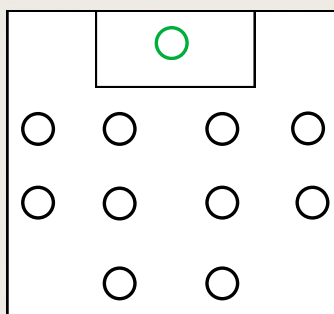


# 11ASIDE FORMATIONS

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There are many different formations that teams can use in 11-a-side football, and the best formation for a team will depend on a variety of factors, including the team's style of play, the players' strengths and weaknesses, and the tactical approach of the opposition. We hope this guide provides you with direction when shaping your team.

## 1-4-4-2

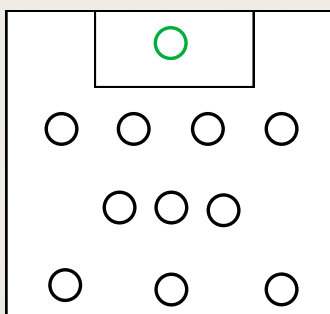


This formation consists of four defenders, four midfielders, and two forwards. It is a balanced formation that can be effective in both defence and attack.

### PROS

- Allows a team to control midfield via two central midfielders, which can be important for dictating tempo and maintaining possession.
- Provides width in the attack, with two forwards and two wingers stretching the opposition's defence horizontally. This can create space in the center for attack minded midfielders to exploit.
- Allows flexibility in the roles of the midfielders and forwards. For example, wide midfielders can tuck inside to support the attack, while a forward can drop deep to help retain possession.

## 1-4-3-3

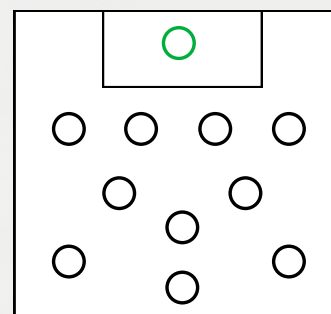


This formation features three forwards, three midfielders, and four defenders. An attacking formation that focuses on creating numerical advantages in the opposition's half of the field.

### PROS

- Allows for a high level of offensive creativity, with three midfielders who can link up with the forwards to create scoring chances.
- Allows a team to control the midfield and dictate the tempo of the game
- It allows for flexibility in the roles of the forwards and midfielders. For example, the wide forwards can tuck inside to support the attack, while the central midfielders can push forward to join the attack.

## 1-4-2-3-1



This formation consists of two holding midfielders, three attacking midfielders, one striker, and four defenders. It is a versatile formation that can be effective in both defence and attack

### PROS

- Allows for a high level of offensive creativity, with the attacking midfielders able to roam and find space between the opposition's defense & midfield.
- It provides solidity & protection for the defence, with two holding midfielders, who sit in front of the back four & break up attacks.
- It allows the team to control the midfield & dictate the tempo of the game, with the two holding midfielders & the attacking midfielder forming a midfield triangle that can maintain possession and create opportunities.

## HOW TO COUNTER AGAINST

One way to counter a team that is playing a 4-4-2 formation is to use a formation that is designed to take advantage of the areas of the field where the 4-4-2 is weaker.

For example, a 4-2-3-1 formation can be effective against a 4-4-2 because it allows a team to control the midfield and create numerical advantages in the center of the field.

This can be done by using two holding midfielders to mark the opposition's central midfielders, while the attacking midfielder and wingers move into the space between the opposition's midfield and defense.

This can create opportunities for the team to penetrate the opposition's defence and create scoring chances.

One way to counter a team that is playing a 4-3-3 formation is to use a formation that is designed to exploit the areas of the field where the 4-3-3 is weaker.

For example, a 4-2-3-1 formation can be effective against a 4-3-3 because it allows a team to overload the midfield and outnumber the opposition in that area of the field. This can be done by using five midfielders to mark the opposition's three midfielders and two wide forwards, while the lone striker moves into the space between the opposition's midfield and defense.

This can create opportunities for the team to retain possession and create scoring chances through the midfield.

Countering a team that is playing a 4-2-3-1 formation can be a challenging task, but it can be vulnerable to teams who use a formation that are able to exploit the gaps between the midfield and defensive lines.

This can be done by using a formation such as 4-3-3 or 4-5-1, which gives your team an extra player in the midfield. This will allow you to have more possession of the ball and dictate the pace of the game. You can also press aggressively, attack space left behind by the opposition winger, and man-marking the opposition's key players

Countering a team playing 4-2-3-1 requires a well-thought-out game plan and tactics to nullify the oppositions strengths and exploit their weaknesses.

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