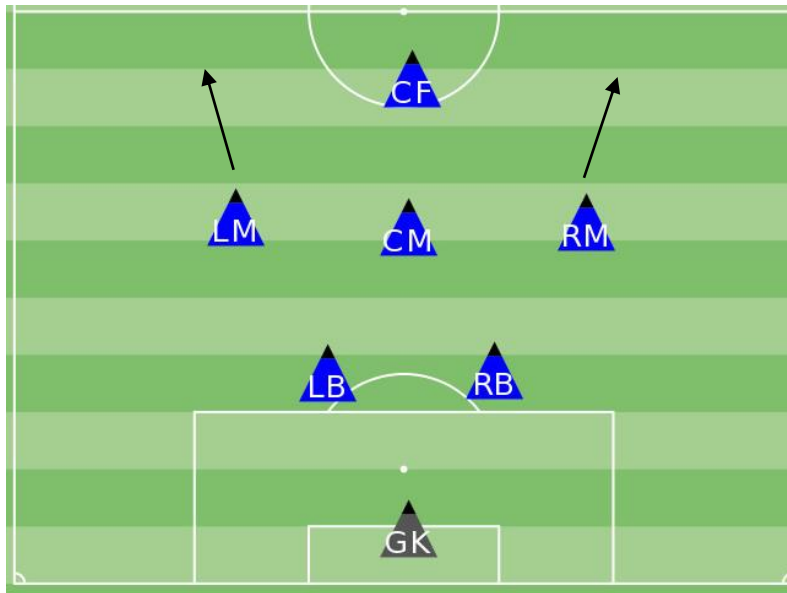




### Division 'C' Team Formation, 7v7 (including a GK)

A 1-2-3-1 (or a 1-2-1-3 when the midfielders go forward in attack) provides good field coverage and ability to attack and defend. Getting teams to move up and down the field together is a bigger achievement for a coach than getting them to stay in a given formation. With the GK always protecting the goal, backs should be encouraged to move up to AT LEAST midfield when their team is attacking the goal. Posting sentries back by the goal is poor soccer and disengaging to players. No one stays in their own end in basketball or hockey when on the attack (except the GK) and they shouldn't in soccer.



#### Notes on formations:

- Formations are stated back-to-front and refer to positional lines: GK, Backs, Midfielders, Forwards
- A formation is a starting point for organizing players from front-to-back and side-to-side.
- Formations help players understand how to “spread out” both vertically and horizontally, and facilitate relationships between players in different lines of the team.
- Formations should not be rigid in locking players into a certain tract of real estate. Soccer is a free-flowing sport, and a basic team structure should allow for freedom of movement with players interchanging positions in attack and covering for each other in their defending roles.