

7 v 7 Formation Options

All formations are based on having a goalie and 6 field players.

2-3-1 (2 defenders, 3 midfielders and 1 forward)

Advantages

- Enough defense to cover the small field.
- Easy angles of defensive support
- Teaches supporting angles and 1v1 in wide areas.
- Enough support to build out of the back.
- Attack minded and possession oriented

Disadvantages

- The 1 forward can get isolated.
- If players play too far apart there could be large gaps
- Midfielders need to be non-stop runners



2-1-2-1 (2 defenders, 1 holding mid, 2 attacking mids and 1 forward)

Holding mid should play in the space between the defenders and the attacking mids.

Advantages

- Enough defense to cover small field.
- Defense has more freedom to move into the attack with the holding mid covering.
- The outside mids can create width and can play higher up the field.

- Starts to train players to play with a holding mid. Teaches defensive responsibility in the midfield.
- Can attack with at least 3 and defend with at least 3.
- Enough support to build out of the back.

Disadvantages

- Can be a lot of pressure on the holding mid with the outside mids playing higher up the field.
- Attacking midfielders will be less inclined to help out defensively
- Massive gap between DM and AM can be created
- Not a width



3-3 (3 defender and 3 midfielders)

Advantages

- Solid defensive block

Disadvantages

- Very static. Hard to stretch opponents defense without dedicated forwards.

Recommendation

Start with a 2-3-1 and can progress to a 2-1-2-1 once players understand their spacing on the field and their defensive coverage. A 2-1-2-1 should only be used for advanced players.

In both formations, the 2 defenders must play as a unit and play compact. One defender should pressure, and the other defender should cover. The Center mid/holding mid should also be providing defensive coverage.

