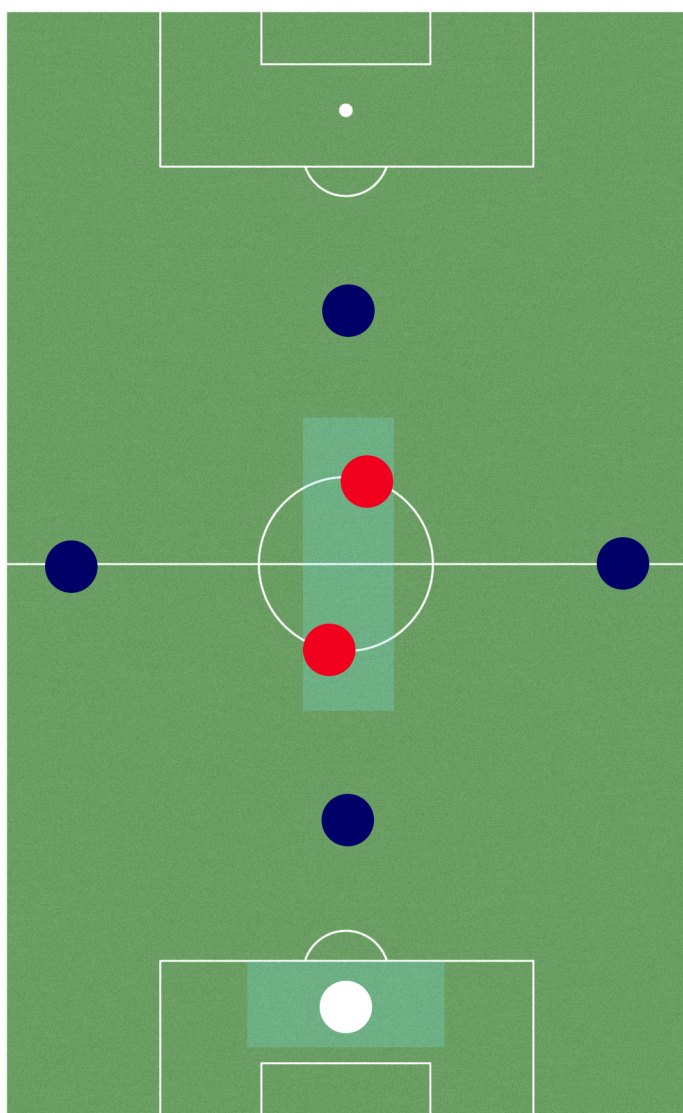




7v7: U9-U10

1-3-2-1



Helping players transition to 7v7 soccer:

As players progress to 7v7, there are new roles or positions introduced including the goalkeeper (white) and two midfield players (red).

The formation begins with a back line consisting of one goalkeeper and three defenders. It then progresses to the two midfielders and a single forward.

Formation: 1-3-2-1

How the 1-3-2-1 formation works:

- The goalkeeper supports the attack
- Three defenders (one central back and two wing backs) also support the attack
- Two midfielders are staggered to create passing lanes (one has more of an attacking role and the other is more defensive)
- One central forward provides height and an option to play forward

Positions

Players have flexibility to interchange between roles (positions) and should be encouraged to try all positions at this age group.