

FORMATION AND ORGANIZATION FOR U14 TO ADULT



We now complete our line up by adding a central defensive midfielder (6) and our center forward (10). This completes our 11v11 formation.

THE 11V11 SHAPE AND NUMBERING:

The number 6 and the number 10 are added to the line up to complete the 11v11 formation.

The number 6 is a central defensive midfielder and has a similar role the number 8 but is more defensive minded.

The number 10 is the center forward and he/she will play behind the number 9. Generally the number 10 is a good ball winner and creative in providing the number 9 with chances to score as well as scoring goals themselves.

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.



FORMATION AND ORGANIZATION FOR U14 TO ADULT



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

The wide players on your team. These are very important rolls and information for these two players to move wide when your team has the ball. When the 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 main received 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.

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.



FORMATION AND ORGANIZATION FOR U14 TO ADULT



NUMBER 2 AND 3 - RIGHT AND LEFT BACK

The number 2 and 3 are called right and left backs and complete the back line of the defense. The left and right back stop the opposing team from attacking in the wide areas. They are to stop crosses into the box and control the wide spaces.

Upon winning possession they are to move up the field and support 11 and 7 in the wide areas.

NUMBER 6 - CENTER DEFENSIVE MIDFIELDER

with similar responsibilities to our number 8 but more defensive minded. The number 6 will be good at tackling and winning the ball to create transitions in the middle of the field. Once the number 6 has won the ball distributing to the 7,11,10 or 9 will be the targets to create an attack.

NUMBER 10 - CENTER FORWARD

The center forward is a player who plays a little deeper than the number 9 and connects the lines between the number 8 and 9. The number 10 should be good at dribbling and attacking players at speed along with creating and scoring goals.

