



BASA RECREATIONAL SOCCER



Formations by age group

U6

3v3 (no goalies)

-Encourage the triangle shape for spacing

U7

5v5 (4 and a goalie)

Formation: 2-2 (two defenders and two midfielders)

-most common formation for this age group (make sure your defenders are not just standing by the goal you are defending they should still be getting up the field to support the play on offense)

Formation: 1-2-1 (one defender, two midfielders, one forward)

-mid fielders share the central part of the field and are in charge of one side of the field (in a 1-2-1 formation or in a 2-2 formation)

-defender slides side to side depending on which side the ball is on (in 1-2-1 formation they should be in a cover position on the ball side)

-forward stays higher up the field (as an outlet option)

F
LM RM
D
GK

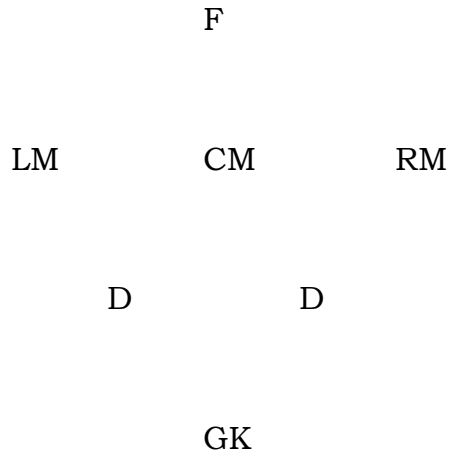
Formation 1-3 (one defender three midfielders)

-similar to 1-2-1 but you know have a center mid

U9

7v7 (6 field players and a goalie)

Formation: 2-3-1 (two defenders, 3 midfielders, 1 forward)***most common formation for this age group**

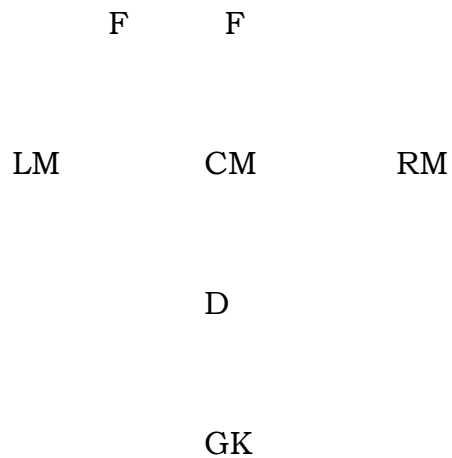


Formation: 3-3 (three defenders, three mid fielders)**more defensive formation**

Formation: 1-3-2 (one defender, three midfielders, 2 forwards)

***more offensive formation but must have an extremely athletic/strong defender for this formation**

-your forwards go from side to side. They should never be extremely spread apart they should always be able to support each other (the width is kept by the weak side (side without the ball) midfielder



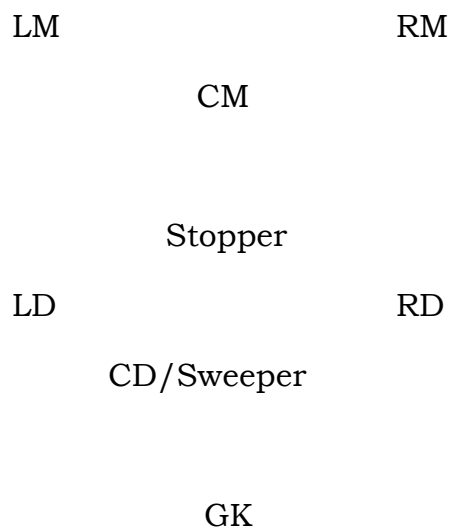
U11

7v7 or 8v8 (if playing 7v7 same formations as above, 8v8 =7 field players and goalie)

Formation: 2-3-2 (two defenders, three midfielders, two forwards)

Formation: 3-3-1 (three defenders, three midfielders, one forward) **most common formation

Formation: 4-3 (extremely defensive formation)

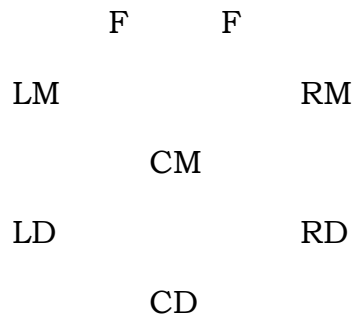


U12

9v9 (8 field players and a goalie)

Formation: 4-3-1

Formation: 3-3-2**most common



Formation: 3-4-1

Formation: 2-4-2

Formation: 2-3-3

U14

11v11 (10 field players and a goalie) Your formation will depend on the players you have on your team and the team strengths and weaknesses (I suggest trying a few different formations until you find one that works with your specific team)

Formation: 4-4-2**most common

```
      F    F
LM                RM
      LCM  RCM
LD                RD
      LCD  RCD
      GK
```

**Called a flat back 4

Or you can do it like this

```
      F    F
LM                RM
      CM    CM
      CD
LD                RD
      CD
      GK
```

Formation: 3-5-1

Formation: 3-4-2

Formation: 3-4-3

Formation: 4-3-3