

FORMATION AND ORGANIZATION FOR U10



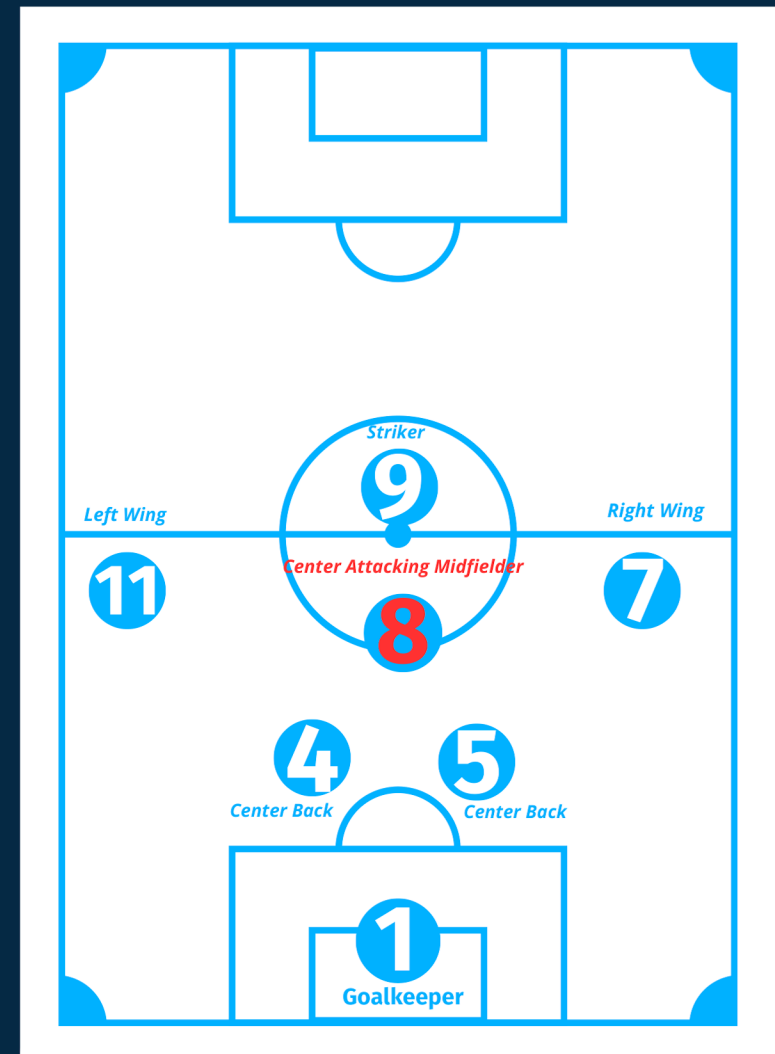
As we move through the age groups we add the number 8 to the existing system. By using the number system it becomes easier to move with the team and players understand as the players grow with the organization. As we enter U10 we add the number 8 a Central Attacking Midfielder.

THE 7V7 SHAPE AND NUMBERING

The suggested formation for 7v7 is a 2-3-1 with the first two players playing as center backs and the midfield two players playing as wide wingers and one striker.

This is the players first introduction to the numbering system and positioning. We want to stick with the same terminology as the players progress through their development pathway.

Keeping the same formation allows players to learn and feel comfortable when put into a position. Keep targets simple for each player when learning the positions.



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This will be the players first introduction toward a larger field and a closer look at the game we recognize. This is an important time for these players to learn the first elements to structure and organization on the field. We encourage you to start to learn the numbering system as this helps you relate positions to players and areas on the field as well as roles and responsibilities.

NUMBER 1 - GOALKEEPER

The goalkeeper is a player who plays in the goal and can use their hands to stop the ball within the penalty area. Encourage players to roll the ball out to their center backs (4 and 5) or the left and right wing (7 and 11).

NUMBER'S 4 AND 5 - CENTER BACKS

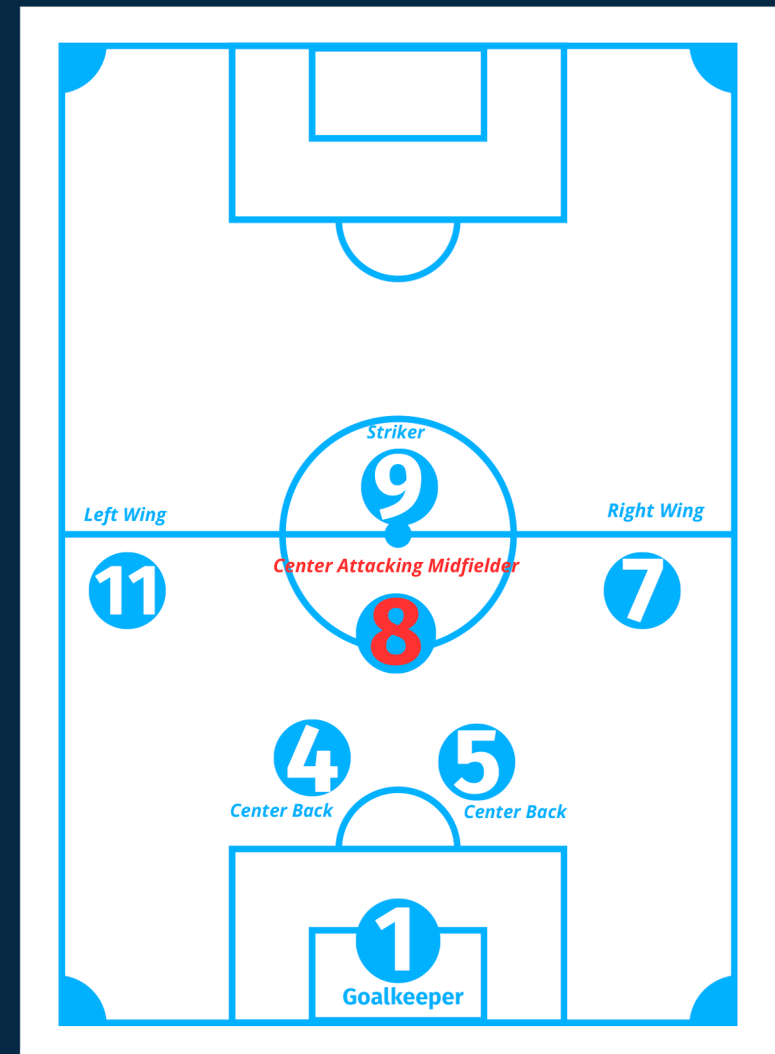
The center backs are also known as central defenders. These players are the last line of defense and their main job is to stop any attacks on the goal. When in possession of the ball they should press towards the opposition half. They in possession of the ball encourage them to pass the ball to numbers 11 and 7 in order to promote pushing the ball wide.

NUMBER'S 11 AND 7 - LEFT WING / 7 RIGHT WING

The wide players on your team. These are very important roles and information for these two players to move wide when your team has the ball. When they receive the ball encourage them to dribble the ball up the field either going towards goal or up the line to progress an attack. They can pass the ball to number 9 and will mainly receive the ball from numbers 4 and 5.

NUMBER 9 - STRIKER

The role of the striker is to remain high on the field. They should be the highest player on the field for your team. Encourage them to win the ball from the opposition defenders.



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Lets learn about the number 8 position - Central Attacking Midfielder.

NUMBER 8 - CENTRAL ATTACKING MIDFIELDER

The number 8 is a box to box midfielder who needs lots of energy to defend at one end of the field and attack at the other end.

The number 8 can help spread the play from side to side and help support the number 9 in scoring goals.

When your team does not have possession of the ball the number 8 must be able to defend and pressure the ball in any central area.

The number 8 needs to be good at all attributes within the game.

