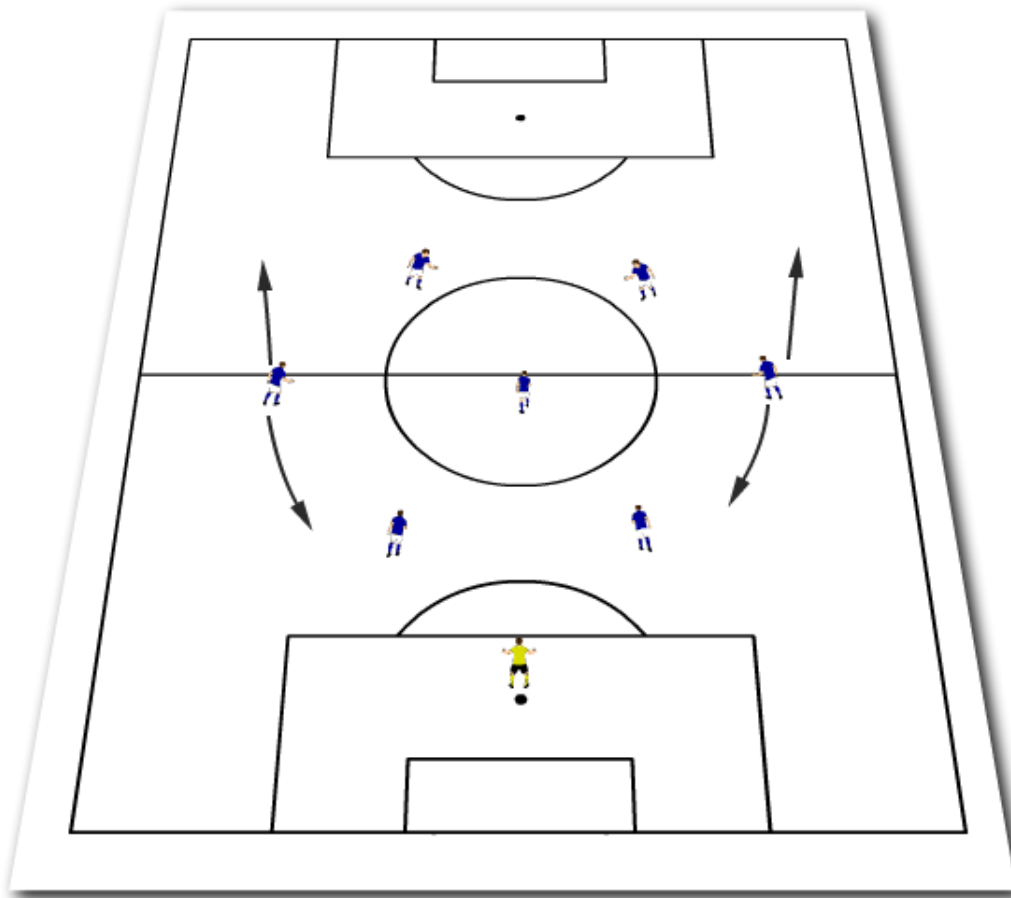


Activity : LISA-SSG 2-3-2 Formation



Explanation

Formation with two defenders, three midfielders and two strikers.

Progression

Encourage strikers to work together as a pair and not get isolated.
Work with two defenders on maintaining pressure on the ball and offering cover to each other.
Central midfielder players acts as a holding player and allows wide players to attack with the ball.
When out of possession ask wide midfielders to drop down the field to offer support to defenders.
This formation is physically demanding on the wide midfielders.