



Under 8 (5v5 + Goalie) Formation

Category: Tactical: Positional understanding

Difficulty: Beginner

CMF Academy, Coquitlam, Canada
Individual-Young Member

Formation

One Goalie
One Defender
Two Wing-backs
One Central Midfielder
One Forward



When Defending

When defending the two wide players must track back and defend. At that point, the formation changes to become a 3-1-1.

The Center Midfielder must also track back and defend just in front of the back line. The forward will need to stay around the halfway line to be an outlet so the team has a player to pass to when they gain possession.



When Attacking

When attacking all 5 outfield players should be in the oppositions half.

The central midfielder sits just behind the forward to provide balance in the attack.

Both wing-back players should get forward to make a 1-1-3. Wing-backs should also look to tuck in when the ball is on the opposite side of the field. i.e) If the ball is on the right side then the left wing-back should look to tuck inside the field so they are not too wide and far from play.

The defender pushes higher up the field to keep the play in the attacking half. The defender needs to be aware of the attacker and stay between the attacker and the goal (goal side).

The goalkeeper should be on the edge of the box and can act as a sweeper to any long balls.



Playing Out From The Goalie

When goalkeeper has ball in hands or starting play with a goal kick both wing-backs must get wide and be available for a pass directly from the goalie or from the central defender.

Goalkeepers need to use the full length of their penalty box and make a early decision on distributing the ball to either wing-back or the central defensive player.

