



Division 'D' Team Formation, 9v9 (including a GK)

Playing a 1-3-2-3 allows for more players to play forward vs. the same number of backs. Both the wide forwards and wide backs should be encouraged to give the team wide passing options. The center midfielders can be deployed side-by-side, or one encouraged to be more attack-minded and one more in a holding/supporting role. Regardless of formation, a team should move up and down the field together in attack or defense, maintaining connections between the lines.



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.