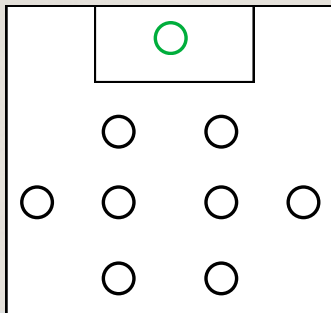


9 ASIDE FORMATIONS

BY 360TFT.COM

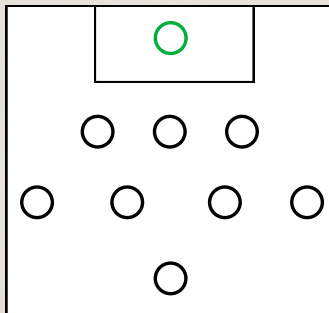
Picking a 9 aside formation isn't easy! Most articles on this topic focus on picking a formation to win a game of football. While this is totally fine, 9 aside formations can be used as a development tool to ensure players get the practice required to be ready for competitive football! Check out these 3 formations & how they help develop your players.

1-2-4-2



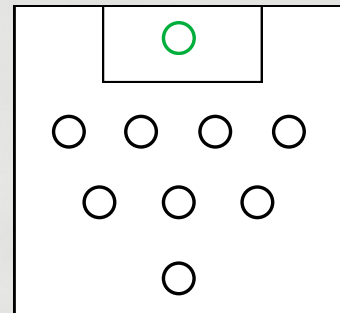
A formation to let players play as a midfield 4 with twin strikers. Formation creates natural passing triangles and allows you to go longer to the twin striker if required.

1-3-4-1



A great formation that creates natural passing triangles. This formation allows players to be placed in lots of 1v1 situations and is flexible enough for all styles of play.

1-4-3-1



A great formation that teaches players how to play as a back 4 and a midfield 3.

This allows the full backs to provide width and balance.

PROS

- Will translate to 1-4-4-2 at 11 aside
- Natural passing triangles happen all over the pitch
- Great for keeping possession through the middle of the park
- Great for teaching defensive concepts to defenders & goalkeeper, who can be isolated
- Develops players to learn how to effectively work in pairs
- Wide players get lots of 1v1 repetition
- Great practice for two strikers to play up against defenders

PROS

- Will translate to 1-3-4-3/1-4-3-3 at 11 aside
- Two central midfielders can have different roles (CDM and CAM)
- Multi positioned - Wide centre backs can split to become attacking full backs
- Great for teaching defensive and attacking concepts to midfielders
- Strength available in wide areas
- Wide players get lots of 1v1 repetition

PROS

- Will translate to 1-4-2-3-1/1-4-3-3
- Provides an opportunity to play with a back 4
- Full backs can go forward at will to provide width
- Great for teaching defensive concepts to defenders & goalkeeper
- Multi positioned - Wide centre backs can split to become attacking full backs
- Three central midfielders can have different roles and lots of freedom
- Great practice for a striker to link with a midfield 3

GENERAL TIPS

All Players

- These formations are designed to expose your players to the different problems they will eventually face during an 11 aside 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!
- With two or three central midfielders, this is a great way to teach different roles (defensive ball winner, creator, etc.)
- Encourage midfield players to be creative and take risks

Attackers

- Get to practice so many aspects of the game - holding up the ball, dropping deep to link, being brave in possession, and scoring goals

If you ever need further help with coaching, then head to 360tft.com

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