

TACTICAL FORMATIONS

7 vs 7 SOCCER

The best formation is very often debatable. A good formation will not win a game but can contribute to both individual and the team's success. A formation is not a strict setup, you are the artist and the formation is merely a type of brush, not what the final painting is going to look like. The formation should not be based on your own pre-conceived notions of if it works or not. Judge the formation you play based first and foremost on the players you have at your disposal.



Rush Core Values

Accountability: Be accountable for your actions and hold others accountable for their actions. Who am I ultimately accountable to, and who judges my work?

Advice: Seek out advice and aspire to be the best. In order to learn, we must be open to learning and consider the advice of others. Are you coach-able?

Empathy: Empathy is at the core of solid relationships.

Enjoyment: Enjoy your work, this is a gift. The desires of diligent workers are satisfied.

Humility: Apologize when you make a mistake. Forgive others and do not look back.

Leadership: Leaders strive to be trustworthy, honest and sincere. They possess traits such as integrity and honor. They are willing to serve others and sacrifice their own interests. Leaders are constructive and hardworking.

Passion: Passion always trusts, always hopes and always perseveres. Passion never fails.

Respect: Respect everyone. Respect the opponent, the rules, your colleagues, your superiors and subordinates. Be thoughtful and considerate.

Safety: Our environment is safe. This includes the office, our travels, the fields and our bodies. Safety is not only physical safety from harm, but safety from ridicule and attack. We are comforted and encouraged in the club. We portray self-control and kindness to our staff, our colleagues and players.

Tenacity: To be successful, persevere... persevere but do not be anxious. Fear no one. Be strong and courageous. Work when no one is looking, even when the circumstances are not right and everyone else quits. Diligence never loses because it never quits. Outwork your opponent, and most importantly, work smart. Don't wait for external inspiration. The people who go far do so because they motivate themselves and give life their best, regardless of how they feel.

Unity: Together all things are possible. When your teammates are down, bear each other's burdens; conversely, celebrate your teammate's successes.