

10U Formations

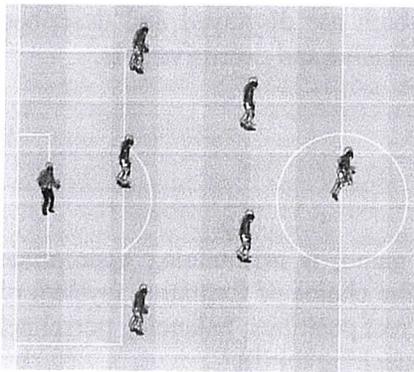
Teams in this age group play with 7 players; 6 field players and 1 goalkeeper. With this in mind, there are a few balanced formation options: 1-3-2-1 and 1-2-3-1.

U10 players have begun the golden years of learning. They have been in school and understand mathematical shapes. These formations provide the natural supporting angles that we want our players to get comfortable with so that they can easily transition to the 9v9 or 11v11 game. Having three lines of players in a 7v7, such as a 1-3-2-1 and 1-2-3-1 is now realistic at this age.

A 1-3-2-1 formation allows for the three back players to work together and provide support for the midfielders and attacker(s). It is a more defensive system, hopefully allowing for fewer shots to be taken on the young goalkeepers. It provides the opportunity for the outside backs to push forward in the attack, using wide lanes.

A 1-2-3-1 formation supports more of an attacking mindset. Three midfield players provide the opportunity to play wide in the attacking half, exposing the opposing team's defense. This formation does however put a lot of pressure on the two back players..

Sample U10 (1-3-2-1) Formation Diagram:



12U Formations

Teams in this age group play with 9 players; 8 field players and 1 goalkeeper. Keep in mind that the size of the field has increased considerably, thus, introducing a middle third area of the field and the necessity to introduce midfield players to connect the back players to the front players. From this age group forward, we will discuss play as it relates to thirds of the field: Back third (defensive third), middle third (midfield) and front third(attacking third).

In the 9v9 formation, there are several different options, which are displayed and described below. Each system has their strengths and weaknesses on the offensive and defensive side. Possible formations: 1-3-3-2, 1-2-4-2, 1-3-2-3 and 1-3-4-1.

At the 12U age groups, the players are more technically, tactically, mentally and physically developed, so, depending on the team, a one player in a line can be extremely effective. These players understand how to move off the ball, intelligently switch positions to create proper support for their teammates.