

TEAM

OPPONENT

DATE

FORMATION



STARTING XI

POS	#	PLAYER
GK		
RB		
RCB		
LCB		
LB		
RCM		
CM		
LCM		
RW		
ST		
LW		

SUBSTITUTES

#	PLAYER	POS

SUBSTITUTION LOG

MIN	OFF	ON

9V9 · STARTING IX (3-2-3 SHOWN)



7V7 · STARTING VII (2-3-1 SHOWN)



9V9 LINEUP (U11-U12 · 8 FIELD + GK)

POS	#	PLAYER
GK		
RB		
CB		
LB		
RM		
LM		
RW		
ST		
LW		

Roster max 16. Every player should get at least 50% of each game.

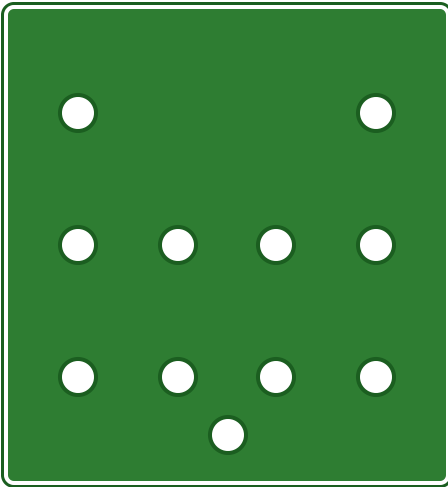
7V7 LINEUP (U9-U10 · 6 FIELD + GK)

POS	#	PLAYER
GK		
RB		
LB		
RM		
CM		
LM		
ST		

Roster max 12. Build-out line applies; every player at least 50% each game.

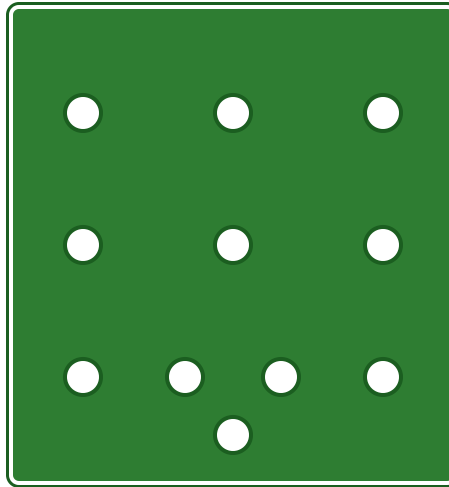
SOCCER FORMATION GUIDE

11V11 FORMATIONS



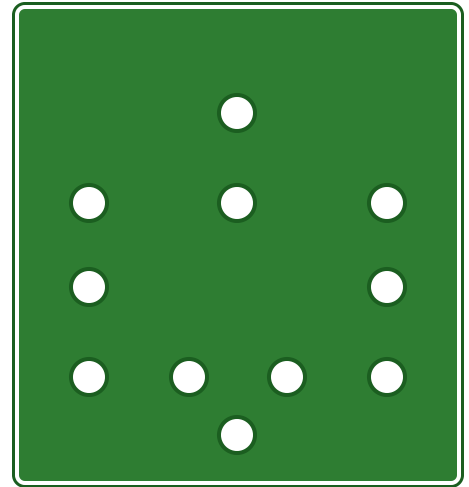
4-4-2

Balanced classic



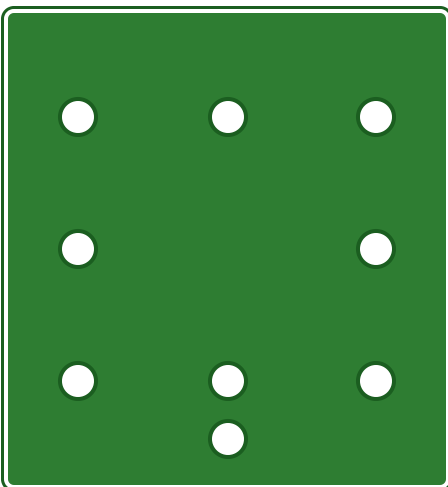
4-3-3

Attacking width

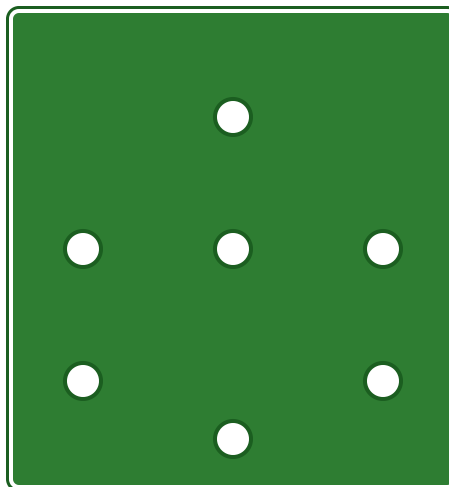


4-2-3-1 Modern control

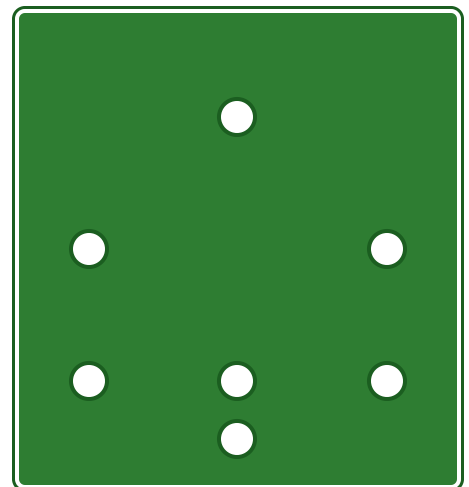
SMALL-SIDED SHAPES



9v9 · 3-2-3
Wide & direct



7v7 · 2-3-1
Possession



7v7 · 3-2-1
Solid defense

PLAYING-TIME TRACKER

50% rule: In US Soccer small-sided play (7v7 and 9v9), each player should be on the field for at least half of every game. Shade a box for each quarter played.

