

Youth Formations

Positional Roles and Numbers for 7v7 / 9v9



Information provided by US Soccer publications



FORMATIONS (9-12 years)



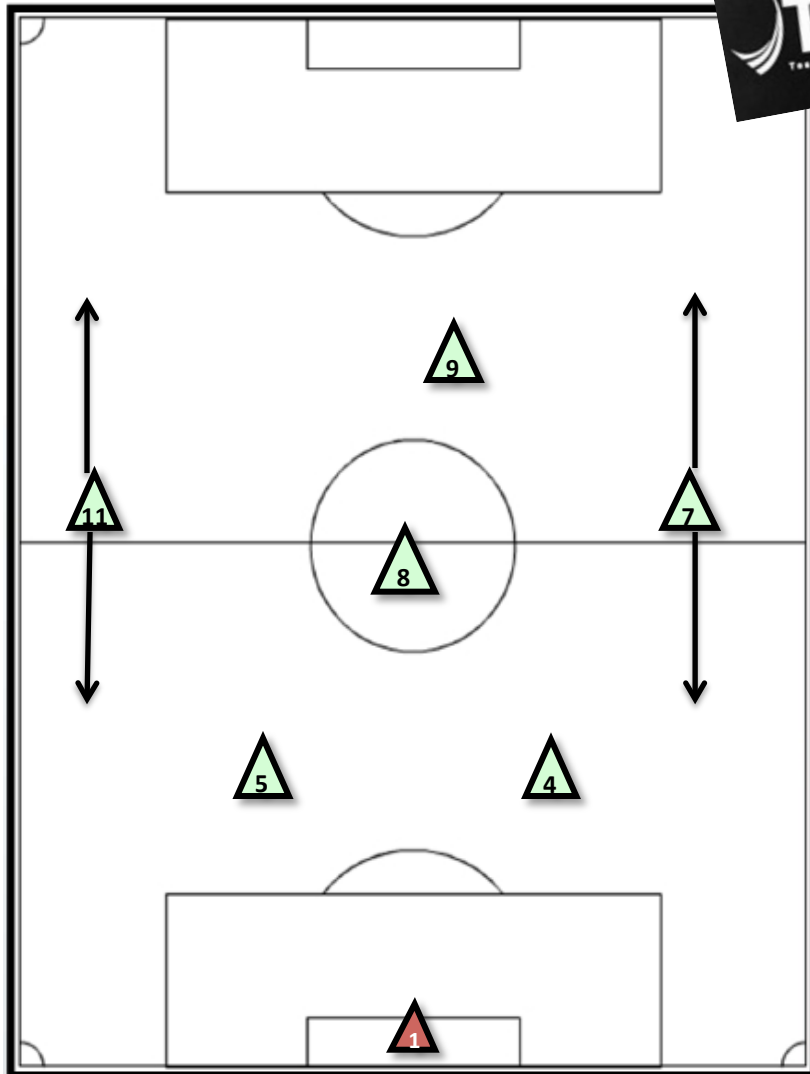
7v7: Recommended 2-3-1 or 3-2-1 Formation



9v9: Recommended 3-2-3 or 3-3-2 Formation

POSITIONAL ROLES AND NUMBERS – 7v7

1-2-3-1 FORMATION



1-2-3-1 Formation for 7v7

(#1 Goalkeeper)

- Keep ball out of goal
- Help build up attack
- Organize the backs/defense
- First line of attack (distribution)

(#4, #5 Center Backs)

- Deny attacking chances on goal / defend #9 (forward)
- Intercept passes, win tackles and air balls
- Provide depth in build up when attacking
- Penetrate primarily by passing

(#8 Midfielder)

- Box to box midfielder
- Offer passing options
- Connect players in possession
- Penetrate by passing, dribbling, and shooting

(#7, #11 Wingers)

- Provide width in attack
- Pressure higher up field defensively
- Penetrate by passing, dribbling, and shooting
- Penetrate in wide areas to create scoring opportunities
- Serve crosses or dribble central

(#9 Center Forward)

- Score goals
- Play with back to goal
- “Hold” the ball to allow teammates to help
- Penetrate by passing, dribbling, and shooting
- Provide length in attack
- Defend higher up the field

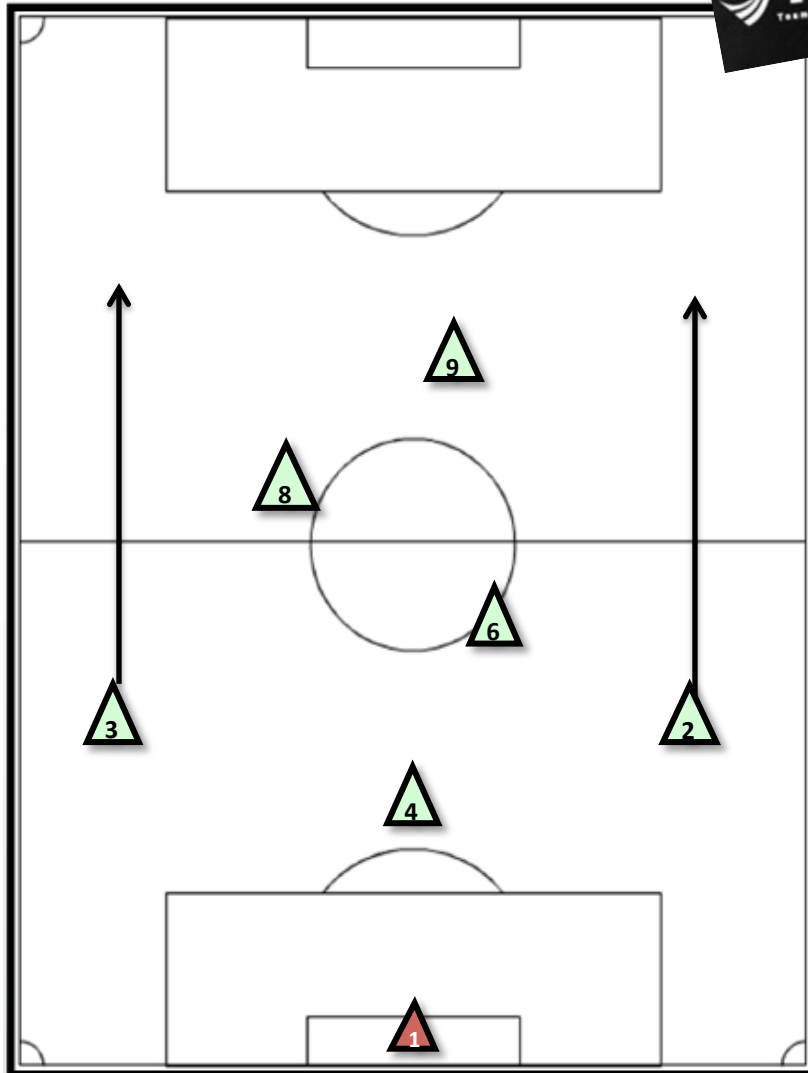
Information provided by US Soccer publications

POSITIONAL ROLES AND NUMBERS – 7v7

1-3-2-1 FORMATION



1-3-2-1 Formation for 7v7



(#1 Goalkeeper)

- Keep ball out of goal
- Help build up attack
- Organize the backs/defense
- First line of attack (distribution)

(#4 Center Back)

- Deny attacking chances on goal / defend #9 (forward)
- Intercept passes, win tackles and air balls
- Provide depth in build up when attacking
- Penetrate primarily by passing

(#2, #3 Outside Backs)

- Provide cover for #4
- Provide width in attack
- Defend wide attacking players
- Provide defensive balance when ball on opposite side
- Penetrate by passing / dribbling

(#6 Defensive Center Midfielder)

- Holding midfielder
- Intercept passes and win tackles
- Pressure ball to deny penetration
- Aid the backs and mids in building up
- Penetrate by passing / dribbling

(#8 Midfielder)

- Box to box midfielder
- Offer passing options
- Connect players in possession
- Penetrate by passing, dribbling, and shooting

(#9 Center Forward)

- Score goals
- Play with back to goal
- "Hold" the ball to allow teammates to help
- Penetrate by passing, dribbling, and shooting
- Provide length in attack
- Defend higher up the field

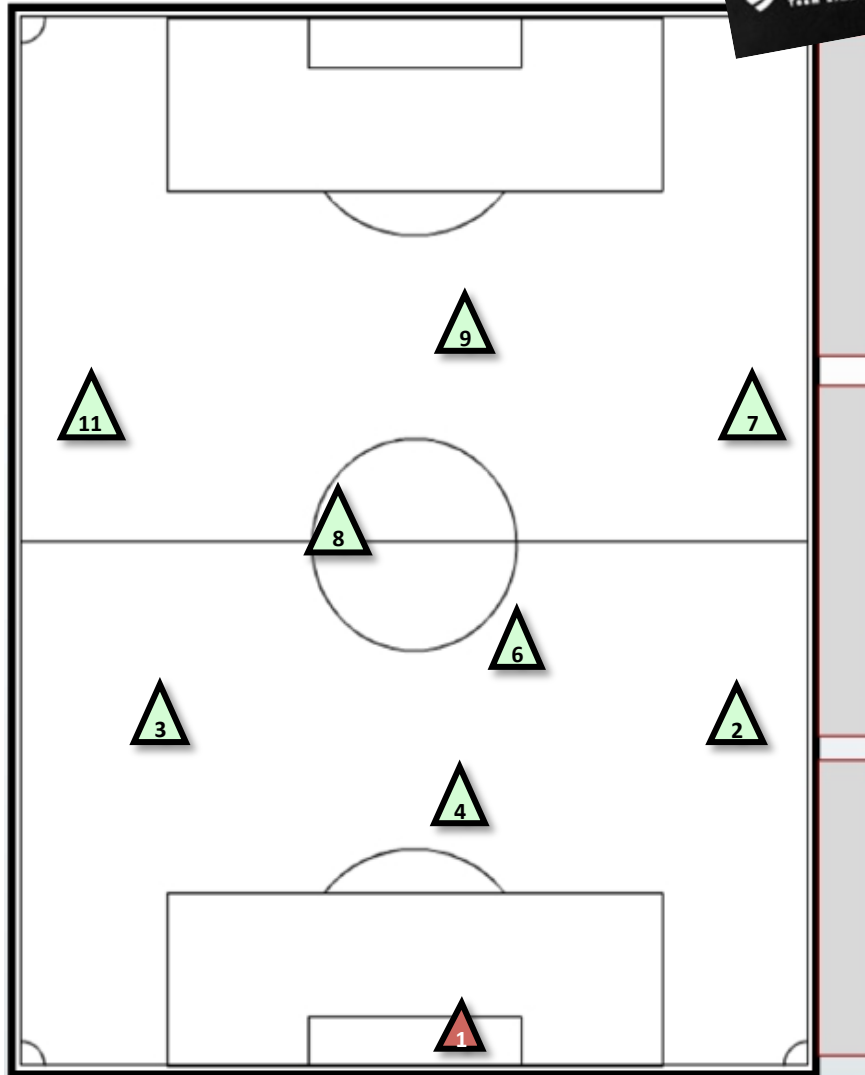
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POSITIONAL ROLES AND NUMBERS – 9v9

1-3-2-3 FORMATION



1-3-2-3 Formation for 9v9



Information provided by US Soccer publications

(#1 Goalkeeper)

- Keep ball out of goal
- Help build up attack
- Organize the backs/defense
- First line of attack (distribution)

(#4 Center Back)

- Deny attacking chances on goal / defend #9 (forward)
- Intercept passes, win tackles and air balls
- Provide depth in build up when attacking
- Penetrate primarily by passing

(#2, #3 Outside Backs)

- Defend wide attacking players
- Provide width in attack
- Provide defensive balance when ball on opposite side
- Provide cover for #4
- Penetrate by passing or dribbling

(#6 Defensive Center Midfielder)

- Holding midfielder
- Penetrate by passing, dribbling
- Pressure ball to deny penetration
- Intercept passes and win tackles
- Aid the backs and mids in building up

(#8 Midfielder)

- Box to box midfielder
- Offer passing options
- Connect players in possession
- Penetrate by passing, dribbling, shooting

(#7, #11 Wingers)

- Provide width in attack
- Pressure higher up field defensively
- Serve crosses or dribble centrally
- Penetrate by passing, dribbling, shooting
- Penetrate in wide areas to create scoring opportunities

(#9 Center Forward)

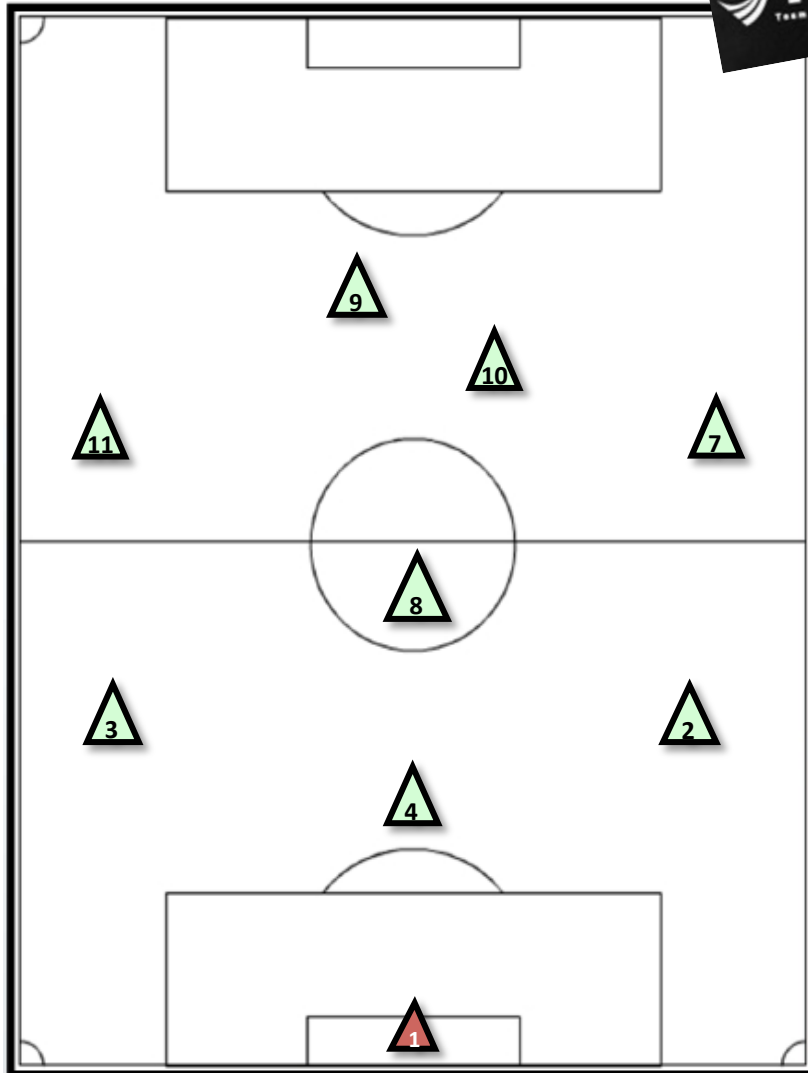
- Score goals
- Play with back to goal
- "Hold" the ball to allow teammates to help
- Provide length in attack
- Defend higher up the field
- Penetrate by passing, dribbling, shooting

POSITIONAL ROLES AND NUMBERS – 9v9

1-3-3-2 FORMATION



1-3-3-2 Formation for 9v9



Information provided by US Soccer publications

(#1 Goalkeeper)

- Keep ball out of goal
- Help build up attack
- Organize the backs/defense
- First line of attack (distribution)

(#4 Center Back)

- Deny attacking chances on goal / defend #9 (forward)
- Intercept passes, win tackles and air balls
- Provide depth in build up when attacking
- Penetrate primarily by passing

(#2, #3 Outside Backs)

- Defend wide attacking players
- Provide width in attack
- Provide cover for #4
- Penetrate by passing or dribbling
- Provide defensive balance when ball on opposite side

(#8 Midfielder)

- Box to box midfielder
- Offer passing options
- Connect players in possession
- Penetrate by passing, dribbling, and shooting

(#10 Attacking Center Midfielder)

- The "Playmaker"
- Connect mid / forward lines
- Penetrate by passing, dribbling, shooting
- Creating scoring opportunities
- Help defend center of the field

(#7, #11 Wingers)

- Provide width in attack
- Pressure higher up field defensively
- Serve crosses or dribble centrally
- Penetrate by passing, dribbling, shooting
- Penetrate in wide areas to create scoring opportunities

(#9 Center Forward)

- Score goals
- Play with back to goal
- "Hold" the ball to allow teammates to help
- Provide length in attack
- Defend higher up the field
- Penetrate by passing, dribbling, and shooting

TEAM ORGANIZATION



DEVELOPMENT FIELD - 47x30 yards

- U9 and U10 - **7v7** - 14 players per team
- 7v7 formations promote a good distribution of the players on the field and provide a versatile framework to introduce simple tactical elements at an early age
- Formations are focused in the development of attacking elements of the game
- 1-2-3-1 formation: designed to develop passing and movement of the ball
- 1-3-2-1 formation: designed to promote forward runs and 1v1 situations



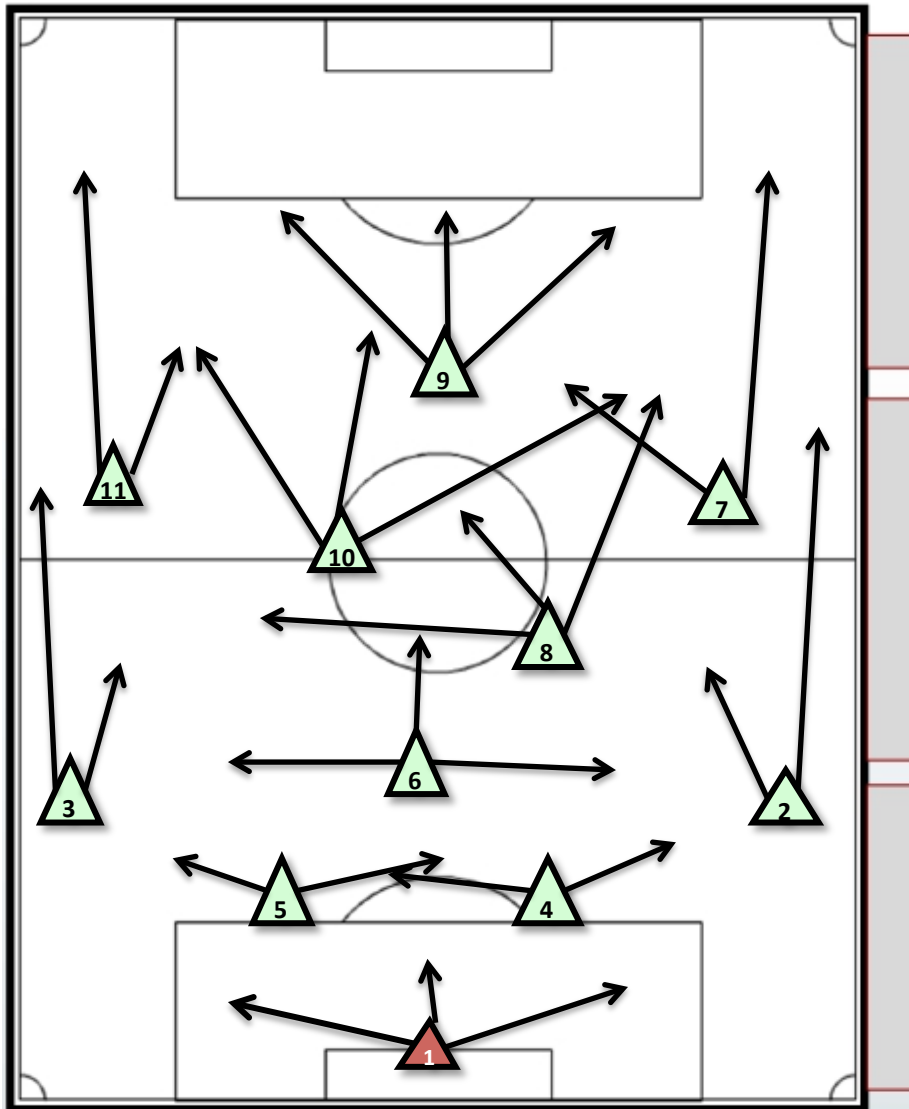
SMALL SIDED FIELD - 75x47 yards

- U11 and U12 - **9v9** - 16 players per team
- On a bigger field 9v9 formations are ideal to keep developing attacking elements of the game and introduce basic defensive concepts working as a unit
- 1-3-2-3 formation: designed to provide space in midfield areas and provide multiple attacking options at front
- 1-3-3-2 formation: designed to understand basic defensive organization and promote build up play

Information provided by US Soccer publications

POSITIONAL ROLES AND NUMBERS – 11v11

1-4-3-3 FORMATION



Information provided by US Soccer publications

The 1-4-3-3 formation to the left shows an example of the positional movement for each position in an 11v11 game. Each position's movement would still be similar in a 7v7 and 9v9 formation.

#1 Goalkeeper

#4, #5 Center Backs

#2, #3 Outside Backs

#6 Defensive Center Midfielder

#8 Midfielder

#10 Attacking Center Midfielder

#7, #11 Wingers

#9 Center Forward