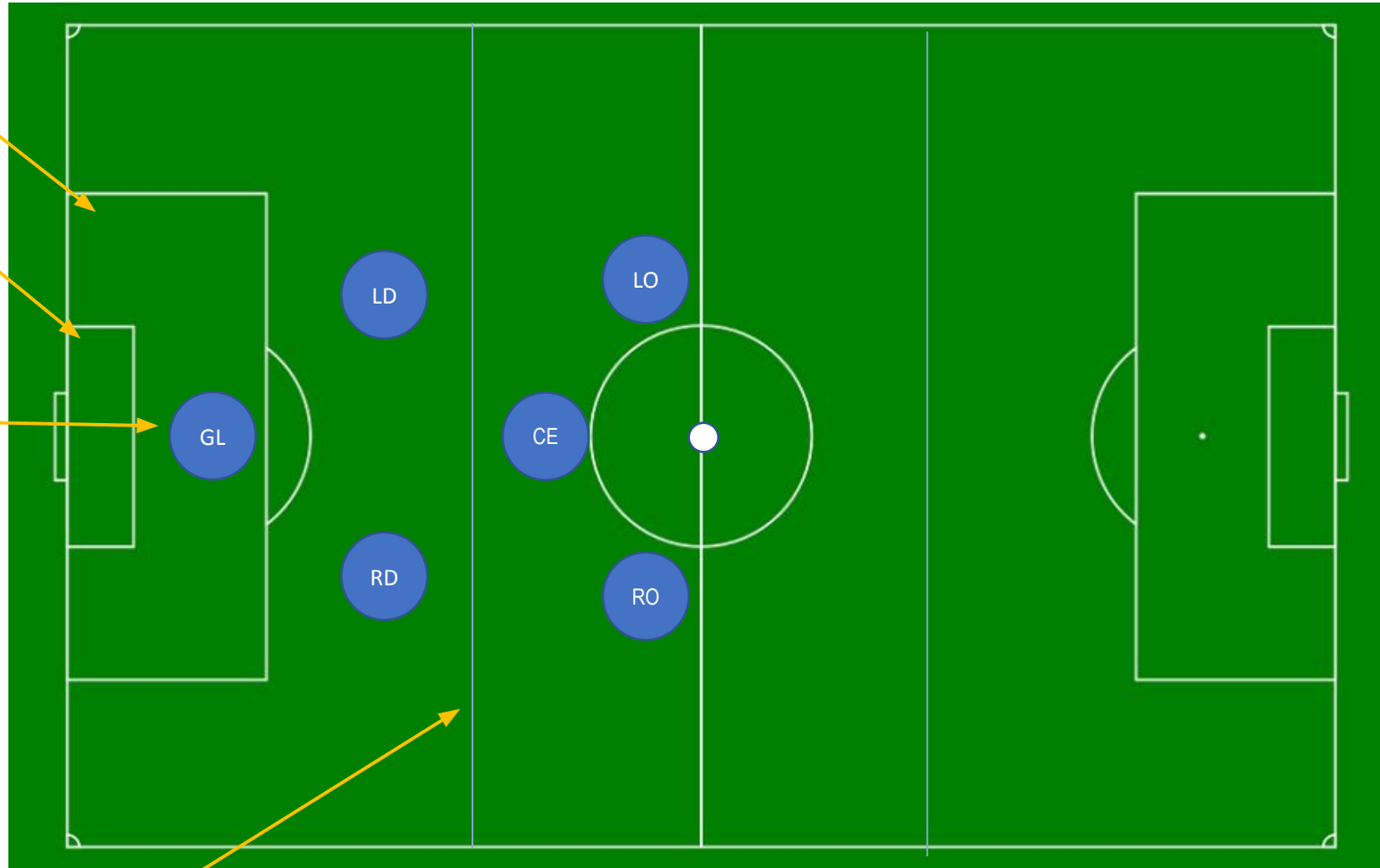


# Starting Line-Up (2-1-2)



A 2-1-2 lineup work well in Micros, but also sets the kids up well for the next level at 7v7, when they simply add a striker and all other positions stay similar.

Penalty box – The area where GL can use hands.

Goalie Box – Where goalie kicks are taken

GL should start at the end of the goalie box, not back by the goal line.

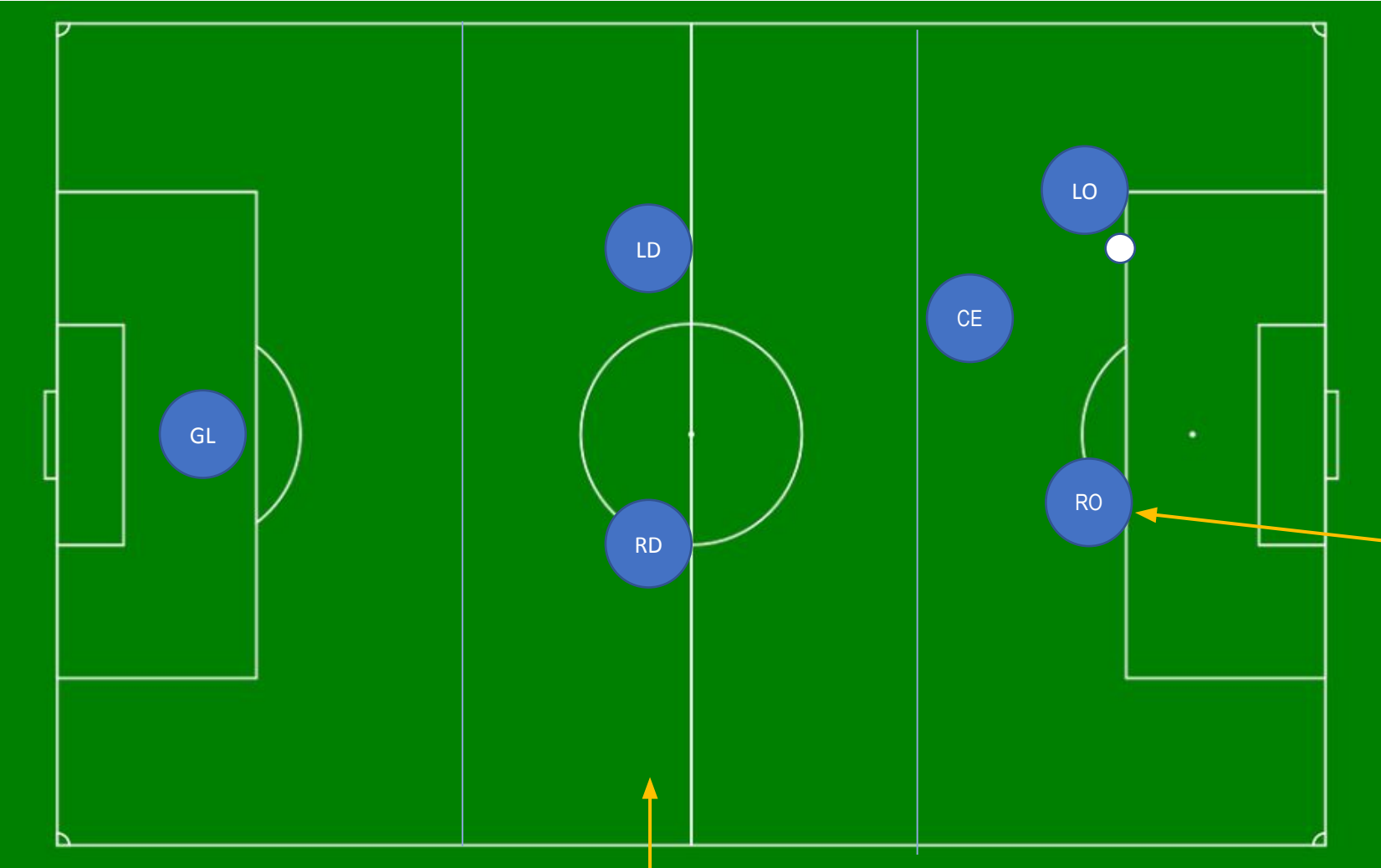
Build Out Lines are new to Micros in 2023 and add the opportunity for teams to initiate true build out strategies. During Goalie kicks and Goalie possession, the opposing team must stay behind this line until a player on that team touches the ball.

The Defenders start about here

The Offense and Center around the circle (or in it if they are starting with the ball)

GL = Goalie – Protects the goal  
LD = Left Defender – Defends the goal from the left  
RD = Right Defender – Defends the goal from the right  
CE = Center (AKA Center Midfielder) – Goes wherever the ball is  
LO = Left Offense (AKA Left Forward) – Stays forward to be ready to score  
RO – Right Offense (AKA Right Forward) – Stays forward to be ready to score

# Positioning When on Offense



Offense – When the ball is on the left side, the Right Offense gets in front of the goal and vise-versa. Be ready for the ball to come your way, a one kick shot is preferable.

The Defenders always move up as the ball moves up. They should spread out. Try to always be “one big kick away” from the ball.

- LD = Left Defender
- RD = Right Defender
- CE = Center (AKA Center Midfielder)
- LO = Left Offense (AKA Left Forward)
- RO – Right Offense (AKA Right Forward)
- GL = Goalie

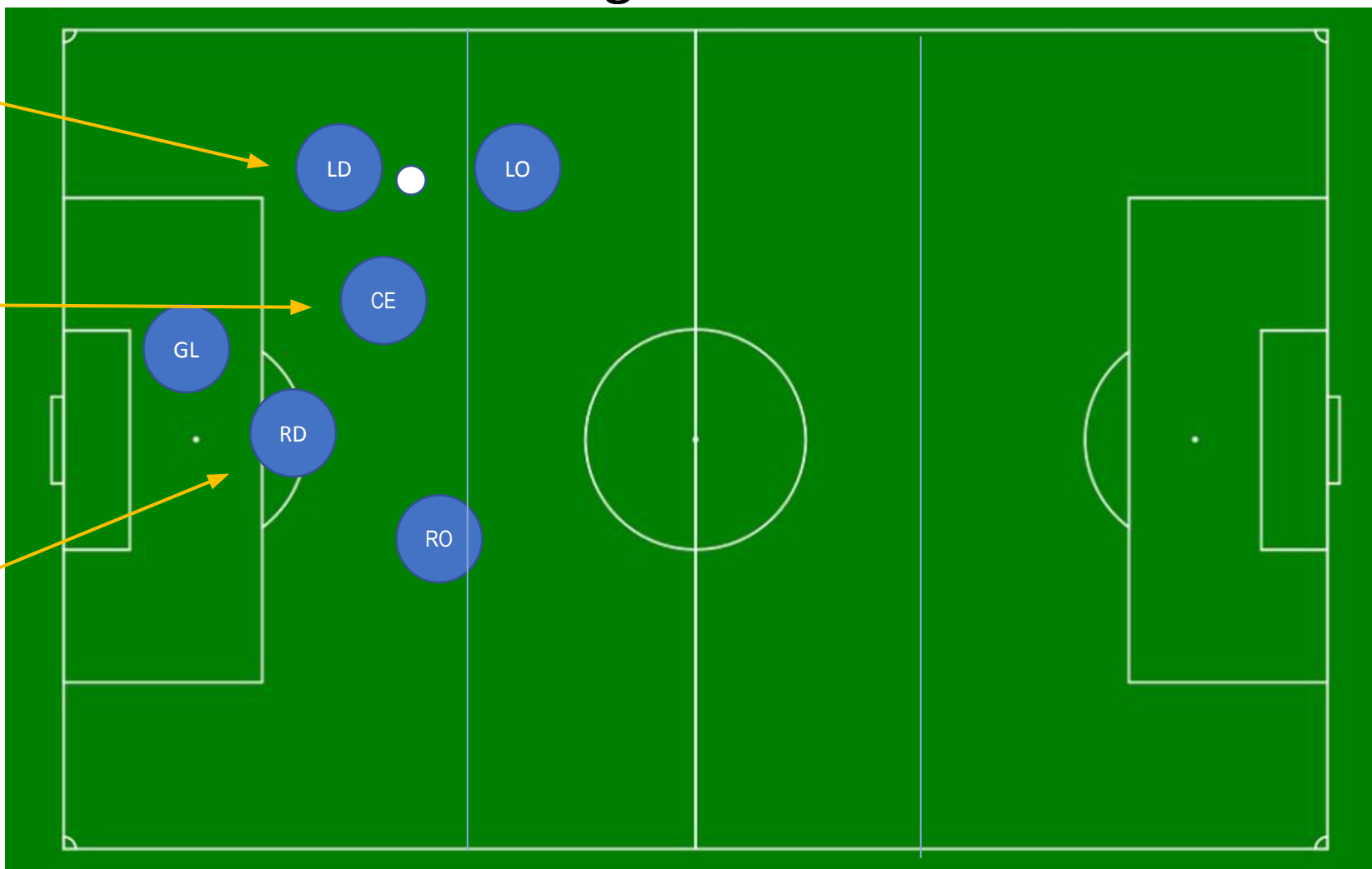
# Positioning When on Defense

The ball-side Defender stays on the ball.

The Center also drops back and stays on the ball.

The opposite side defender covers the middle close to the goal.

The defenders try to stay between the ball and the goal.



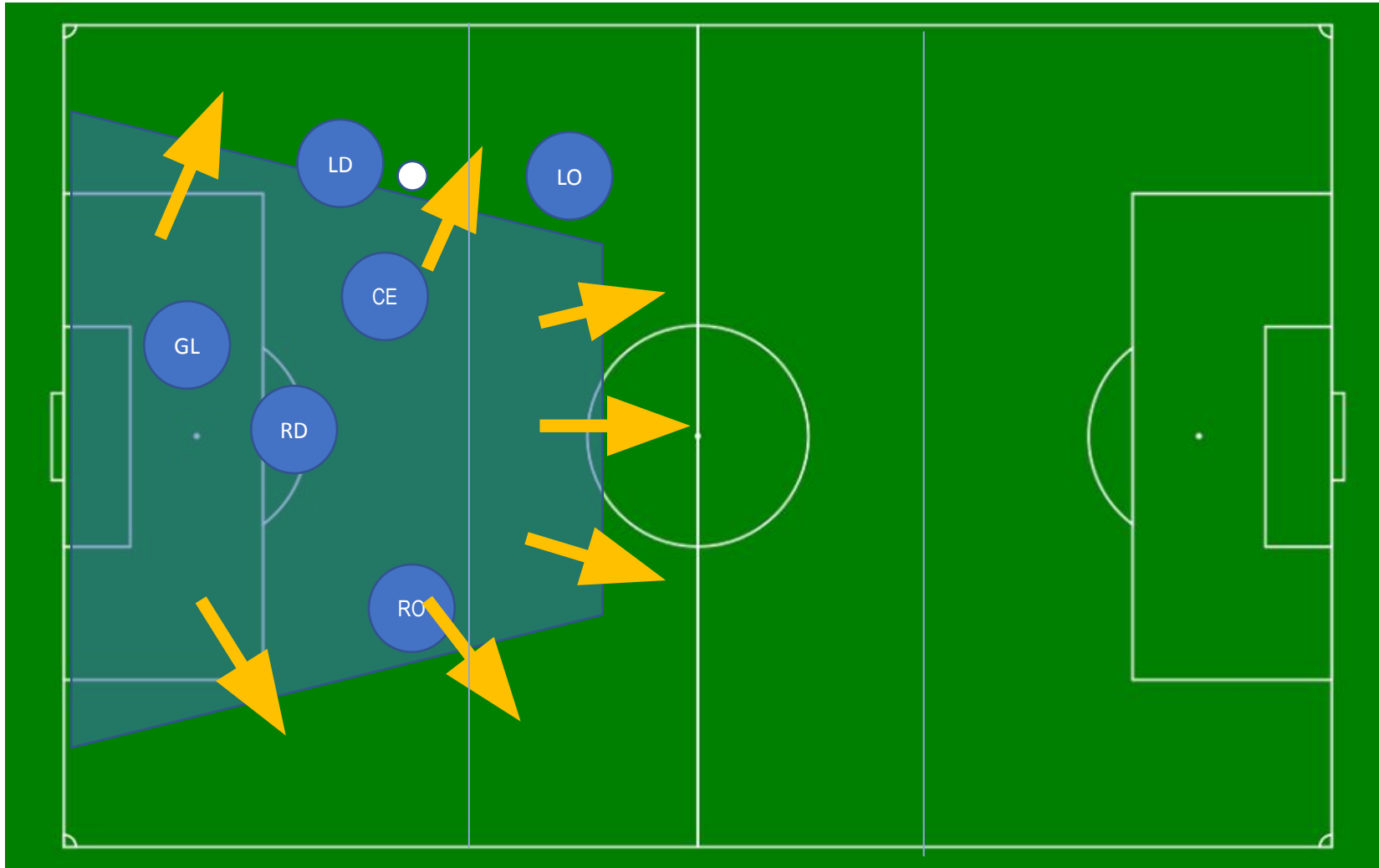
LD = Left Defender  
RD = Right Defender  
CE = Center (AKA Center Midfielder)  
LO = Left Offense (AKA Left Forward)  
RO = Right Offense (AKA Right Forward)  
GL = Goalie

# The Danger Zone

All players must try to get the ball out of the danger zone when on defense.

Never try to kick the ball up the middle unless you have a clear path.

If a defender has the ball and a clear path up the field, take the ball to the goal and score. Only fall back if you lose possession of the ball.



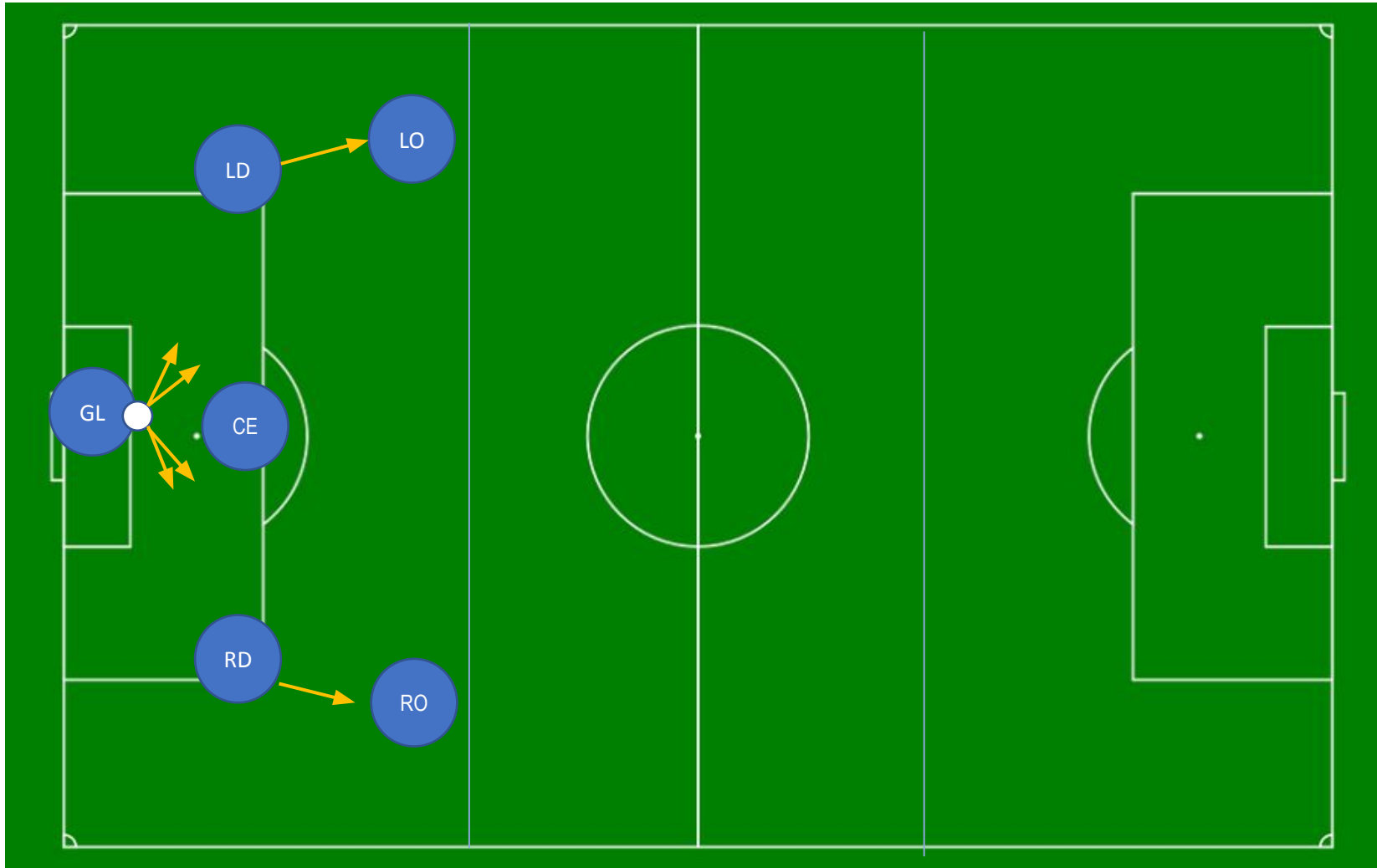
LD = Left Defender  
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CE = Center (AKA Center Midfielder)  
LO = Left Offense (AKA Left Forward)  
RO = Right Offense (AKA Right Forward)  
GL = Goalie

# Positioning During Goalie Kicks

During a goalie kick, the build out line should be fully used. The defensive players get out wide, and center stays low at first to protect the goal.

The Goalie tries to kick directly in front of the defensive player so they can move forward quickly.

Always kick the ball towards the side to clear the danger zone.



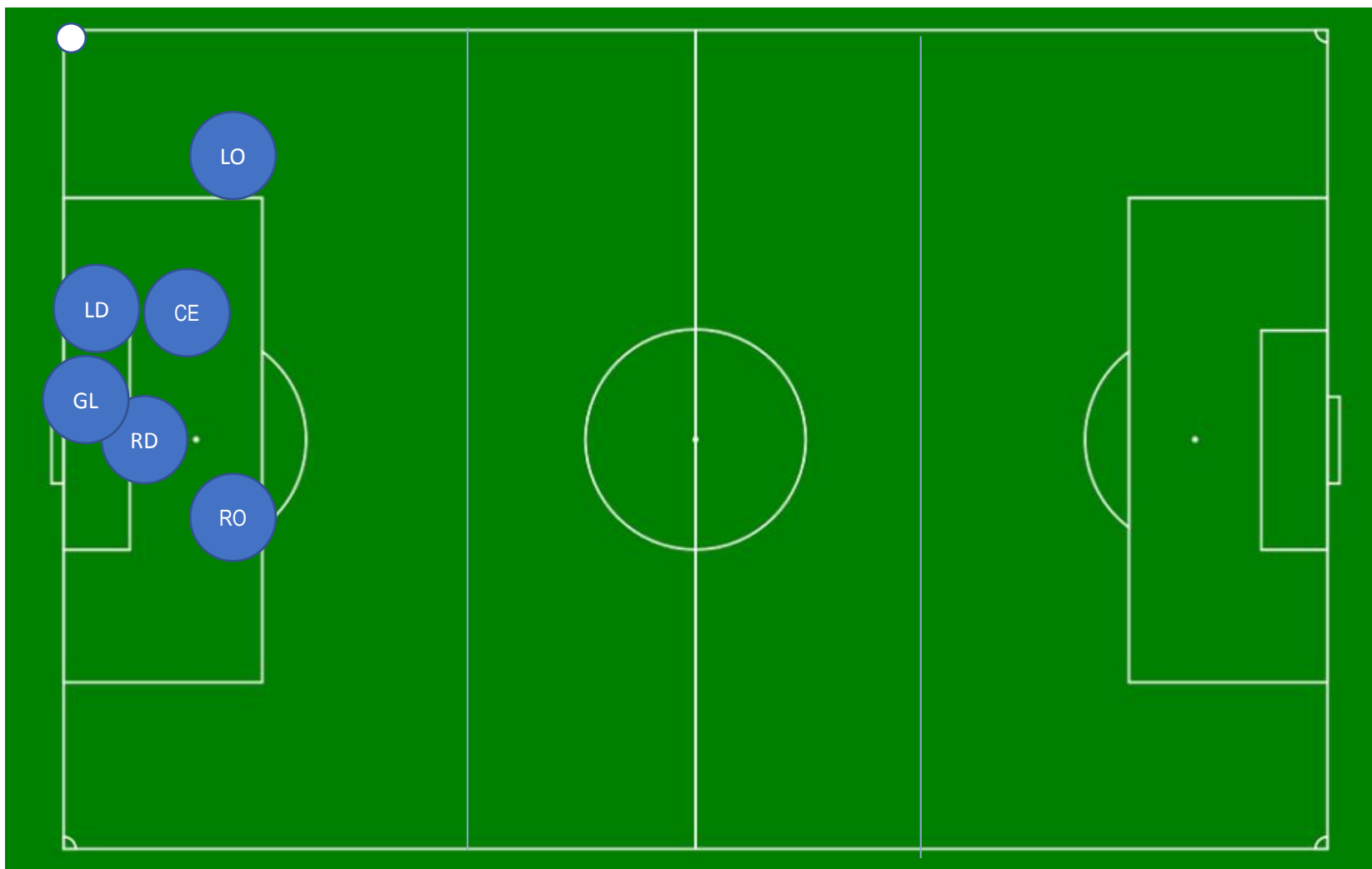
Once the defensive player has the ball, they want to kick the ball up the side of the field to the Offensive player. Passing across the middle is always risky and shouldn't be done unless the opposing player is crowding the sides, which almost never happens.

LD = Left Defender  
RD = Right Defender  
CE = Center (AKA Center Midfielder)  
LO = Left Offense (AKA Left Forward)  
RO = Right Offense (AKA Right Forward)  
GL = Goalie

# Positioning When Defending Corner Kicks

During a corner kick, the same side Defender guards the goal post. The other Defender and center gets close to the goal. The Forward covers someone near the goal.

During a corner kick, all players are playing defense until the ball is outside the danger zone.



All players should be covering an opposing player or the goal. No opposing player should be left unguarded in front of the goal.

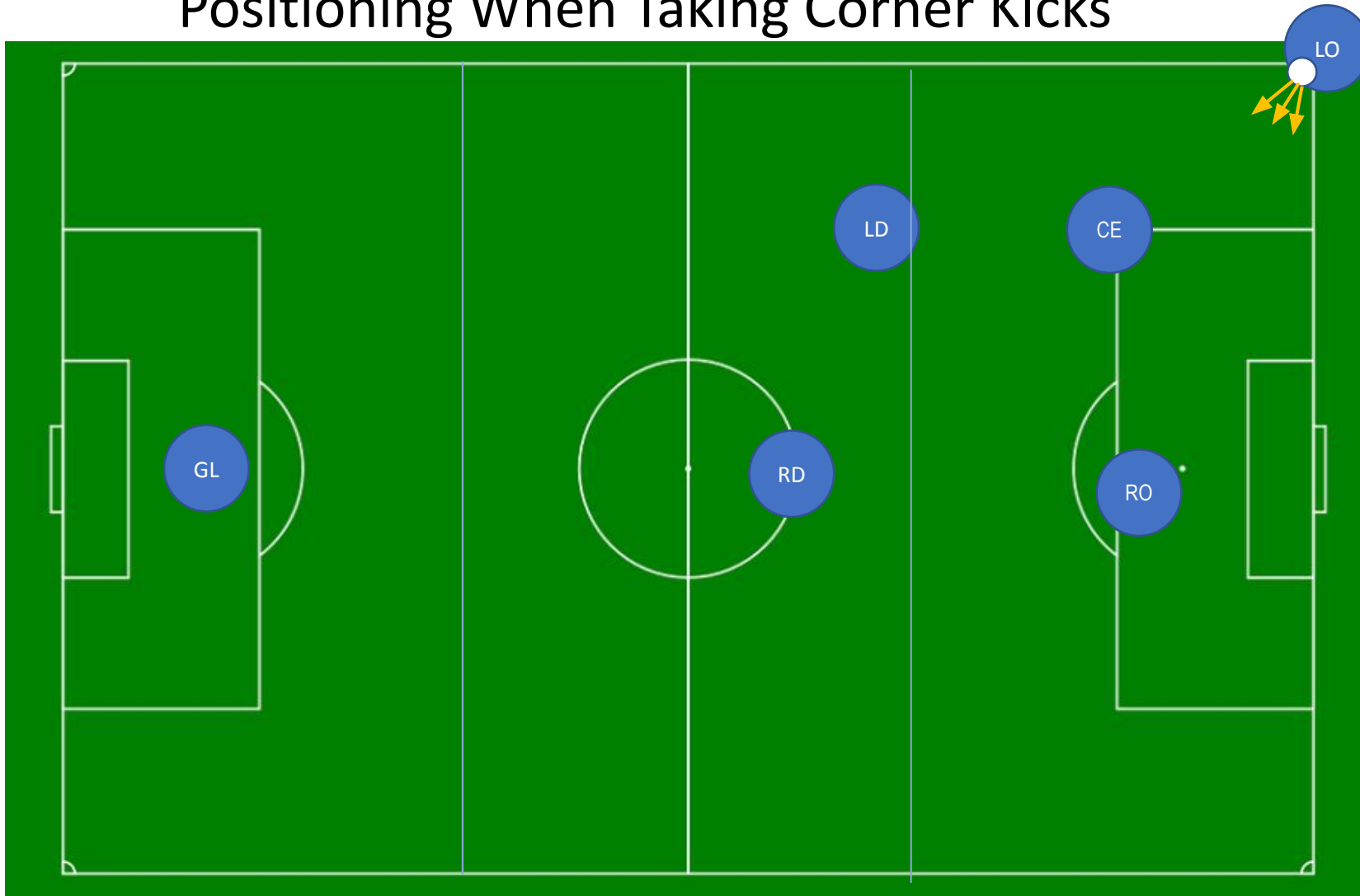
LD = Left Defender  
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CE = Center (AKA Center Midfielder)  
LO = Left Offense (AKA Left Forward)  
RO = Right Offense (AKA Right Forward)  
GL = Goalie

# Positioning When Taking Corner Kicks

Positioning here is hard to prescribe since it depends on the defense and the ability of your kicker.

Offense should get open, and quick kicks towards the goal once you have possession.

One Offensive player should always be in front of the goal in case the ball gets through, it's a great scoring opportunity.



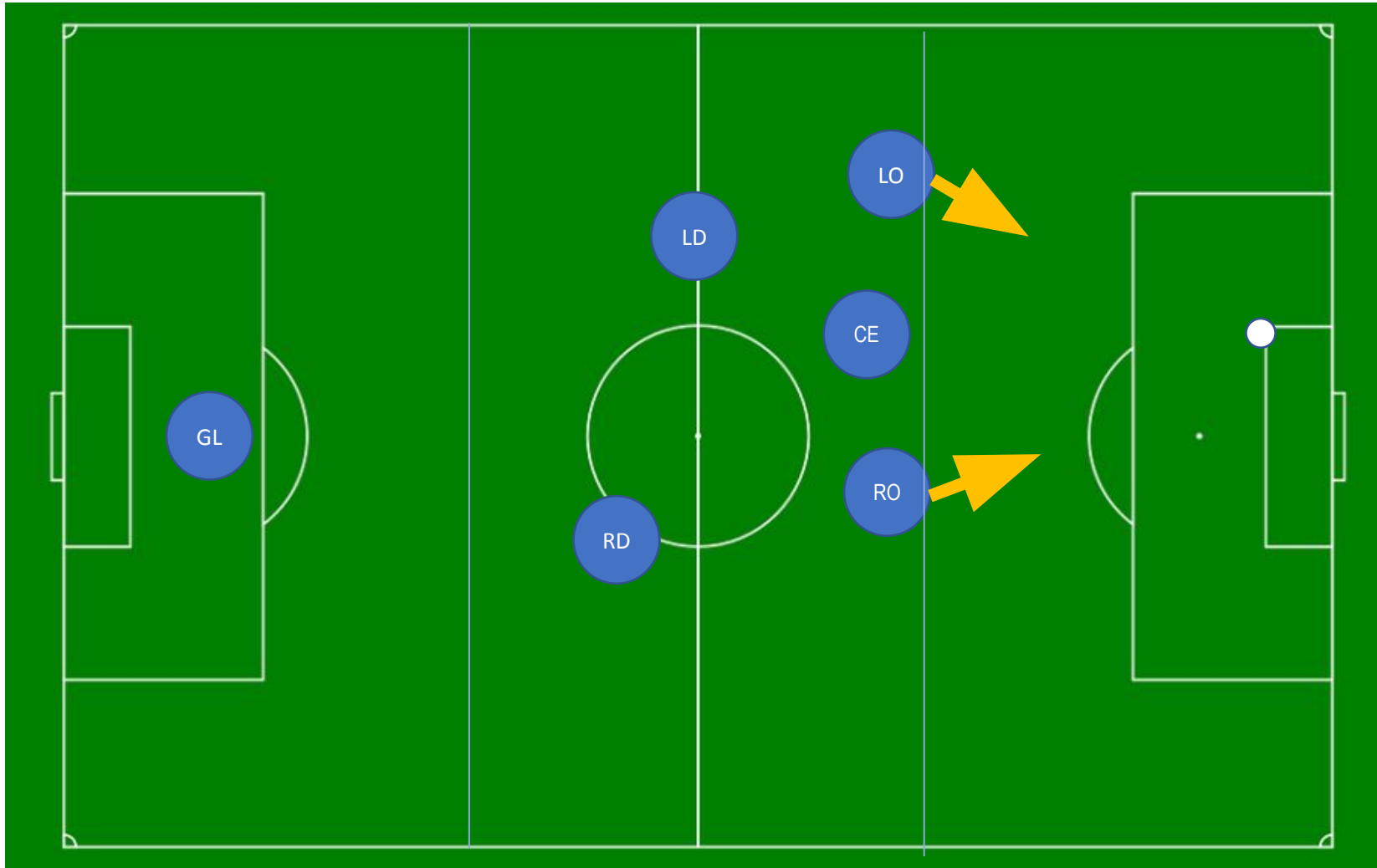
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LO = Left Offense (AKA Left Forward)  
RO = Right Offense (AKA Right Forward)  
GL = Goalie

# Positioning When on Offense During Goalie Kicks

Same thing here, positioning depends on the defense.

Make sure you spread out and cover anyone they are trying to pass to.

The key here is getting in front of the defense (between them and the goal) for an easy score attempt.



LD = Left Defender  
RD = Right Defender  
CE = Center (AKA Center Midfielder)  
LO = Left Offense (AKA Left Forward)  
RO = Right Offense (AKA Right Forward)  
GL = Goalie