

## Under 8 Formations



### **Key Coaching Points:**

**Defenders** need to shift left and right depending on placement of the ball on the field. For example: If the other team is in possession, and the ball is on the right side, the left defender should shift towards the middle of the field to cover and the right defender should close space and mark tight.

**Central Midfield** needs to hold central area of the field.

**Forwards** need to shift with the play and keep the depth (stay high) to help spread out their opponents. Forward player needs to support on the side that the ball is on and look to form triangles with ball carrier.

**Goalie** plays everything for possession (roll ball to teammate or pass to teammate).



### Key Coaching Points

**Central Defender** must communicate to team and hold the central area of the field. Central defender does not want to stay too far back and create a large gap for opposing team to attack into, close the space and stay close to your teammates.

**Right/Left Winger** need to move forward into the attacking 1/3 to support their Forward and Midfielder when the ball is on their side. The far side winger moves towards the middle to create cover with the central defender, and anticipate balls coming cross field to attack.

**Wingers** need to transition forward and support quickly, but also retreat upon losing the ball and play a more defensive roll.

**Central Midfielder** must hold the middle position to keep the team shape. Central Midfield should always be part of a triangle.

**Forward** need to shift with the play and keep the depth (stay high) to help spread out their opponents. Forward player needs to support on the side that the ball is on and look to form triangles with ball carrier.

**Goalie** plays everything for possession (roll ball to teammate or pass to teammate).

## Under 8 Defensive Corner Kicks

Set your teams in this formations for every defensive corner kick, and then adjust players to mark the attacking team players close to their spot. Have a consistent formation for players to memorize and then adjust defensive position.

**For example:** Once the opposing team has their players in place, you can move your players to mark them tightly or adjust a few feet to cover a player.



Under 8 Defending Corner Kicks Formation

## Under 9 and 10 Formations



Under 9 & Under 10 Formation  
2-3-1

### Key Coaching Points

**Defenders** need to shift left and right depending on placement of the ball on the field, and dependent on which team is in possession.

For example: When not in possession, If the ball is on the right side, the left defender should shift towards the middle of the field to cover/balance and the right defender should close space and mark tight.

**Central Midfield** needs to hold central area of the field. Central Midfielder should always be part of a triangle and encouraged to switch the play.

**Left/Right Midfielder** need to transition forward and back with the play. Focus on creating triangles with teammates when in possession of the ball. Create team defensive balance and shape when not in possession.

Example: If the ball is on the left side of the field, the Right Midfielder does not mark tight, they shift towards the middle of the field to help offer cover.

**Forwards** need to shift with the play and keep the depth (stay high) to spread out the opponent.



### Key Coaching Points

**Central Defender** must communicate to team and hold the central area of the field. Central defender does not want to stay too far back and create a large gap for opposing team to attack into, close the space and stay close to your teammates.

**Right/Left Winger** need to move forward into the attacking 1/3 to support their Forward and Midfielder players when the ball is on their side. The far side winger moves towards the middle to create cover with the central defender, and anticipate balls coming cross field and opportunities to attack and support.

Wingers need to transition forward and support quickly, but also retreat upon losing the ball and play a more defensive roll.

**Central Midfielder's** must hold the middle position to keep the team shape. Create triangles with teammates when in possession and create balance with additional central midfielder when on defensive. Work with the other central midfielder to create balance and cover when defending (1<sup>st</sup> and second defender roles).

**Forward** player needs to stay deep (high) to create the opponent to stay spread out. Forward player needs to support on the side that the ball is on and look to form triangles with ball carrier.

## Under 9 and 10 Defensive Corner Kicks



*Set your teams in this formations for every defensive corner kick, and then adjust players to mark the attacking team players close to their spot. Have a consistent formation for players to memorize and then adjust defensive position.*

**For example:** *Once the opposing team has their players in place, you can move your players to mark them tightly or adjust a few feet to cover a player.*

## Under 11 and 12 Formations



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Under 1 & Under 12 Formation  
Double Diamond

## Under 11 and 12 Defensive Corner Formations



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Under 11 & Under 12 Defending Corner Kicks Formation

## Guidelines for U8 to U12 Coaches

### Field and Game Set-up

- Parents should be on one side of the field and both coaches/teams should be on the opposite side of the field.
- Coaches should introduce themselves to opposing coach prior to each game and review the retreat rules with the coach and referee.
- No parents are allowed on turf field surfaces.
- Coaches should stay on their half of the touchline and AVOID crossing in front of the other team's bench while coaching.
- One parent can support the goalie behind the net. The Parent must be instructed to NOT interfere with the game. No Coaching or talking to other player or referee when supporting the goalie.
- Flagging: Most referee's will ask the team for a volunteer flag/linesperson. Please do not coach or call offside while flagging.

### Team Management

- **Parent Meeting** – Please refer to the club document template which covers all information to pass onto parents and players
- **Parent Coaching**- It is your responsibility to supervise your parents during games. Parent coaching is no tolerated. Encourage parents to cheer on the team and encourage fair play
- **Playing Time**: All players should have balanced playing time to the best of the coach's ability. It will never be exactly fair, but players will have a minimum of 50% playing time each league game on average over a season.
- **Subbing and Line Changes**: Preparation is key. Prepare lines prior to the game for easy transition. Use an assistant coach or manager to help support you on line changes and timing shifts.
- **Positions and Playing Time**: As mentioned above, all players should have balanced playing time to the best of the coach's ability with a minimum of 50% per game on average over the season. Positions: It is important that players try all positions.
- **When players are still learning positions**: If possible, have players stay in the same position for ½ or a full game. You don't have to switch players every game/shift into multiple positions. It can be confusing to switch new players around in multiple positions every game, and some players will benefit from playing a consistent position in a game. Be clear with parents that players will try all different positions and it will help their overall development as a player.

### **Attacking (Ball Entry)**

- On all attacking possession plays (Corner kicks, free kicks and goal kicks) the goal is to keep possession of the ball by completing passes to teammates from the set play. Avoid long kicks on every set play.
- Encourage players when working it out of the back 1/3 of the field to commit a defender or read the defending teams pressure before making a play/decision.
- Don't think of a goal kicks, throw ins, free kick or corner as a stoppage in play, try to keep the game/ball moving.