



### ACTIVITY #1

**Set up:** For general setup, see diagram. Possible formations: 3:3:1, 3:2:2 & 2:3:2

**Instructions:** 1. All formations allow the players to execute the principles of play. 2. All players must attack and defend within the 8v8 format. 3. All formations when played on an appropriate U12 size pitch allow the players to: (a) switch the point of attack, (b) attack the near and far post from the flow of play and from set-pieces, (c) stay compact.

**Coaching Points:**



### ACTIVITY #2

**Set up:** This system utilizes 3 defenders, 3 midfielders and 1 center-forward.

**Instructions:** This formation may require the center-forward to play "off center" in order to receive passes from wide midfield and center midfield players. In this diagram, the center-forward (A) is moving to one side in order to offer a passing lane to the right midfield player.

\*Because the center-forward drifts to one side - if the opposition wins the possession, the opposite side flank is now open for attack. The green shaded area highlights this open area.

**Coaching Points:**



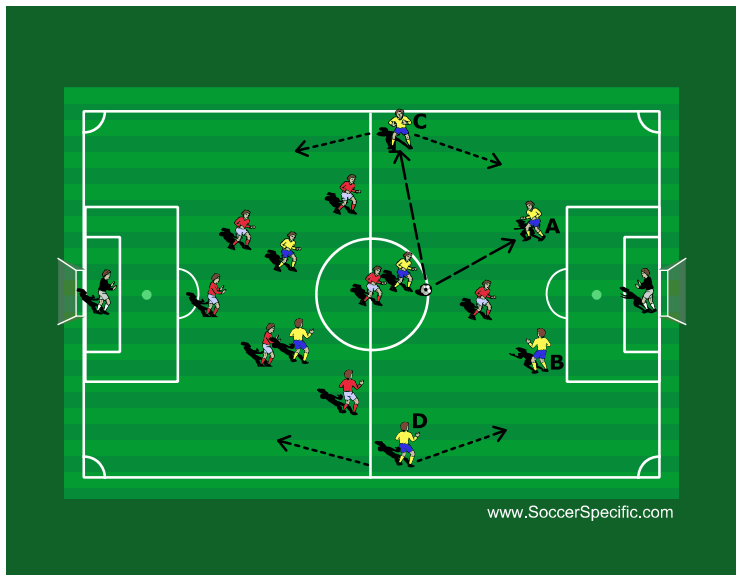
### ACTIVITY #3

**Set up:** This system utilizes 3 defenders, 2 midfield players and 2 forward players. Usually the midfield players will play in a central position.

**Instructions:** This formation offers many opportunities to create passing "triangles" around the ball. As can be seen from the diagram, Player (A) has many passing options through the use of small passing triangles.

It is the easiest formation in which to provide support in attack and defense. Allows for the "fullbacks" to get forward in wide areas. It is generally the easiest formation to coach and therefore may be suitable for the novice coach.

**Coaching Points:**



#### **ACTIVITY #4**

**Set up:** This formation utilizes 2 defenders, 3 midfielders and 2 forwards.

**Instructions:** Generally, this system is the most demanding on the players and the coach.

This formation emphasizes the transition and the tactical awareness that makes transition possible. In the diagram above, it can be seen that the wide midfield players (C) and (D) have to work up and down the flank - to offer width in attack as well as offer cover on the defensive side.

Considerable demand of vision and communication is placed upon the players. \*Zonal defending, requiring tactical growth, is mandatory within this system.

**Coaching Points:**