

7v7

1-2-3-1



Pros:

- Provides structural width and the ability to use the wide channels.
- Strong defensive presence when all 3 midfielders track back.
- Options available forward, backward, and wide when played correctly.
- Provides good space naturally.

Weaknesses:

- Single striker = More need from your wide players to support going forward.
- Striker needs to be a target.
- Central midfield can get out numbered.

1-2-1-2-1



Pros:

- Creates triangle shapes naturally.
- Strong central channel presence.
- Balanced attack and defense.

Weaknesses:

- Susceptible to wide area counters
- Very direct going forward with lack of wide presence.
- Can become congested if not coached properly to use wide areas.