



### Division 'G' Team Formations, 11v11 (including a GK)

There are a variety of 11v11 formations. One of the simplest and most popular is the 1-4-3-3. It's simple because of good field coverage and popular because it employs 3 forwards yet still has an extra player in the back. Wide forwards and wide backs should provide wide attacking options and the 3 central midfielders can be deployed left/center/right, or as defending and attacking midfielders in a 2-1 or 1-2 triangle. Other common formations include a 1-4-4-2, a 1-3-5-2, and a more attacking-minded 1-3-4-3.



#### Notes on formations:

- Formations are stated back-to-front and refer to positional lines: GK, Backs, Midfielders, Forwards
- A formation is a starting point for organizing players from front-to-back and side-to-side.
- Formations help players understand how to “spread out” both vertically and horizontally, and facilitate relationships between players in different lines of the team.
- Formations should not be rigid in locking players into a certain tract of real estate. Soccer is a free-flowing sport, and a basic team structure should allow for freedom of movement with players interchanging positions in attack and covering for each other in their defending roles.