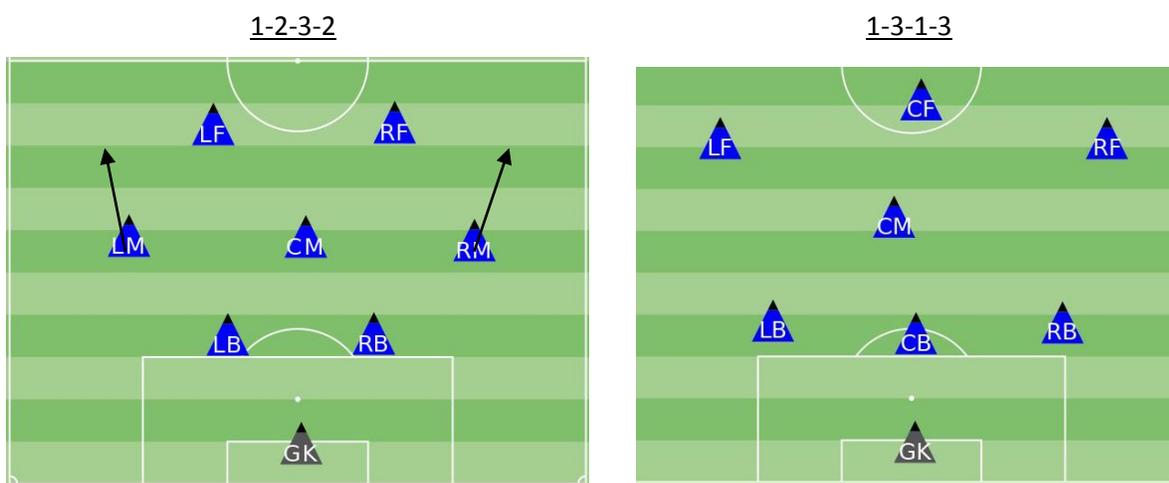




## Division 'E' Team Formations, 8v8 (including a GK)

A 1-2-3-2 formation encourages triangulation among players and keep numbers even in the back if the opponent plays the same way. A 1-3-1-3 may encourage more width in the attack and more security in the back if the other team plays with 3 forwards, but a lot of responsibility for the 1 CM. Most players at this stage have more spatial understanding so a coach might try both formations over the course of the season. In the 1-2-3-2 the wide midfielders are counted on to play in the wide spaces in attack, though a forward can move into wide spaces as well. 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.