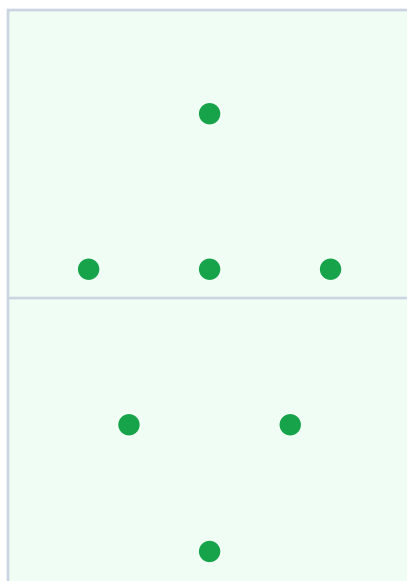


Soccer Formations by Age

7v7 · 9v9 · 11v11 - one reliable shape per format

My-Team Sports
my-teamsports.com

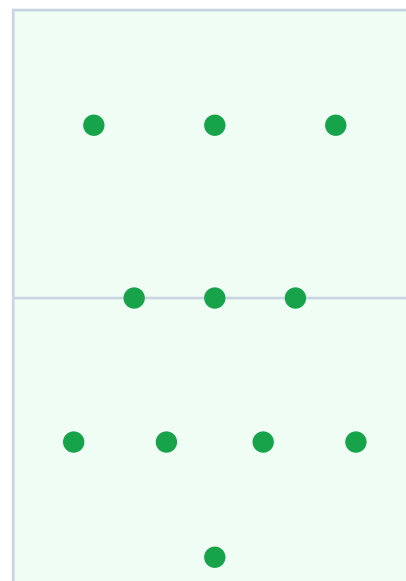
7v7 - 2-3-1 (U8-U10)



9v9 - 3-2-3 (U11-U12)



11v11 - 4-3-3 (U13+)



WHY EACH SHAPE

Age	Format	Formation	The one idea it teaches
U8-U10	7v7	2-3-1	A teammate behind the ball and ahead of it
U11-U12	9v9	3-2-3	Width in attack, real decisions in midfield
U13+	11v11	4-3-3	Every lane on the field belongs to someone

YOUR LINEUP

Line (back to front)	Names
Goalkeeper	
Defenders	
Midfielders	
Forwards	

Fix the formation, rotate the kids. Keep one shape all season and let every player learn 2-3 roles inside it.