

9 v 9 Formation Options

All formations are based on having a goalie and 8 field players.

3-3-2 (3 defenders, 3 midfielders and 2 forwards)

Advantages

- Width in midfield and up front.
- Easy to play-great balance
- Great attacking shape
- Triangle in middle
- Good defensive shape and numbers in back
- Defense should have freedom to jump up into midfield play.

Disadvantages

- Central Midfielder and forwards can get isolated.
- Lack of defined roles for midfielders-are they attacking or defending
- Can get out numbered in midfield if the central midfielder cannot control the center



3-1-3-1 (transfer to 4-2-3-1)

Advantages

- Very Balanced, very fluid.
- Great width for possession style of play
- Outside backs can push up.

- Enough Cover in defensive end-solid back 3
- Holding Mid and attacking mids can support attack.
- Teaches transition up and down the field.
- Easy to create angles of support.

Disadvantages

- Lone Forward
- Need to play a good possession style or formation is not effective- Will be hard for wingers to defend as they are higher up the field
- Defensive midfielder could get overworked
- Large gap between wing backs and outside mids



2-4-2 (2 defenders, 4 midfielders and 2 forwards)

Advantages

- Two forwards-sufficient offense
- Great midfield presence and excellent width. Can have a diamond in the midfield or be flat.

Disadvantages

- Only 2 in the back. Ok if opponent is only playing with 1 forward but otherwise might not be enough defense.
- Defenders must be fast
- If defender gets drawn wide there will not be enough central coverage



2-3-3 (2 defenders, 3 midfielders and 3 forwards)

Advantages

- Width in midfield and up front.
- Great attacking shape
- Triangle in middle
- Balanced formation
- Lots of triangles for support

Disadvantages

- Only two in back.
- A lot of players attacking.
- Need fast defenders to recover from mistakes
- Central Midfielder can get isolated.
- Need wide midfielders who can get up and down the line



3-4-1 (3 defenders, 4 midfielders and 1 forward)

Advantages

- Good cover in the back.
- Good width in midfield.
- Diamond support
- Teaches players to play with outside backs.

Disadvantages

- Only 1 forward but have 2 central midfielders that can join attack.



4-3-1 (4 defenders, 3 midfielders, 1 forward)

Advantages

- Four in the back. Solid defensive coverage
- Three midfielders play centrally (diamond)
- Good wing play
- Outside backs can push high

Disadvantages

- Width only in back.
- Very Defensive
- Lone forward can be isolated.
- Midfielders must be integral in the attack
- Encourages a long ball style of play



3-2-3 (3 defenders, 2 midfielders, 3 forward)

Advantages

- Very attacking formation
- Lots of width
- Solid defensive 3 as a base

Disadvantages

- Wingers can get drawn too wide and can cause center forward to be isolated
- Weakness in the midfield. Need solid center midfielders to control middle
- Wingers must track back and defend
- Defenders cannot join attack



3-3-2 is a good formation to start with and then move to 3-1-3-1