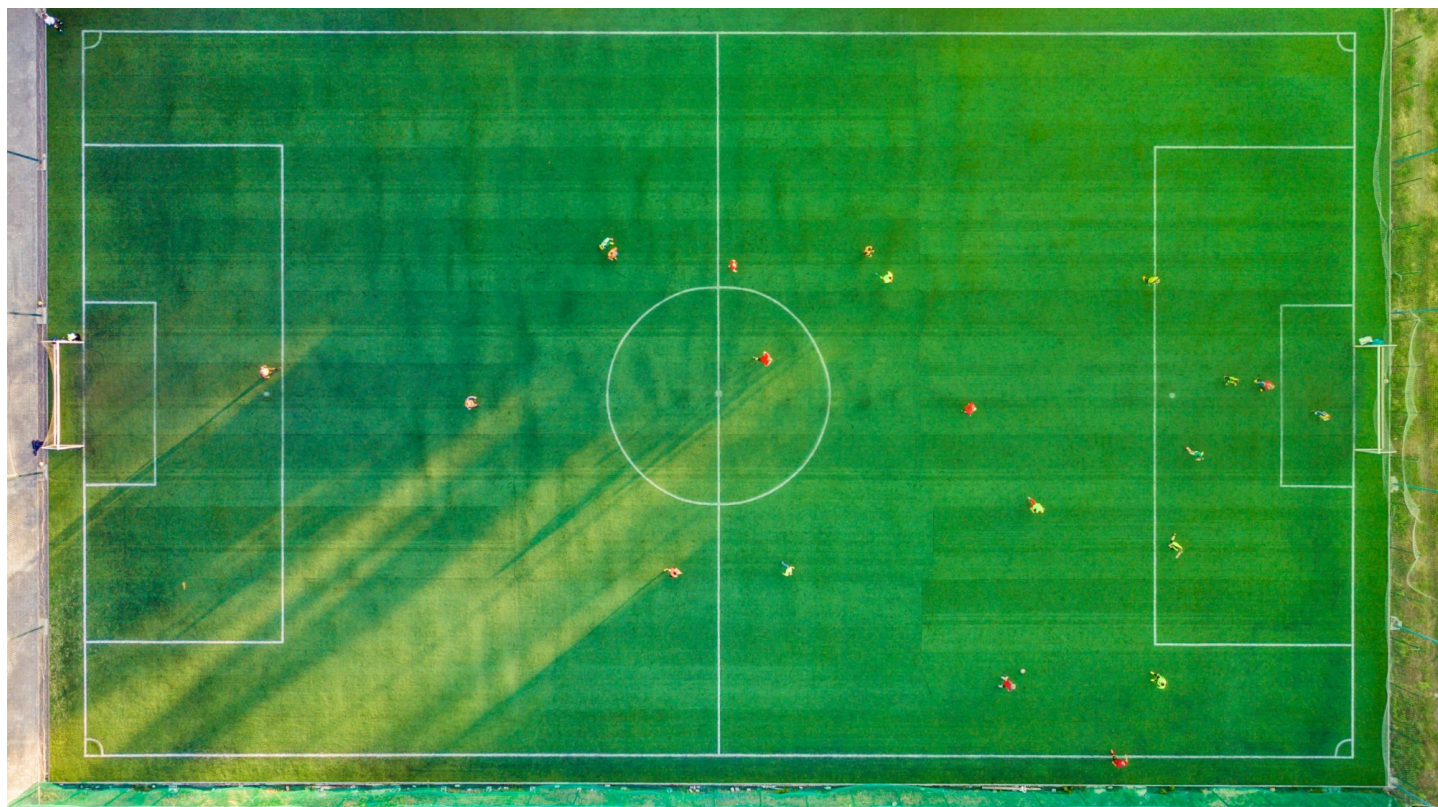




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Best Formations for 7v7

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The 7v7 game arrives at the pinnacle of optimal learning for kids developing their footballing trade. The smaller size in field allows players to have more touches on the ball, creates more 1v1 situations and is an easy transition from 5v5 into an easy-to-understand formula for success out on the field. 7v7 formations are by no means complicated and they are extraordinarily easy for players to understand, even for players that are only ages of nine and ten. The focus with 7v7 soccer should always be on a player development first and as such a formation should always come second. That being said, here are some of the best formations for 7v7 football to help you get started and encourage optimal player development within your team.

2-3-1



2-3-1 is the most classic 7v7 formation out there. It offers fantastic balance in any team and is incredibly easy for young players to grasp. Two defenders being helped by three hard-working midfielders offers plenty of support at the back without overloading defensive areas. Simultaneously, the midfield can get forward and the wide players allow for plenty of width in attack. A lone striker is often supported by a central midfielder who can play as a 6 or 10 depending on the situation and has the best of both roles wrapped up in one. Goals are not hard to come by whatsoever in this formation and it is incredibly effective to defend against all of the formations listed below.

ADAPTABLE FORMATIONS FOR 9v9

- 2-3-2-1
- 2-4-2
- 3-4-1

PLAYERS/SKILLS REQUIRED

- Hard-working midfielders who can get up and down the field. Particularly a hard-working central midfielder.
- Wingers who don't get drawn to the middle and can also get up and down the line in short sprints.
- A centre forward who can hold the line all on their own.
- Defenders who do not create too big of a gap between themselves.

PROS

- Attack-minded and possession oriented.
- Achieves fantastic balance in both wide and central areas; defense and attack.
- Every player has a clearly defined role.
- Creates lots of opportunities for goals.

CONS

- If defenders play too far apart, a massive gap is left in the centre of defense.
- Midfielders are required to be non-stop runners and help out in both attack and defense.
- Striker can become isolated if opposition midfield shuts down central areas.

2-1-2-1



2-1-2-1 offers a different take on the classic 2-3-1, bringing the central midfielder a little deeper and the wide players higher. The major and obvious benefit to this formation is that it is very attack-oriented but still provides enough cover in defense. With the right players and a central midfielder that can cover a lot of ground, this could be the formation that catches any team by surprise. 2-1-2-1 also helps players clearly understand that they are either primarily an attacking player or a defensive player, helping to make the transition from the 5v5 game all the smoother.

ADAPTABLE FORMATIONS FOR 9v9

- 2-1-4-1

- 3-2-3 or 3-1-3-1
- 2-3-2-1

PROS

- Attack-oriented and supports a fast style of play.
- Striker should never become isolated.
- Shape is interesting and creative, forcing opposition not to have too much knowledge on the best methods of counter-acting it.

CONS

- Attacking midfielders may be less inclined to help out in defense than if they were right/left midfielders in a 2-3-1.
- A massive gap in between DM and AM's can be created if DM does not cover enough ground or gets caught too low.
- A larger gap is created between defenders and wide midfielders than in 2-3-1.

3-1-2



For a more defensive approach, coaches and managers should look no further than the 3-1-2. The formation provides excellent balance and a three-player defensive base to ease the future transition into 9v9 and 11v11 formations. Although the central midfielder may look isolated on paper, playing with a 3 in behind and a 2 up front offers loads of tactical flexibility and positional fluidity, which often happens with younger players

either way. Defenders can be given the license to fill in gaps in wide areas, while strikers learn that they have to be more than just goalscorers and have to do a job in defense as well.

ADAPTABLE FORMATIONS FOR 9v9

- 3-3-2
- 3-2-3
- 4-2-2

PROS

- With three strong defenders, teams can be indestructible in defense.
- Forwards get accustomed to working in a two-striker system.
- Easy for strong, less skillful teams to bully more skillful teams that will often be playing with more fluid attacking formations such as the two above.
- Teaches forwards to defend from the front.

CONS

- Central midfielder is required to do a lot of running. If they fail in that quest, the other team will dominate.
- Can become overly defensive if fullbacks don't push up with the play.
- Not naturally rooted in a possession-based style of play (but this can be mitigated with fluidity in the fullbacks).

3-1-1-1



One of the best formations for teaching 7v7 players the tactics of the game, the 3-1-1-1 is a great formation to switch to when protecting a lead or trying to hold on, but can also offer greater midfield support for teams who desire to play with a back three than the 3-1-2. The 3-1-1-1 is best when you have specific players who can clearly fit into those defined roles or when you have a real lack of wide midfielders. The formation is very narrow and so keeping possession in central areas may be critical. However, it can also be used in an attempt to make the wing-backs the most important players in the game.

ADAPTABLE FORMATIONS FOR 9v9

- 3-1-3-1
- 4-3-1
- 4-2-2

PROS

- With three strong defenders, teams can be indestructible in defense.
- More midfield support than the 3-1-2 but without taking away the attacking threat of the second striker.
- Easy for strong, less skillful teams to bully more skillful teams that will often be playing with more fluid attacking formations.

CONS

- Can become very narrow and width must be provided at the right moments by fullbacks.

- Teams might struggle against opponents that overload in wide areas.
- Can become overly defensive if fullbacks don't push up with the play.
- Not rooted in a possession-based style of play.

3-2-1



The 3-2-1 is an increasingly popular choice for teams that wish to adopt a less attacking- based style of play. It allows teams to play a solid defensive back-line of three players without negating too much control in midfield areas.

You'll notice that in this diagram, the central defender is higher than the two fullbacks, as opposed to the picture for the 3-1-2 and 3-1-1-1. This is to emphasize how crucial it is for the central defender to step up in central areas when required as there is no 'central midfielder' in this formation. As such, the 3-2-1 can sometimes resemble the 2-1-2-1. The main distinction is that in the 3-2-1, the central defender is often a libero or ball-playing centre half, while in the 2-1-2-1, it's often a midfield destroyer, tasked with winning the ball for their team and distributing it to more attacking talents.

ADAPTABLE FORMATIONS FOR 9v9

- 4-3-1
- 3-2-3
- 3-3-2

PROS

- With three strong defenders, teams can be indestructible in defense.
- More midfield support than the 3-1-2 and better suited to a possession-based style.
- Easy for strong, less skillful teams to bully more skillful teams that will often be playing with more fluid attacking formations.

CONS

- Wide midfielders may become confused as to how and when to come central as opposed to staying wide.
- Width can also be lacking if wide midfielders stay too central.
- Although it looks very balanced, it's easy for the formation to upset the rhythm of a team as roles are less well-defined.
- Central defender required to step up into midfield when the time is right.

CONCLUSION

So there it is! Some of the best and most common formations for 7v7 soccer around the world. Will your team take a more defensive approach like the 3-1-2, or play a more expansive style such as that of the 2-1-2-1? Comment below to share your thoughts, suggestions and opinions. Thanks for reading and see you next time!

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