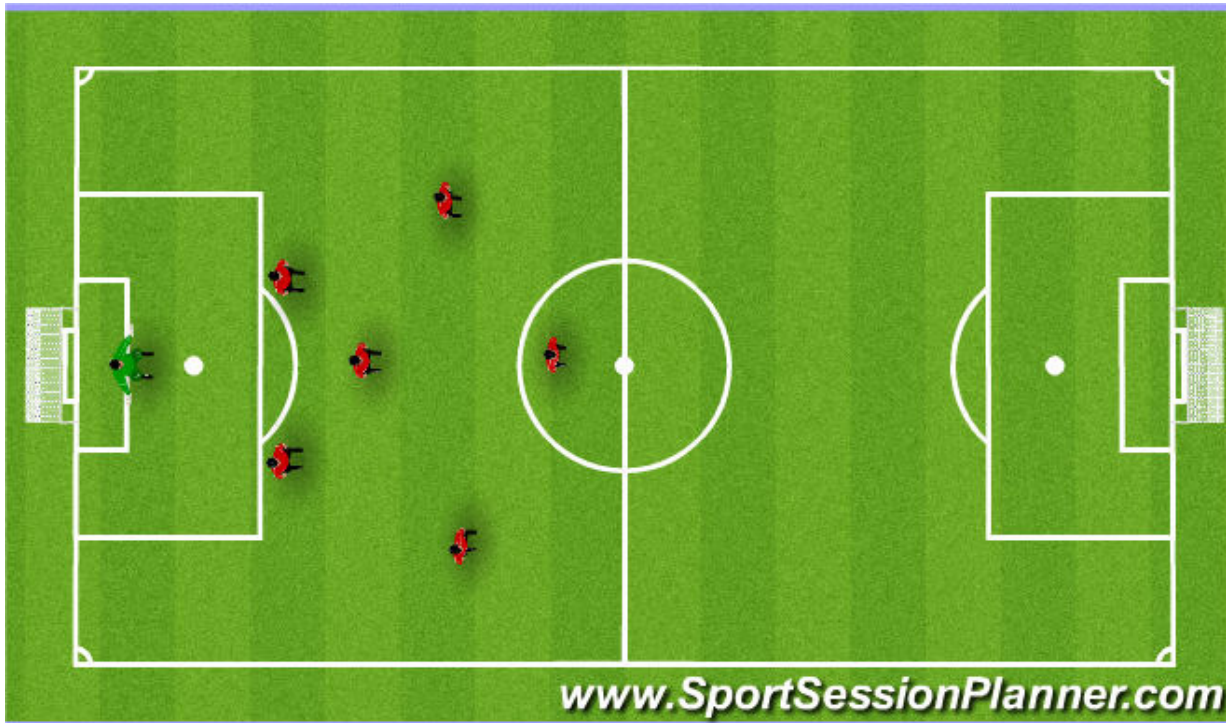


# Formations

7 v 7 and 9 v 9

# 2-3-1



## Set Up:

Two defenders - Three  
midfield players - One forward

## Coaching Elements:

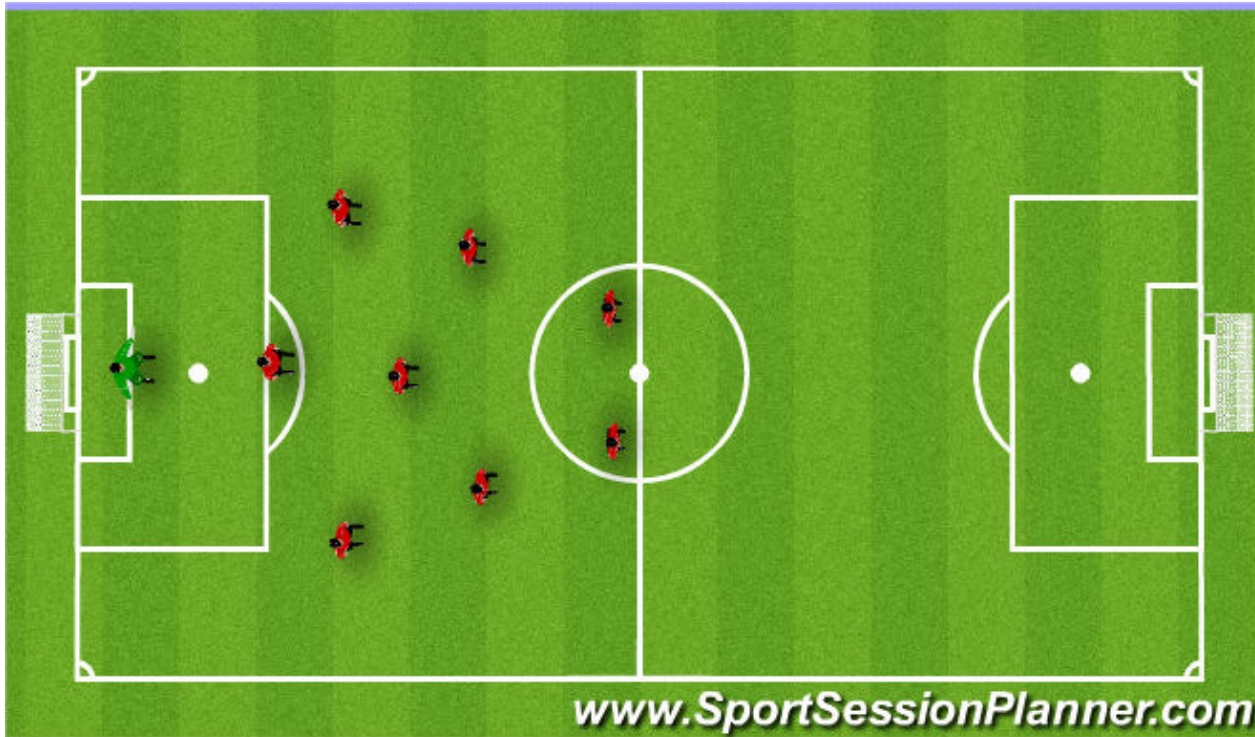
Central midfield player is key -  
needs to be disciplined

Width in attack provided by  
midfield players - need to be  
athletic

Forward plays central  
and is focal point of attack



# 3-3-2



## Set Up:

Three defenders - Three midfield players - Two forwards

## Coaching Elements:

Symmetry of shape is easy for players to understand

Three defenders allows for width in defense

Allows for 6 defenders when possession is lost

Width in attack provided by midfield players

Two forwards allows for combination play