball
- Proper angles of recovery
- Denying space behind
- Providing cover and balance
- Visual cues when to Intercept, spoil or contain
- Hold at the line of confrontation

Technical Requirements

- Tackling
- Passing
- Receiving
- Running with the ball
- Shielding
- Turning



Roles



Offensive Role

- Receiving the ball on the ground
- Distribution of the ball: Safe , secure, progressive
- Support player – always a outlet
- Win the ball and play forward quickly
- Ability to help switch the point of attack
- Hold team shape
- Ability to switch roles with 9

Defensive Role

- Organize the players: communication midfielders and forwards
- Provide cover to pressuring defensive players in midfield
- Provide balance in the midfield
- Disrupt the attack
- Winning the ball in the air and on the ground
- Ability to win 1v1 duels
- Ability to adopt roles 2, 3 and 5

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Holding Midfielder

Technical Requirements

- Receiving the ball in the air and on the ground
- Turning in tight spaces
- Passing: Short
- Ability to play 1 or 2 touch
- Dribbling
- Improvisation
- Shielding
- Tackling





Offensive Role

- Receiving the ball on the ground
- Distribution of the ball: secure, progressive
- Support player – playing between lines
- Win the ball and play forward quickly and break lines
- Ability to help switch the point of attack
- Breaking into the box and finish
- Creation and use of space
- Play 1 or 2 touch
- Creativity in behind 9
- Ability to switch roles with 6 and 9

Defensive Role

- Connect with 6 when creating density in the middle of the park
- Provide balance in the midfield
- Connect with 9: high pressure if required
- Recovery runs
- Ability to win 1v1 duels
- Ability to adopt role of 6

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Attacking Midfielder

Technical Requirements

- Receiving the ball in the air and on the ground
- Turning in tight spaces
- Passing: Short
- Ability to play 1 or 2 touch
- Close range finishing
- Dribbling 1v1 in tight spaces
- Improvisation and creativity



Roles



Offensive Role

- Receiving the ball on the ground
- Ability to create space in the box
- Establish depth in the attack
- Ability to penetrate with and without the ball
- Breaking into the box and finish
- Combination play to create numbers up
- Ability to get shots away in a crowded box
- Ability to commit the goalkeeper and finish
- Ability to switch roles with 7, 11 and 6

Defensive Role

- Direct play wide and in one direction
- Hold high line when defending
- Stay connected with 6, 7 and 11
- Ability to win 1v1 duels
- Ability to adopt role of 6

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Center Forward

Technical Requirements

- Receiving the ball on the ground
- Speed dribbling 1v1
- Passing: breaking lines, maintain possession
- Close range and long range finishing
- Improvisation and creativity
- Lose defender in the box
- Ability to finish in a crowded box
- Ability to hit different areas of the target

