



4v4 Positions & Formations

Flight Recreational League



What Roles can Players have in the Game?

The Diamond Formation consists of 1 defender (top of the diamond) 2 midfielders (left and right of the diamond) and 1 forward (bottom of the diamond)

When your Team has the Ball: Can players make the diamond wide and long stretching the field to make it harder for the opposition.

When your Team doesn't have the Ball: Can players make the field smaller by protecting the center keeping the ball in front of them, if the ball has passed them, how can they get in front of it again (working back to support their teammates)

If the ball is out of play: How can players keep their eyes on the ball while it is out of play and make sure they position themselves where the ball is in front of them, keeping players switched on even if the ball is not in play is important even as they get older, can we create the good habits now.

Players taking a First Touch: Players must be able to learn and understand that 'big kicks' down the field are not the first decision to be made, instead how can players start learning and understanding if they take a first touch, they are keeping the ball under control and ready to make decisions.

Decision Making: Players will make decisions dependent on the freedom and environment that Coaches create.

When to dribble/run with the Ball: Run with the ball if they have the open space ahead or dribble when 1v1 with an opponent or if the space is reduced.

When to pass/when to shoot: If players are outnumbered 1v2 or 2v3 can we find the open player, are they in space to get the ball, if players are able to see space between them and the goal while in the opponent's half can they shoot, or is their teammate in a better position

1-2-1 Diamond Formation – How it looks

