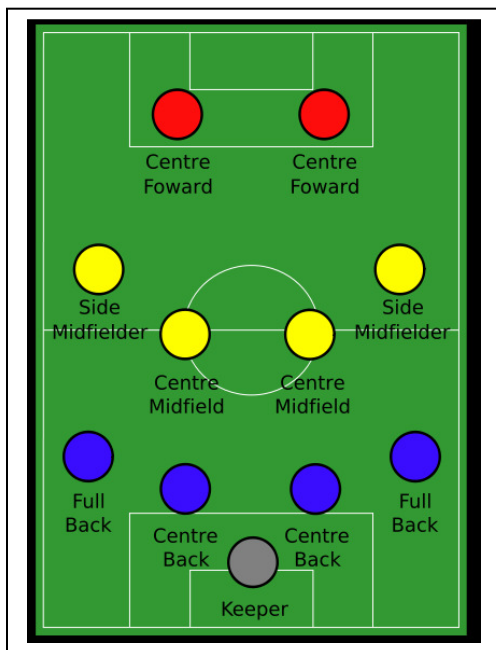


U13 Positions and Formations

Rules for all players/positions:

1. We attack as a team. We defend as a team.
2. The Keeper is a critical part of both the attack and defense.
3. Communicate!
4. We always have **1 player** on the ball. We always call the ball (“I got ball”).
5. Support your teammates.
6. No one gets a clean shot on our keeper or goal.
7. It’s always easier to get the ball back immediately after its turned-over than to chase the other team.
8. Always know where your teammates are. Always know where your opponents are.

The 4-4-2



1. **4 backs** – two inside, two outside, in a curved line.

On D: a. back closest to the ball provides immediate pressure.

b. other backs shift toward the ball (next closest backs support first defender; others provide balance).

c. play **goal-side** (between the opponent or ball and our goal)

d. push the ball **inside, out.**

e. Listen to the Keeper and communicate.

f. Don't not boot the ball - send it outside and up field to teammates.

g. No clear shots on our keeper or goal.

Don't give up a corner kick. At least 2 players in the box on goal kicks. Near post/Far post/PK and short for goal kicks. Keeper sets the wall for free kicks.

h. delay, watch for help, look for proper opportunities to steal.

On O: a. outside is usually safest

b. look for open space

c. be prepared for back passes (be a back support)

d. outside backs look for overlap opportunities

2. **4 mids** – two inside, two outside, in a curved line

On D: a. own the middle of the field

b. pressure, cover, balance

c. clog the passing lanes

d. win the ball early

e. recover back to the defensive third as needed (outside mids do a lot of running!)

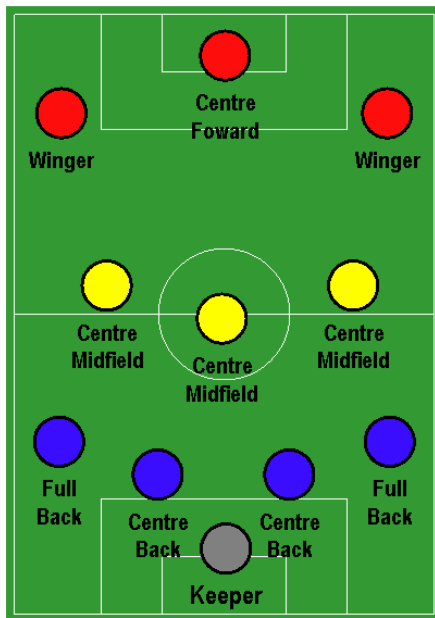
- On O:** a. create space in the middle
 b. inner mids look for control or passing opportunities
 c. outer mids make runs
 d. combination play
 e. crosses into the box

3. 2 forwards

- On D:** a. immediate pressure
 b. win the ball back early
 c. pursue from behind
 d. come back to help, but don't come all the way back.

- On O:** a. work together and combine
 b. be open to receive
 c. quick shots
 d. follow for rebounds.

The 4-3-3



Responsibilities are similar to the 4-4-2 with these exceptions:

1. **4 backs** – the same as above but must be more careful about getting caught too far forward on an offensive run. The backs will get less help from the mids.

2. 3 mids

On D: as above. Mids must try to get back on D and cannot get trapped too far forward.

On O: a. center mid works the center of the field with one of the outer mids.

3. 3 forwards

- On D:** a. strong pressure on the ball
 b. weak side forward recovers back to mid
 c. win the ball back quickly

On O: one outside forward can stay wide to receive ball and create crosses