

NGS 4v4 Formation



The **1-2-1 formation** is introduced in the Juniors Grade 2 Program and offers a balanced spread of players over the field with four triangles in a diamond shape.

At Grade 2 players will have little grasp of 'tactics' or a 'formation'. They will simply be starting to develop an awareness of team mates. Coaches shouldn't get hung up on enforcing a 'formation' or positions. Let them play, while encouraging some of the basic principles. Don't expect lots of passing and combining between players at this age, you are more likely to still see lots of dribbling but make players aware of their different options on the field. Use guided discovery by asking players when is a good time to pass and when is a good time to dribble and beat a defender in a 1v1 situation?

In Possession

- Make the field 'big' – spread out in the 'diamond' shape
- You might send them on to the field with as a defender, 2 midfielders and a forward, but natural rotation is OK as we want to encourage fluidity. Spreading out in the diamond shape is more important than which player is where.

Out of Possession

- Closest player pressure the ball

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Why not 2-2?

A 2-2 system would generally see 2 players sit back as 'defenders' and 2 stay forward as 'forwards' and promotes rigid play. 1-2-1 promotes fluidity, as there are at least 2 players who need to get up and down the field. 2-2 also tends to give us 'flat' or 'square' passing lanes which are dangerous if intercepted.

Look out for...

- Players standing still – one may stay in front of their goal and act like a goalkeeper. One might stay near the opposition goal and wait to score. One may just be disconnected from the game. Encourage players to move with the game, but without 'bunching'.
- Players reverting to 2-2.
- Players bunching around the ball. This will happen to an extent regardless, but choose appropriate times to remind them of the basic principles of the diamond shape and making the field 'big'.