

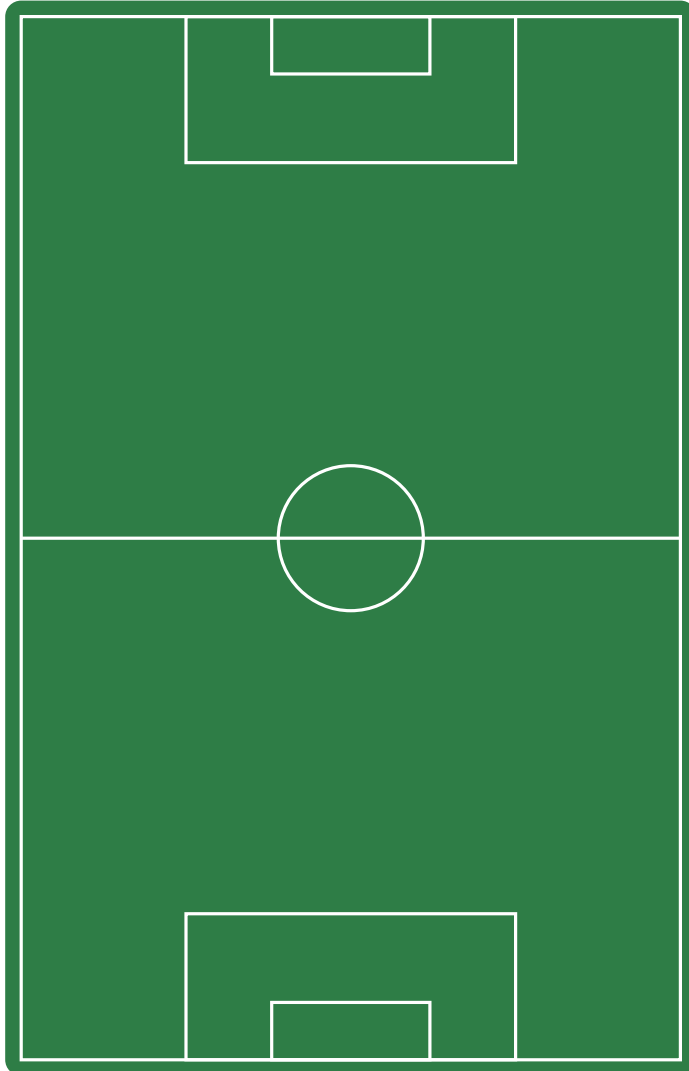
Soccer Lineup & Formation Sheet

Draw your formation, list starters and subs

Team: _____

Vs: _____

Date: _____



Draw your formation — circles for players, arrows for movement.

STARTERS (# / name / position)

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		

SUBSTITUTES + sub plan

Youth Soccer Formations

The three most-used shapes by game format

My-Team Sports

my-teamsports.com

7v7 — 2-3-1



The U9–U10 standard: solid base, a midfield 3, one striker.

9v9 — 3-2-3



The U11–U12 favorite: three at the back, wide attackers.

11v11 — 4-3-3



The full-field classic: back four, midfield triangle, front three.

Coach's note: at youth level the shape is a starting point, not a cage — teach players where home is, then let them play.