

Game Day Formation-5v5

The club recommend a **1-1-2-1 formation**. Which consists of one goal keeper (GK) , one defender (CD), two midfielders (LM/RM) and one striker (ST). The shape played is a **DIAMOND**.



Offensively the team attack the width and move forward as a team. The formation will encourage maintaining team balance in width and depth. The midfielders need to support when going forward, and support the defenders by tracking back.

Defensively the defender is the last line before the goal keeper. They should be allowed to go forward when we have the ball to provide depth, but their main role is to protect the goal keeper.

The goal keeper should be encouraged to throw the ball out quick, to wide areas of the field. Punting is not necessary at this age as it encourages bad habits as players are try to keep possession of the ball.

The children will struggle with formations, spacing and the concept of the system. However, be patient, this age we are looking for individual player development where the children are developing on the technical fundamentals of the game. The game play will be messy at the early ages but this is not a good indication of the development of the player's. Technique comes first, tactics and game understanding come later when the children are technically sound.