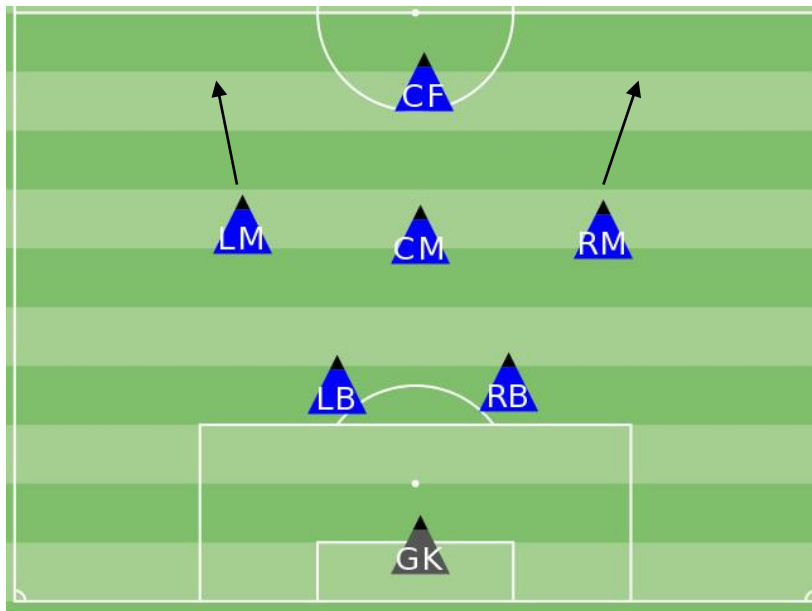




### Division 'F' Team Formation, 7v7 (including a GK)

A 1-2-3-1 allows more backs than the opponent has forwards and good triangulation among players. The wide midfielders need to provide wide passing options and can become wide forwards when the team is on the attack, going to goal to score or dribbling to the goal line to cross the ball. 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.