



Positions, Formations and Systems of Play

Positions and Responsibilities

Position #	Position	Defensive Role	Offensive Role
1	Goalkeeper	Keep ball out of the goal, organize the back line	First line of distribution, provide support in the build up
2	Right Outside Back	Defend wide attacking players, provide balance when ball is on opposite, pressure when on the same side.	Provide width in the attack, penetrate by passing or dribbling
3	Left Outside Back	Deny attacking chances, intercept passes and provide pressure / cover when appropriate	Distribution in the build up, support player for the midfield, penetrates primarily by passing.
4	Right Center Back	Deny attacking chances, intercept passes and provide pressure / cover when appropriate	Distribution in the build up, support player for the midfield, penetrates primarily by passing.
5	Left Center Back	Defend wide attacking players, provide balance when ball is on opposite, pressure when on the same side.	Provide width in the attack, penetrate by passing or dribbling
6	Defensive Midfielder	Deny attaching chances, provide pressure to deny build up	Penetrate with pass or dribble, can act as pivot in build up for backs,mids, and front line
7	Right Wing	Pressure higher up the field, provide support in own end	Provide width in the attack, penetrate with passes, dribbling, and shooting. Builds up wide to create score opportunities
8	Center Midfielder	Defends centrally, provides box to box coverage and pressure	Box to Box midfield, creates passing options, can play a pivot in build up connecting the lines.
9	Center Forward	Pressure and defend higher up the field	Create length in the attack,provide hold up play in attack. Penetrate with passing, dribbling, shooting. Score goals
10	Attacking Midfielder	Pressure and defend central areas of the field.	Connect mid and forward lines, create score opportunities, penetrate by passing, dribbling, and shooting
11	Left Wing	Pressure higher up the field, provide support in own end	Provide width in the attack, penetrate with passes, dribbling, and shooting. Builds up wide to create score opportunities

Formations and Systems of Play

Start with the goalie and work forward through the lines

Formations based on number of factors including, but not limited to

- **Number of players (4v4, 7v7, 9v9, 11v11)**
- **Player abilities and fitness levels**
- **Players understanding of positional responsibilities**
- **Opposing teams style**

Level of Play	Formation Options*
4v4	1 - 2 - 1
7v7	1 - 2 - 3 - 1
7v7	1 - 3 - 2 - 1
9v9	1 - 3 - 3 - 2
9v9	1 - 4 - 3 - 1
9v9	1 - 3 - 1 - 3 - 1
9v9	1 - 2 - 4 - 2
11v11	1 - 4 - 3 - 3
11v11	1 - 4 - 4 - 2
11v11	1 - 4 - 5 - 1
11v11	1 - 4 - 2 - 3 - 1
11v11	1 - 5 - 3 - 2

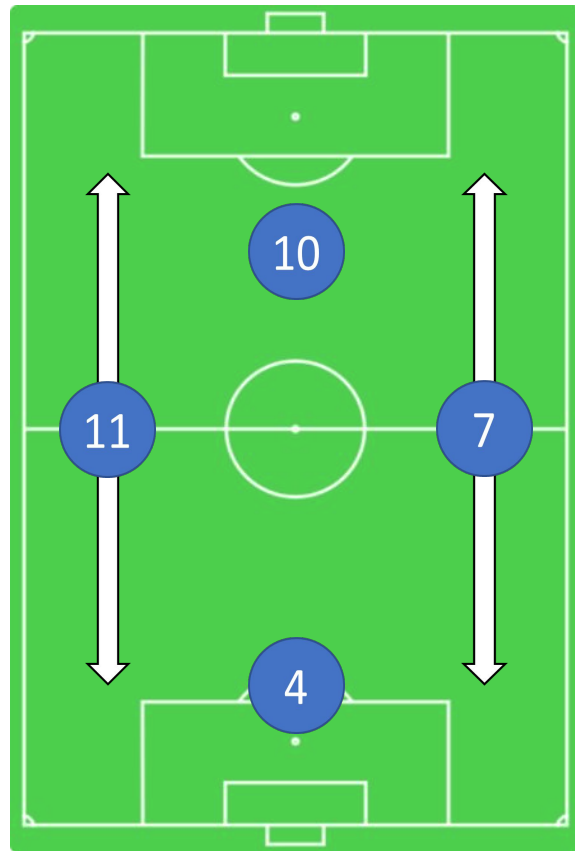
*** Not an inclusive list, just a starting point**

4v4

In the attack, the use of the diamond formation as opposed to a flat 2v2 naturally creates more width and length as well as more passing angles and opportunities. In this formation all four players are encouraged to move up the field with the center back providing support up the field as opposed to in their own half.

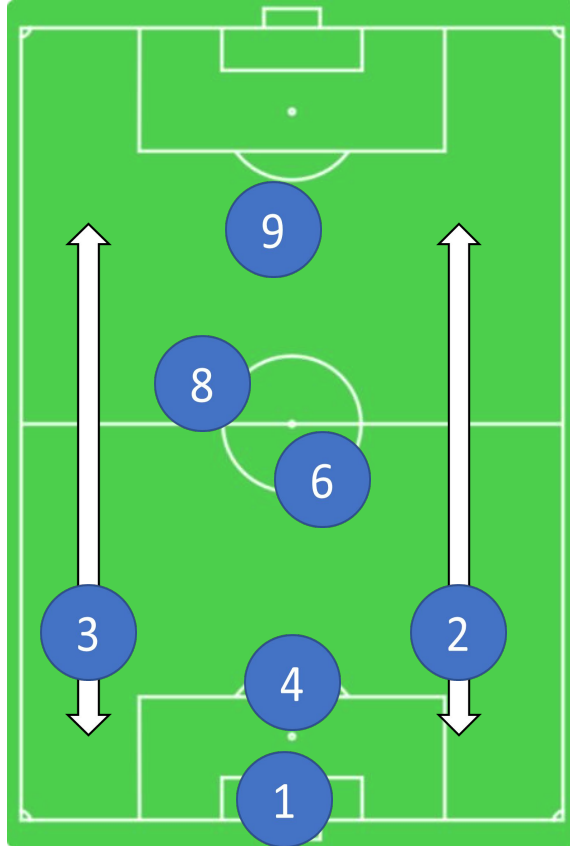
In defense, all players provide support back and it promotes the opportunity to work on concepts of pressure, cover, and balance. Defending individually and as a unit.

1 - 2 - 1



7v7

1 - 3 - 2 - 1



1 - 2 - 3 - 1

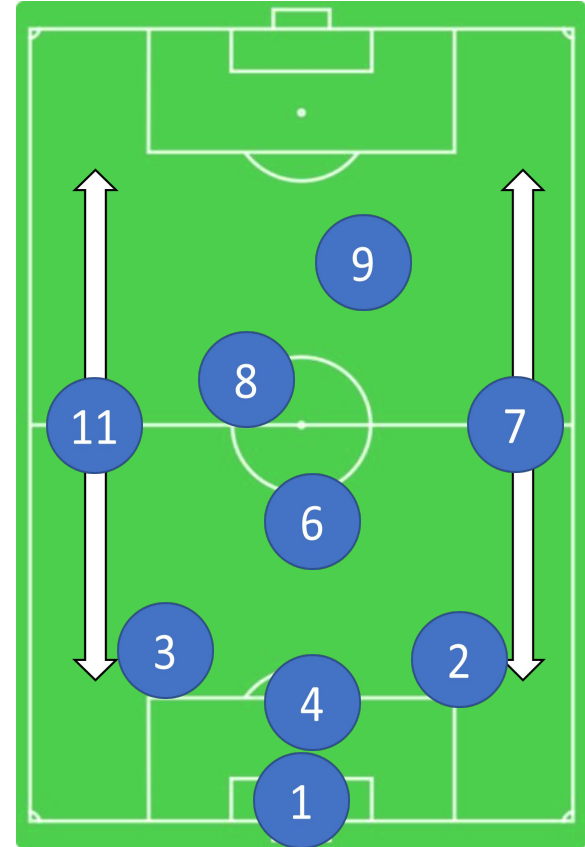


9v9

1 - 3 - 3 - 2



1 - 3 - 1 - 3 - 1

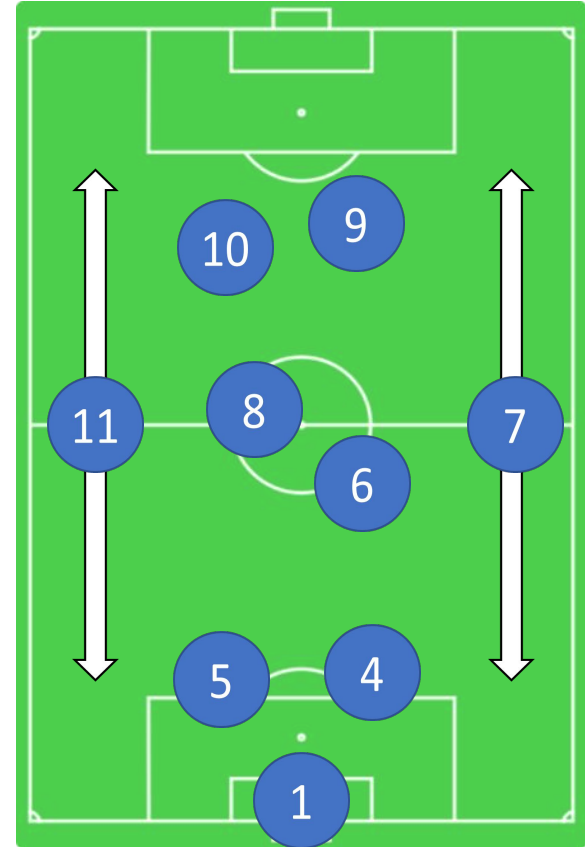


9v9

1 - 4 - 3 - 1

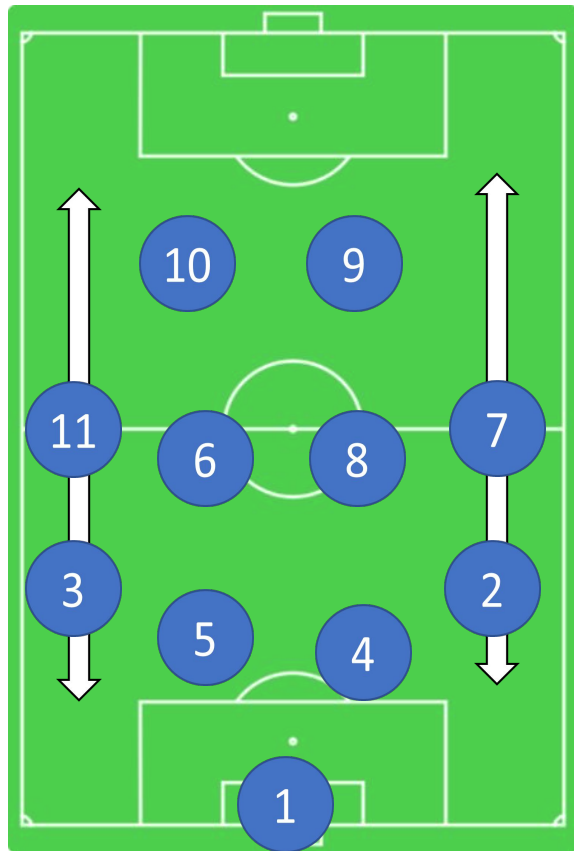


1 - 2 - 4 - 2



11v11

1 - 4 - 4 - 2

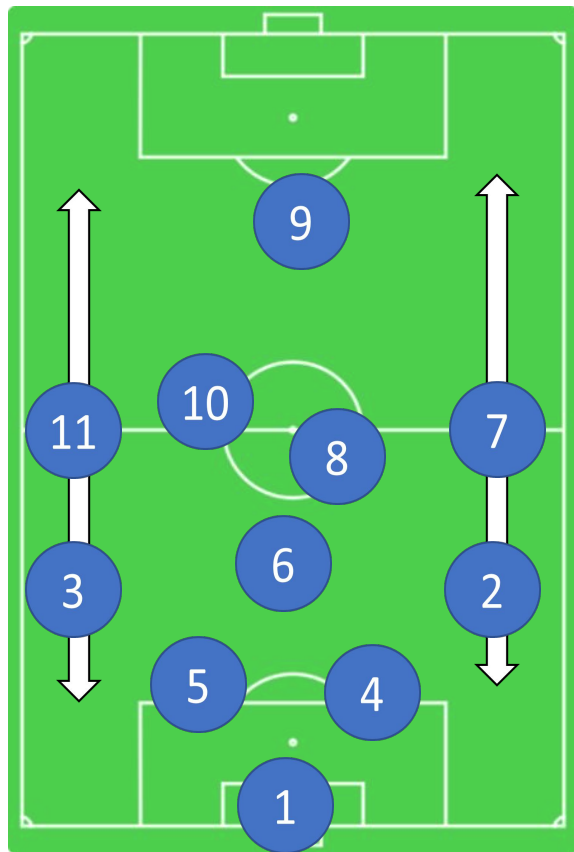


1 - 4 - 3 - 3



11v11

1 - 4 - 5 - 1



1 - 4 - 2 - 3 - 1 / 1 - 4 - 5 - 1



11v11

1 - 5 - 3 - 2



1 - 4 - 3 - 3

