



★ RECREATIONAL ★ COACHING CURRICULUM

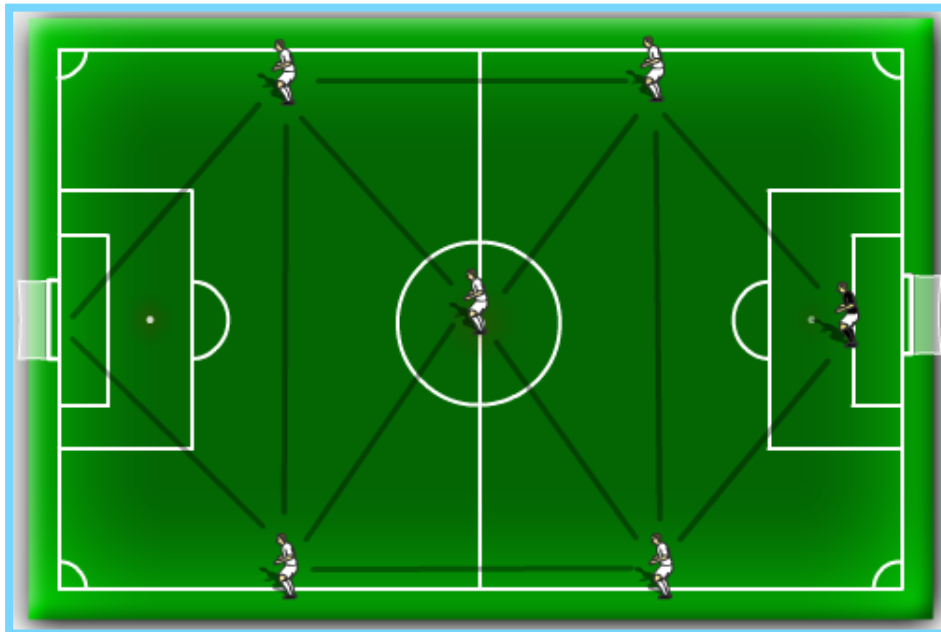
GAME DAY

Player Positions

This is an area we should be patient with. As we mentioned earlier in this chapter, players will need time to transition from U6 'Bee Hive' soccer and will progress with this concept as they grow through the ages. An area which will help with this concept is the formation we choose to play and how we relate this to shapes that players in the age group will understand.

Formations and Shapes

At your youth soccer organization you should be playing either 5 v 5 without goalkeepers or 5 v 5 with goalkeepers. How you set up your team can either help or hinder the players and their development. It is our suggestion that you choose to play 2 backs, 1 midfielder and 2 forwards, as shown below.



This shape will allow you to help your players understand positioning, spacing and aid their decisions in possession by relating the team formation to a triangle shape. As you can see from the diagram, there are six triangles created in this formation. Can you relate a player position to their place in a triangle? For instance, the outside back is the outside of the triangle created between the outside backs and the center midfield player.

Finally, we must remember to be patient with these concepts and facilitate the transition between the ages.