

9v9

1-3-2-3



Pros:

- Triangles all over the field makes it very possession-oriented
- Great balance and symmetry.
- Teaches wingers how to stay wide when in possession.
- Solid defensive base, with midfielders there to cover for wide defenders who join the attack.

Weaknesses:

- Easy to lose the midfield “battle” against teams with more midfielders, especially if the two midfielders aren’t positionally disciplined
- Can leave huge spaces for the other team to attack in wide areas if wingers don’t work back.
- Can create too much “specialization” in roles, where attackers attack and defenders defend.

1-3-1-3-1



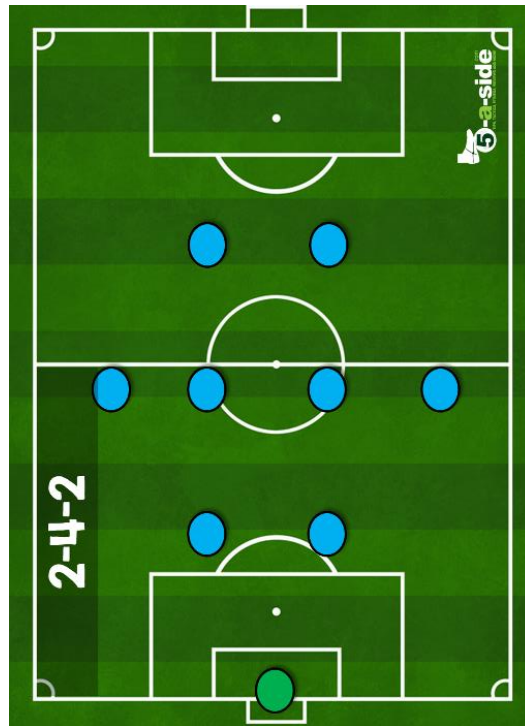
Pros:

- Triangles all over the field makes it very possession-oriented
- Great balance and symmetry.
- Provides space in the midfield to operate and change point of attack.
- Solid defensive base, with holding midfielder there to cover anything in front or for any outside back who joins the attack.

Weaknesses:

- Easy to lose the midfield “battle” in defensive half if front 4 are beat.
- Can leave huge spaces for the other team to attack in wide areas if wingers don’t work back.
- Can create a 4 player attack and 4 player defend mentality if not coached properly.
- Striker can be on an island if not supported by wide players and attacking midfielder.

1-2-4-2



Pros:

- Triangles all over the field makes it very possession-oriented.
- Great balance and symmetry.
- Immense firepower going forward.
- Provides natural width.

Weaknesses:

- 2 defenders susceptible to being overloaded and countered if wingers don't track back.
- Wide players need constant motors to play both sides of the ball.
- Need to coach the central players to work off one another.
 - One joins the attack. Other holds to support the back 2.
- Concept of teaching 2 strikers to work off one another is a challenge at younger ages.