

Soccer Formations

The purpose of a playing formation is to create order for your team, to give roles and responsibilities to individuals and to create a structure which gives your team the best chance of winning the game. Without formations, football would be chaotic, unruly and amorphous.

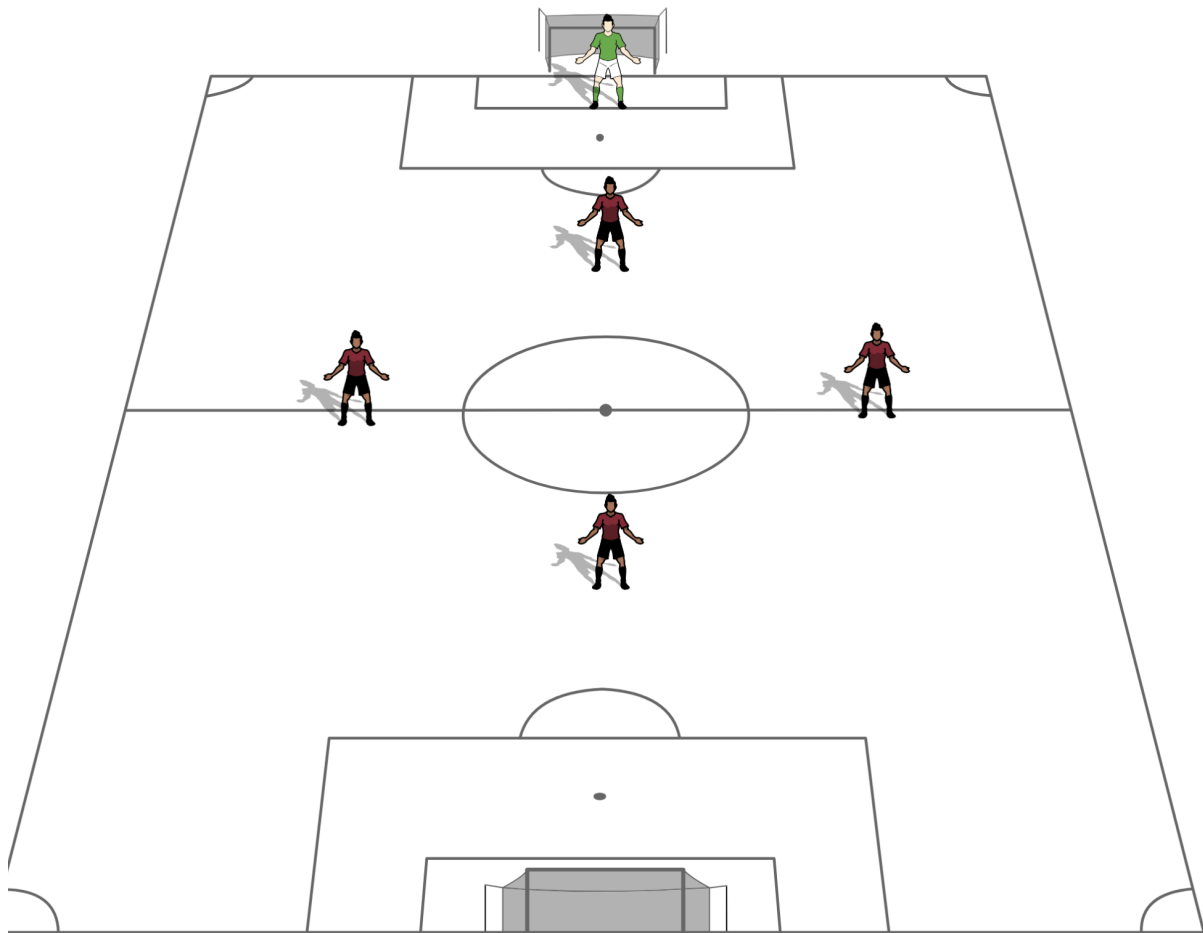
Formations have to exist in football for three reasons:

1. The laws of the game and the geometry of the pitch demand order.
2. The physical exertion of the game demands that players take individual responsibility for an area so the team can benefit.
3. The core principles of attack and defence demand structure.

Here are the top formations that our Director of Coaching recommends for 4v4, 7v7 and 9v9 and 11v11:

4v4

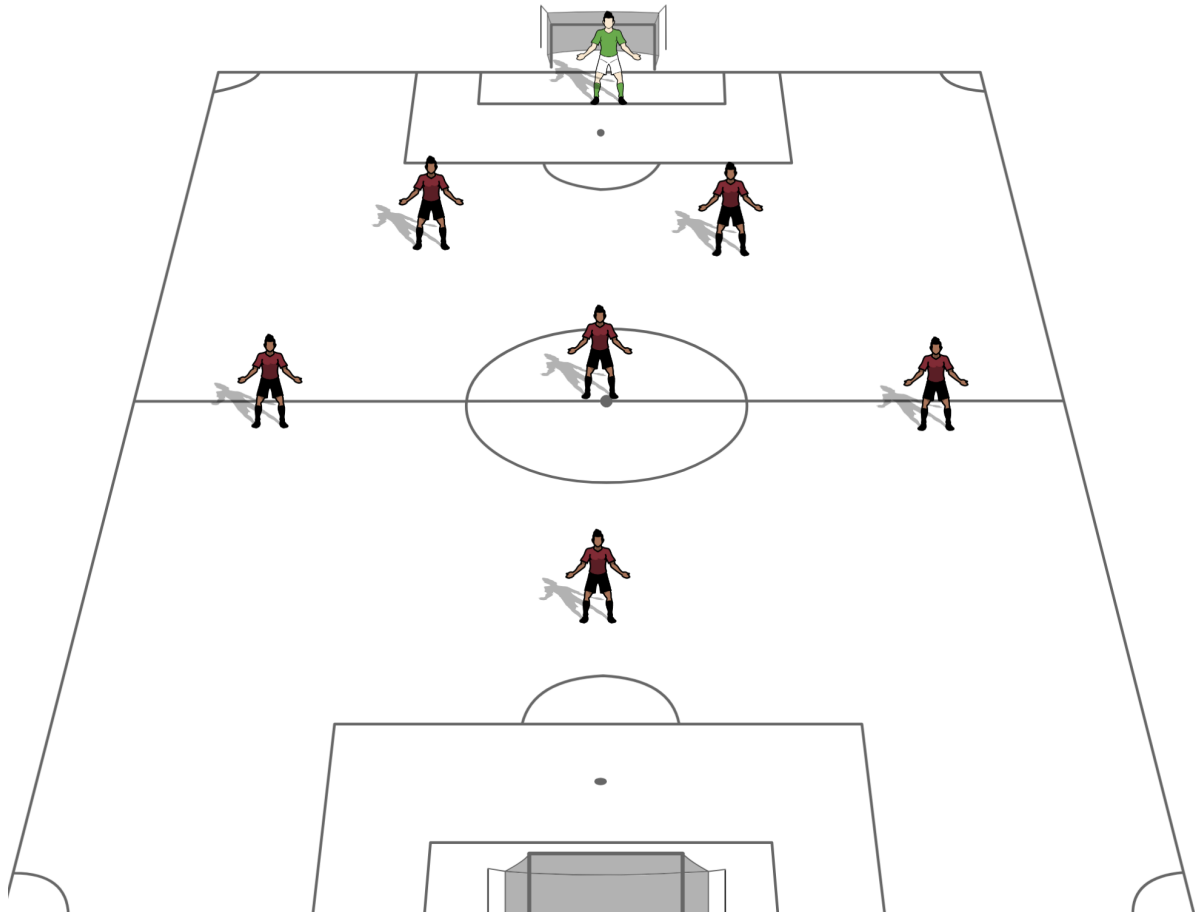
1-2-1



The 1-2-1 formation is recommended for our Grade 2 teams because it promotes a balanced spread of players, which also creates angles within the diamond. At Grade 2 players will have little understanding of ‘tactics’ or ‘formations’. They will simply be starting to develop an awareness of team mates and sharing the ball. This formation also encourages players to think about space and distance.

7v7

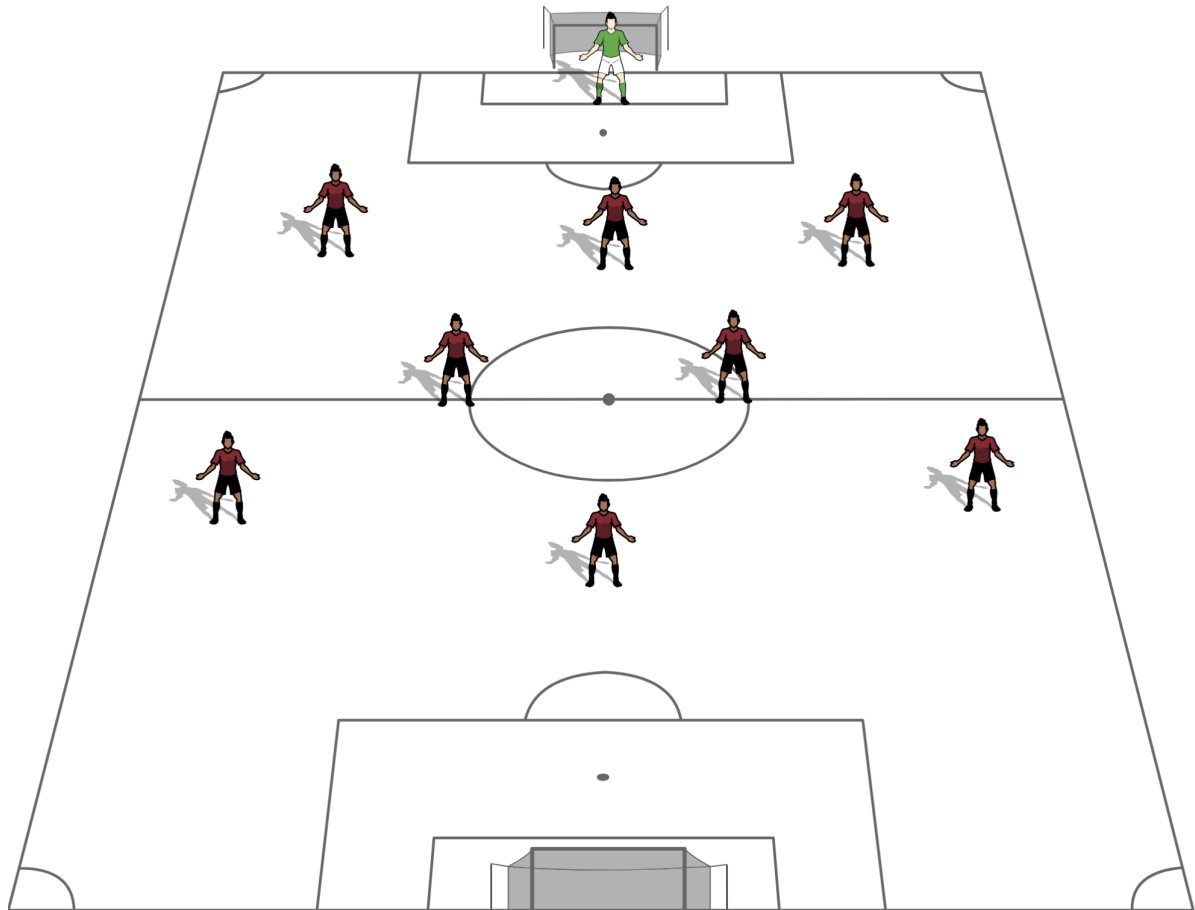
2-3-1



The most popular and commonly used 7v7 formation, the 2-3-1 has everything you could want from a line-up. The two defenders offer stability at the back while the striker up front is supported in attack by the three midfielders. Well balanced, the 2-3-1 covers most areas of the pitch and which provides a lot of depth and width for the players to operate.

9v9

3-2-3



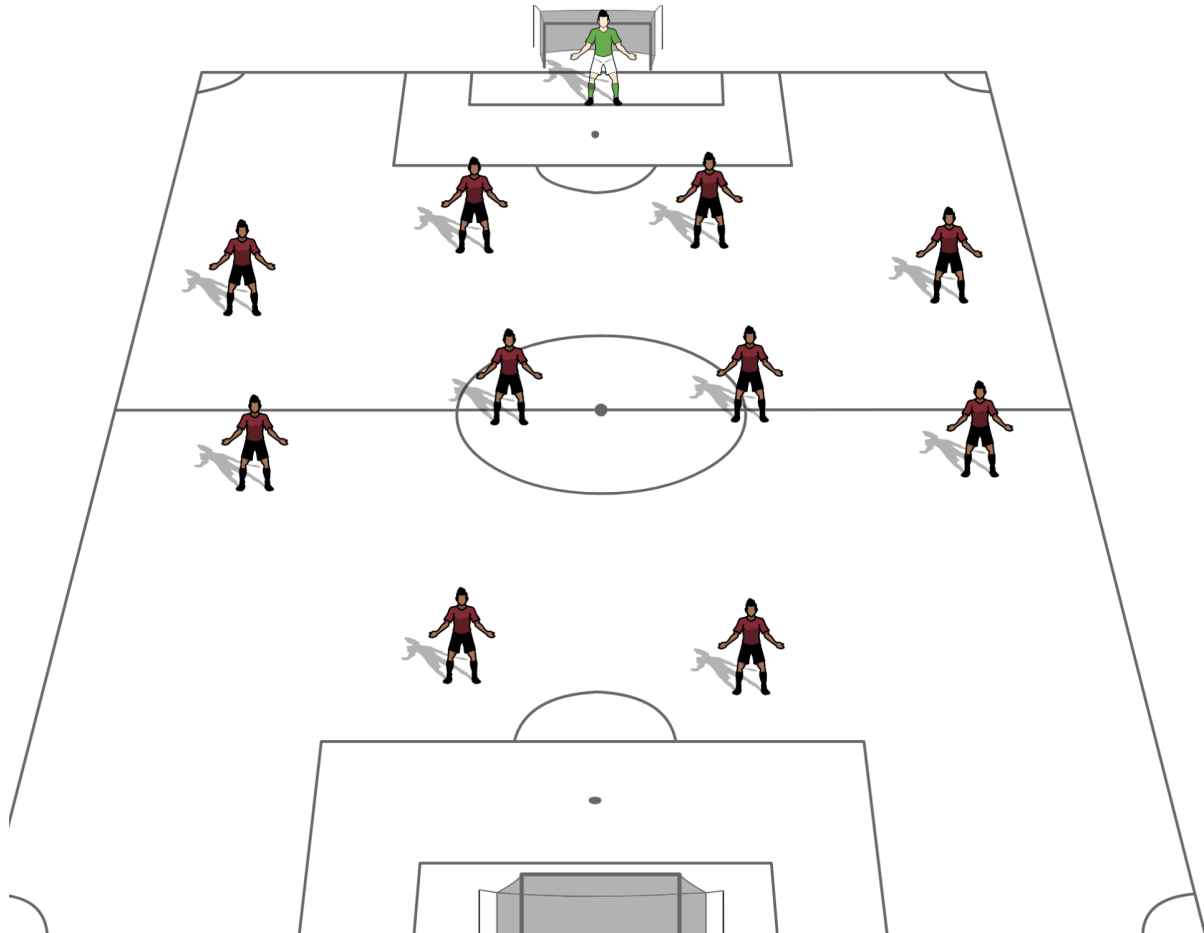
The 3-2-3 is the most commonly used formation, as it provides balance due to the width in wide areas, numbers up front, and compactness at the back.

As the players are spread all over the pitch, lots of space, depth and passing angles are created which allow teams to control possession and dictate play.

While the formation is quite easy to explain, it relies on the wide forwards tracking back and supporting the central midfielders so that they don't get overwhelmed or outnumbered.

11v11

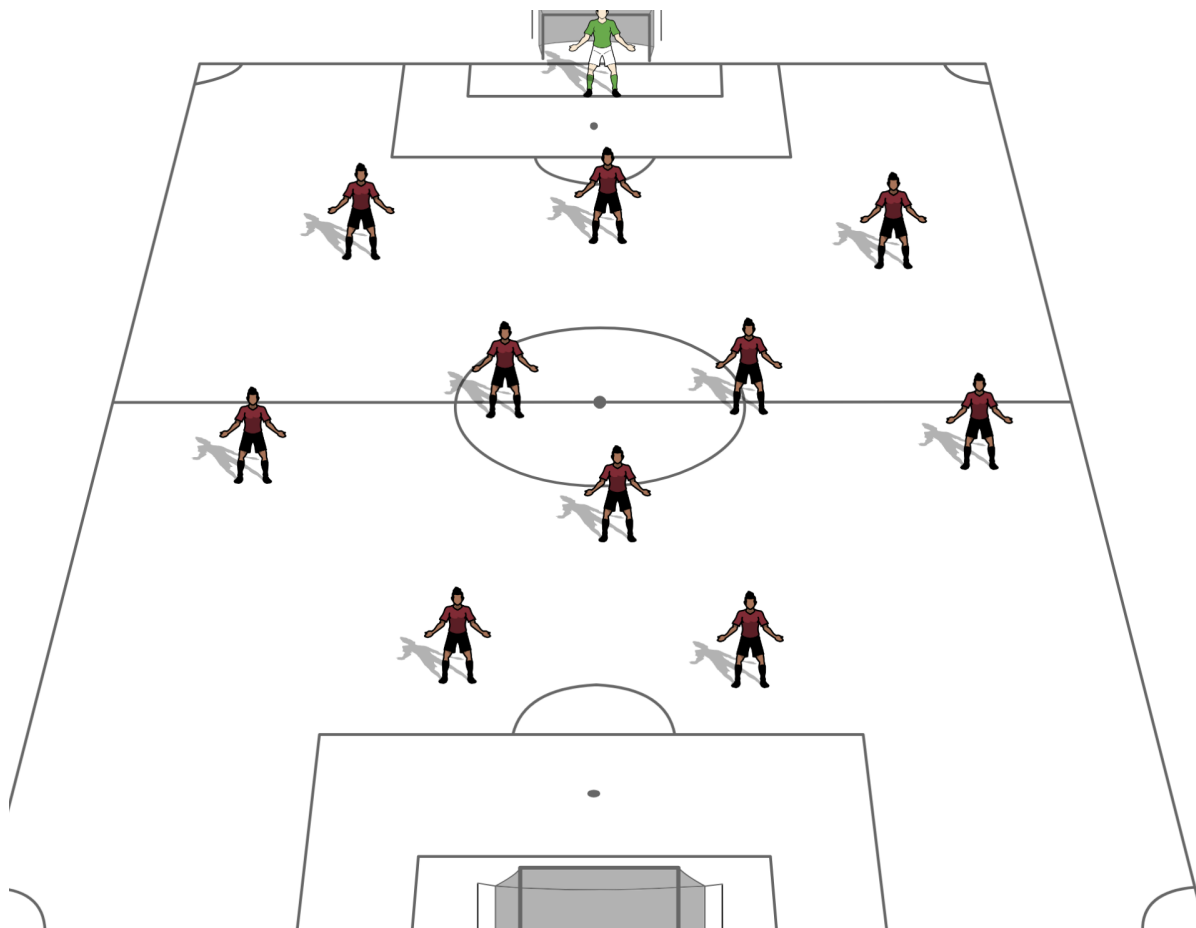
4-4-2



The 4-4-2 is one of the 'standard' soccer formations. This formation requires two center midfielders who contribute on both ends of the pitch, creative wingers to generate goal scoring opportunities, and athletic fullbacks.

The 4-4-2 is also a very balanced line-up, allowing teams to both attack and defend safely.

3-5-2



The 3-5-2 formation will allow you to dominate possession and maximize your attacking output. With five players across the midfield, you can hold the opposition into their own half, preventing them from playing from the back and forcing them into mistakes. With attacking potential, defensive solidity, and control over possession, the 3-5-2 formation can be fantastic to use if you have the right players.

However this formation relies heavily on the wingbacks to provide width and depth both on offense and defense, every player must understand what's expected of them and be willing to work hard for this formation to succeed.