

Formation Options 6U, 8U, 10U, 12U, 13U +

6U Formations

Based on the explanation above, 6U teams play with 4 players on the field. Therefore there are basically 3 possibilities for formations:

- 3-1 3 back players and 1 front player
- 2-2 2 back players and 2 front players
- 1-2-1 1 back player, 2 midfield players and 1 front player

Due to the stage of development most 6U players are at, it is appropriate for them to play on a smaller field where we only consider front and back areas of the field; in other words 2 halves of the field.

Coaches should not waste time (spend too much time) demanding and forcing their U6 players to play in a formation. Instead, the focus must be on fun, exercise (physical education) and maximum ball touches; building confidence and comfort on the ball in fun games.

8U Formations

Teams in this age group play with 4 players on the field. With this in mind, there are a few balanced formation options: 3-1, 2-2, and 1-2-1.

Cognitive and Psychomotor development has improved from the 6U days, so the coach can briefly remind the players about their shape (formation) during practices and games. But, it would be a waste of good technical time to spend long periods trying to coach shape at this age. Instead, focus on fun, dribbling, kicking (passing, shooting) and receiving in game-like activities.

Sample 6U and 8U (1-2-1 and 2-2) Formations Diagram:

