

Soccer
Association of
Montgomery:
Coaches Guide
to Team
Formations





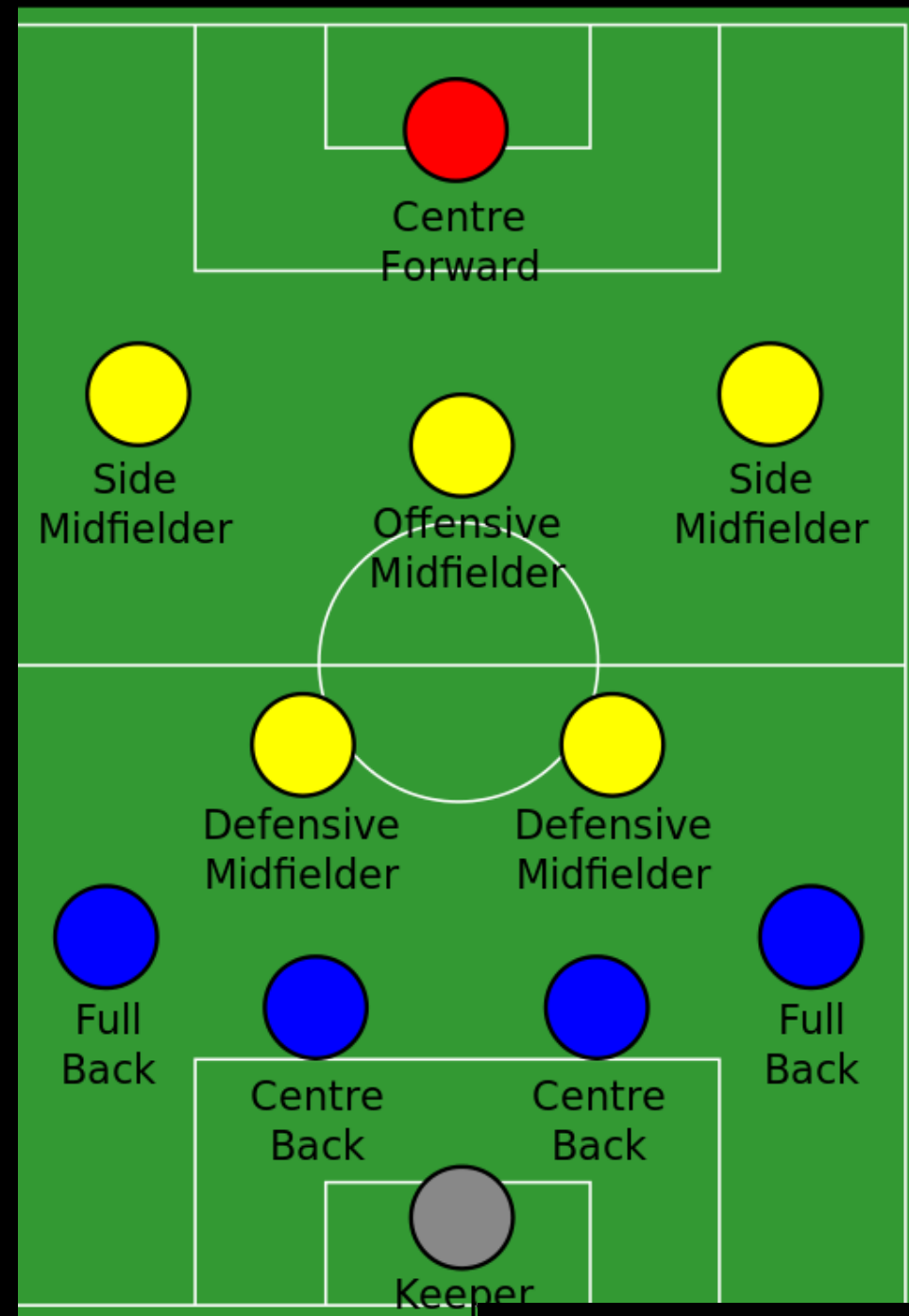
SAM Mission

SAM's mission is a commitment to provide a positive soccer experience through a fun and safe environment, which will nurture and foster each athlete's character, mental and physical skills.

Formations:

- When you hear the word formation what do you think of?
- Do you think tactics? Or tactically?
- How does your team formation look?
 - in attack?
 - when defending?
 - counter attacking?
 - counterattack defending?

[The number system explained](#)



4v4 Formation Options: The Diamond OR The Box



Any other suggestions or thoughts?
Can you use the number system here?



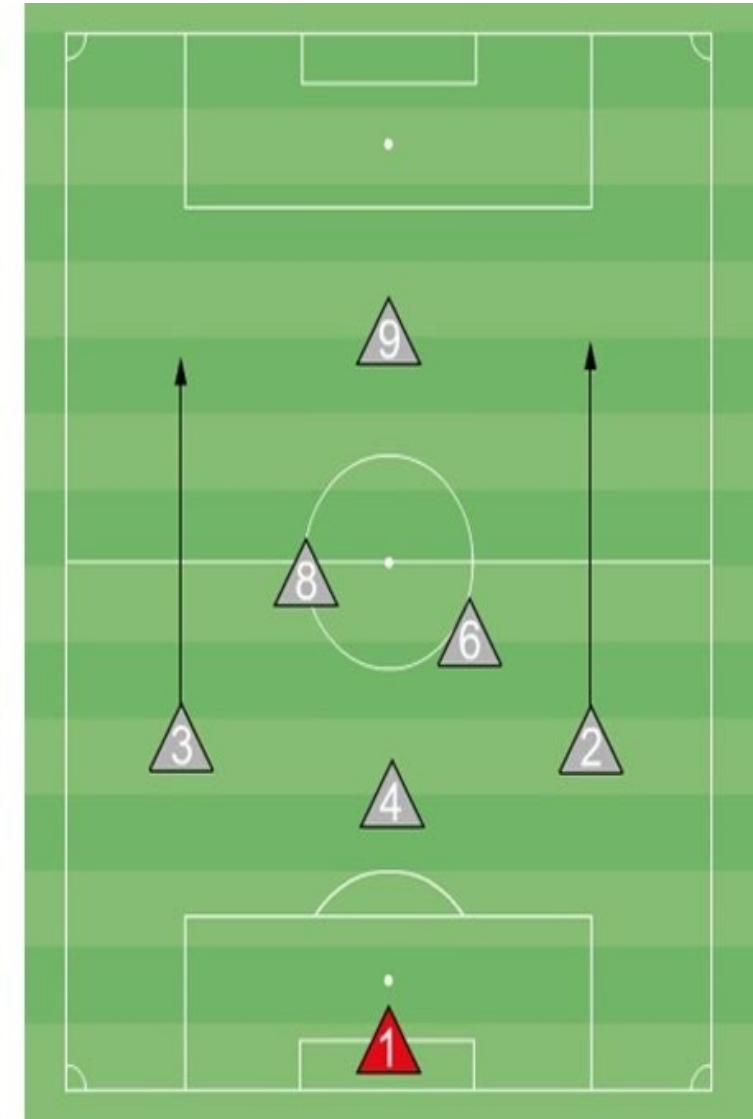
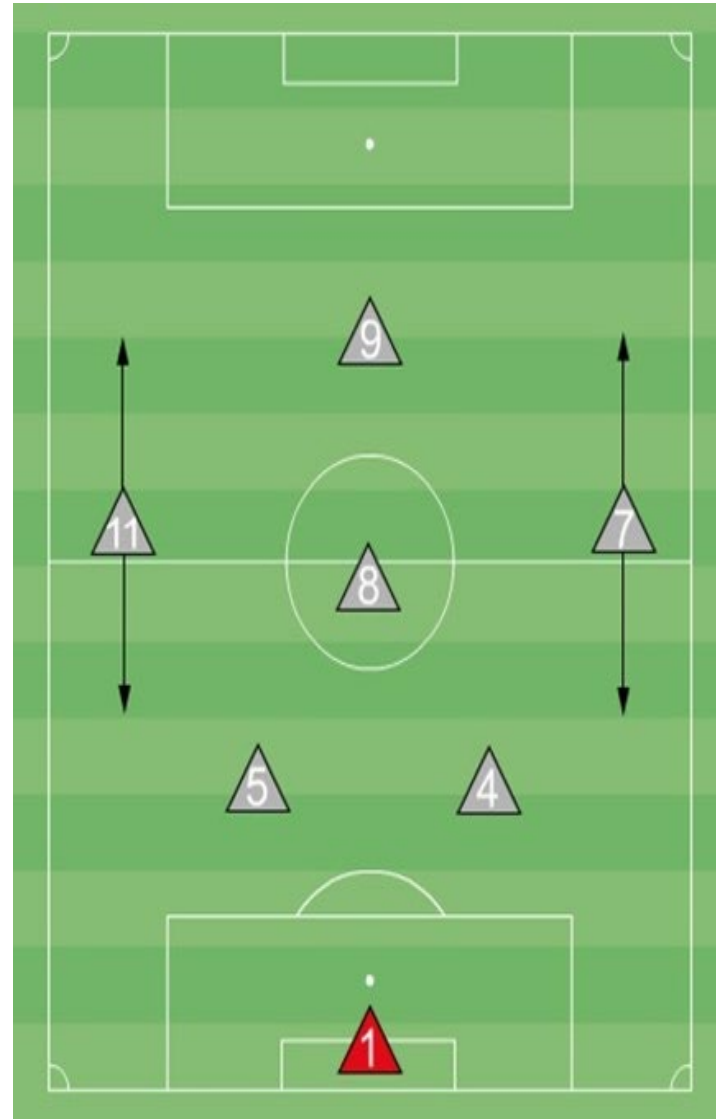
7V7 Formation Options

Within the 1-2-3-1 or 1-3-2-1, players should be aware of their positional roles on attack and defense, especially in counterattacking and defending.

When the team is attacking from its defensive third or building out from a goal kick or keeper distribution, players should be aware of spacing between lines.

The principle of spreading out and body position should be recognized by the players. It brings out triangles in attack.

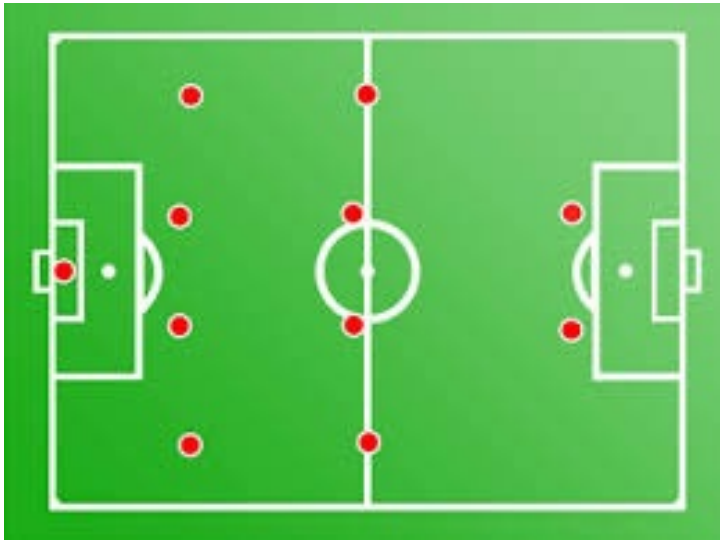
Defensive compactness, both vertically and horizontally, as well as the value of the first defender in pressing the ball throughout the field should be of importance to this age.



9V9 Formation Options

- The **1-3-2-3** and **1-3-3-2** organizations are playing systems that should allow players to connect through lines.
- Players should be aware of the roles of the individuals in two connecting lines. The players should be fluid in mobility between lines on both attack and defense and recognize those roles in transition.
- In attack, emphasis should be on spreading out, triangulating between lines, creating 2v1 and 1v1 situations and penetrating between lines.
- Defensively continue to emphasize compactness, outnumbering of the opponent with the ball and providing cover to the pressing defender or defenders and consistently getting numbers behind the ball.





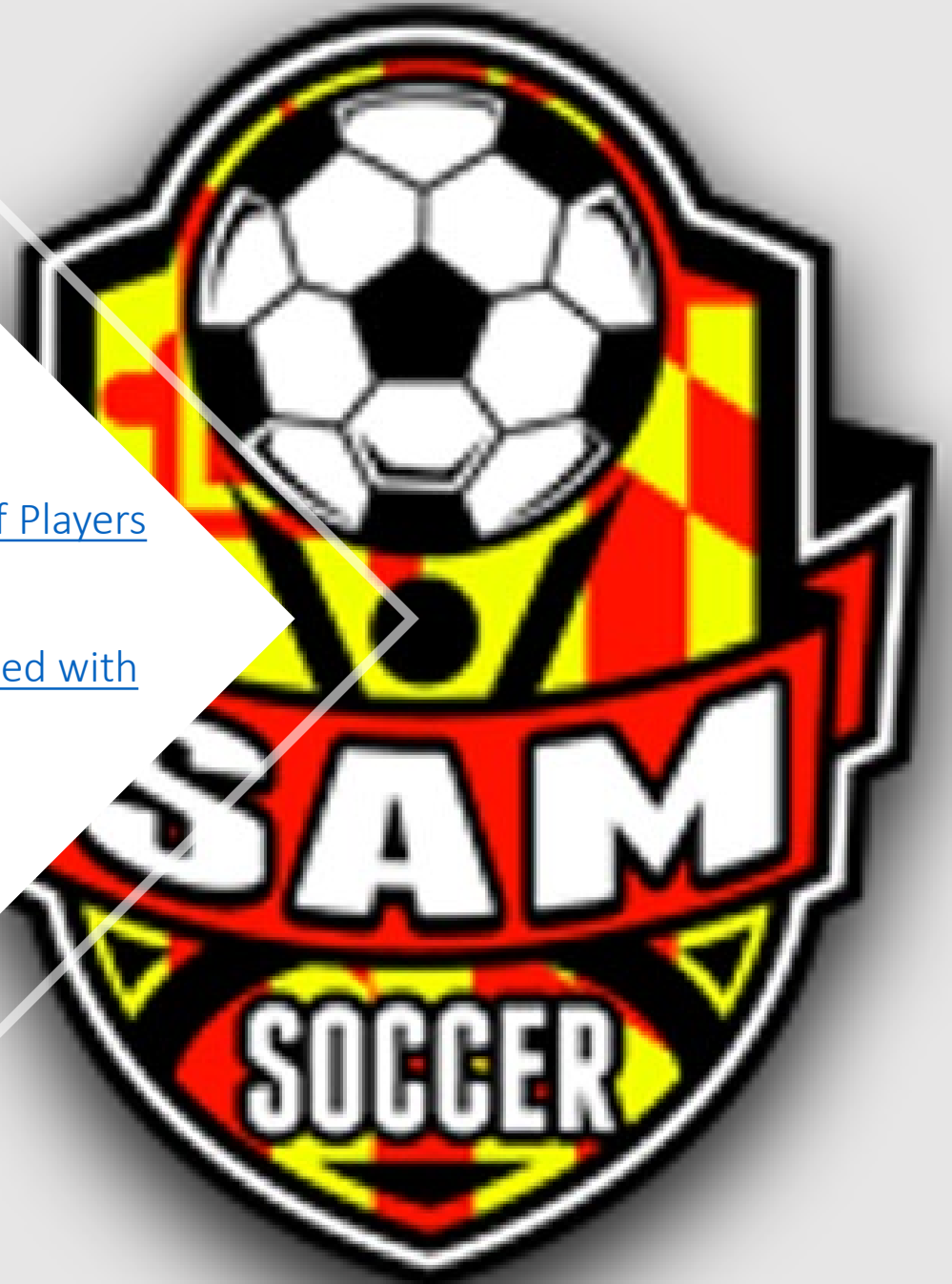
11v11 Formation Options

Each Formation has strengths and weaknesses and can be used inter-changeable during a game depending if your team is winning or losing. Your formation will look different whether your attacking or defending. Each position in each formation has a role and responsibility connected to the team.

100%

Roles and Responsibilities of Players

The number system explained with
player roles



Questions?

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