



## 5v5 Formation - Coach Handout

Category: Tactical: Functional

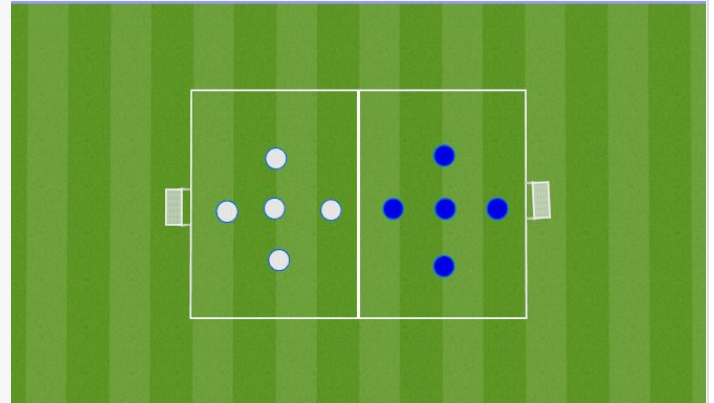
Difficulty: Beginner

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### Overview

Teams playing 5v5 are recommended to play with a diamond+1 formation. There are several advantages of this system. This formation offers 1) many opportunities for diamonds and triangles which are the basic shapes in soccer; 2) sets up various 1v1 situations on the field; 3) roles are easily explained to players:

- Back: stay behind teammates, support other players when they pressure, take goal kicks
- Left/Right: stay wide of your teammates on your side, take throw ins
- Front: stay ahead of your teammates, be the first to try to win the ball, take corner kicks
- Middle: stay in the middle of your teammates to help them



### Shape Practice Game

Teams play 5v5 to goals with cones laid out in the preferred team shape. When the ball goes out of play, the coach feeds the ball to the team that gets into their shape the fastest.

Progressions:

- The team that restarts connects 2 passes before the either team moves off cones
- Allow fastest team to take appropriate throw-in or goal kick to restart; everyone stays near cone until first touch from attacking team
- Play without the cones

\*Alternate game - Race to Goal - teams each start with the ball from a goal kick. When coach says go, they race to score but cannot defend the other team; add passing objectives before they score (this time you have to make at least 3 passes before you score)

