



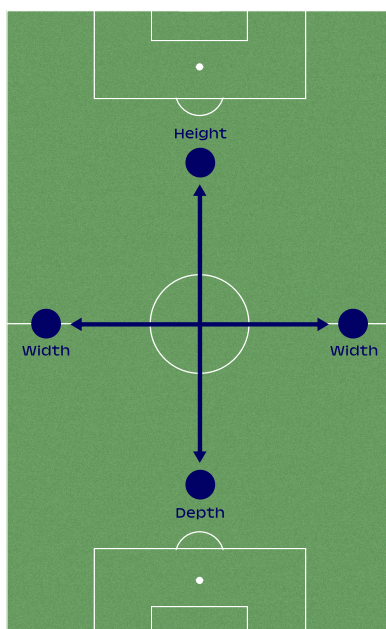
## Selecting a formation for your team

- A formation is a way of setting up your team
- Each player is given a position and roles and responsibilities with and without the ball
- Formations change as players play different formats of the game
- Using different formations can help support player development

### Formation recommendations for different formats of the game

#### 4v4: 1-2-1 diamond

U7 - U8

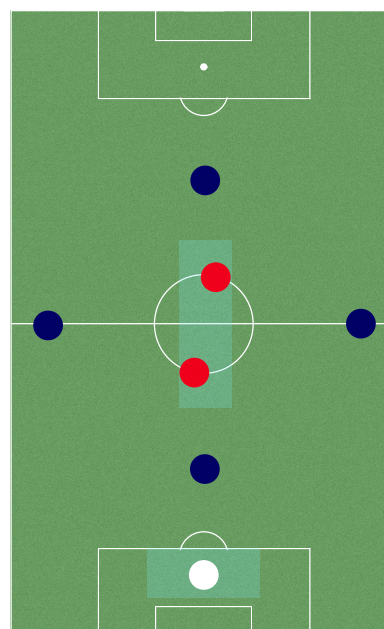


Helping young players transition between formats and formations:

- Each formation builds on the previous format
- Additional players (highlighted in red and white) are added in a logical way

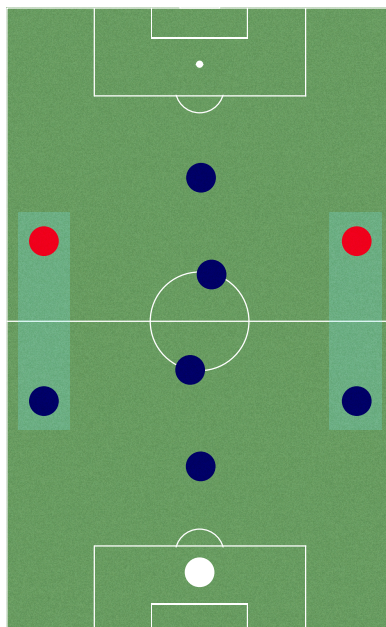
#### 7v7: 1-3-2-1

U9 - U10



#### 9v9: 1-3-2-3

U11 - U12



Formations are provided as a guide and should be amended to the needs of your players and club

#### 11v11: 1-4-3-3

U13+

