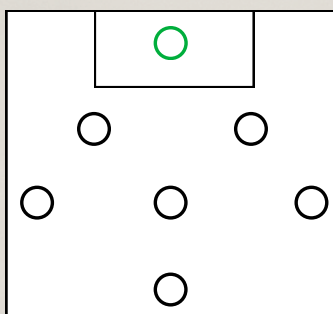


7ASIDE FORMATIONS

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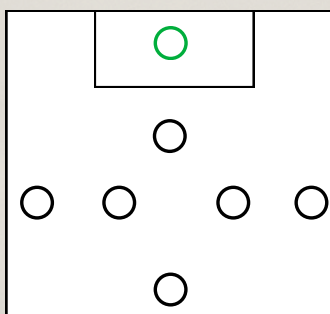
Picking a 7 aside formation isn't easy! Most articles on this topic focus on picking a formation to win a game of football. While this is totally fine, 7 aside formations can be used as a development tool to ensure players get the practice required to be ready for competitive football! Check out these 3 formations & how they help develop your players.

1-2-3-1



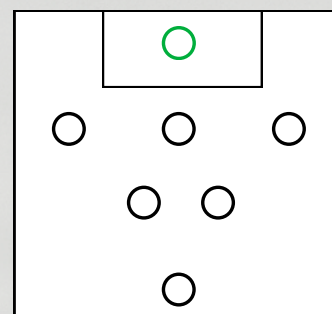
Provides an excellent platform for players to gain lots of repetition of defending and attacking, with good support numbers available to help lone striker.

1-1-4-1



An ideal formation for young players to gain an understanding of how to play with a midfield 4. The lone defender will also gain lots of 1v1 repetition.

1-3-2-1



A great formation that creates natural passing triangles. This formation allows players to be placed in lots of 1v1 situations, with great learning opportunities for team to pass their way up the pitch

PROS

- Will translate to a 1-2-3-2-1/2-4-2 formation at 9 asides and 1-4-3-2-1/1-4-4-2 at 11 aside
- Natural passing triangles happen all over the pitch
- Great for teaching defensive concepts to defenders & goalkeeper
- Multi positioned - Centre backs can split to become fullbacks. Single central midfielder has a defensive and attacking role
- Wide players get lots of 1v1 repetition
- Great practice for a striker to play up against 2 defenders

PROS

- Will translate to a 1-3-4-1 formation at 9 asides and 1-3-4-3/1-4-3-3 at 11 aside
- Two central midfielders can have different roles (CDM and CAM)
- Single defender gets lots of 1v1 practice (and some 1v2, 1v3 as well!)
- Great for teaching defensive and attacking concepts to midfielders
- Will always have a free man when playing against 2-3-1 teams
- Wide players get lots of 1v1 repetition

PROS

- Will translate to a 1-4-3-1 formation at 9 asides and 1-4-2-3-1/1-4-3-3 at 11 aside
- Natural passing triangles happen all over the pitch
- Great for teaching defensive concepts to defenders & goalkeeper
- Multi positioned - Wide centre backs can split to become attacking full backs
- Two central midfielders can have different roles (CDM and CAM)
- Great practice for a striker to link with a midfield 2

GENERAL TIPS

All Players

- These formations are designed to expose your players to the different problems they will eventually face during an 11aside game. Giving them exposure to these problems at a young age is a great way for them to be comfortable in the same situations when they reach the "big" game. Help players by teaching them how to deal with these situations.
- Try to rotate players around positions so that they get practice in different situations (defender in front, behind, to the side). Giving a set position to a young player may be limiting their development.
- It may be helpful to encourage players to do the hardest things (e.g. turn out of pressure versus passing or kicking the ball away) at a young age. The hardest things will become easier with practice, which will benefit a player long term.

Goalkeeper

- Is an extra player. They need to be able to pass and receive so try to not always separate them in training.

Defenders

- Should be able to open up to receive with their back foot. They should try to be positive with their first touch.
- Should be able to do things like turn out of pressure that will come from a striker pressing. Teach turns, etc.

Midfielders

- They will make a lot of mistakes, but mistakes are fine if you work hard to win the ball back. Help teach them this!
- Where you have two central midfielders, this is a great way to teach different roles (defensive ball winner and creator).
- Encourage midfield players to be creative and take risks.

Attackers

- They will need to be brave when facing 2 defenders. Encourage them to "go again" if they don't get initial success. When they do get success, reinforce it through praise.

If you ever need further help with coaching, then head to [360tft.com](https://www.360tft.com)

You can check out my other work, here: <https://www.skool.com/360tft-6754/about>