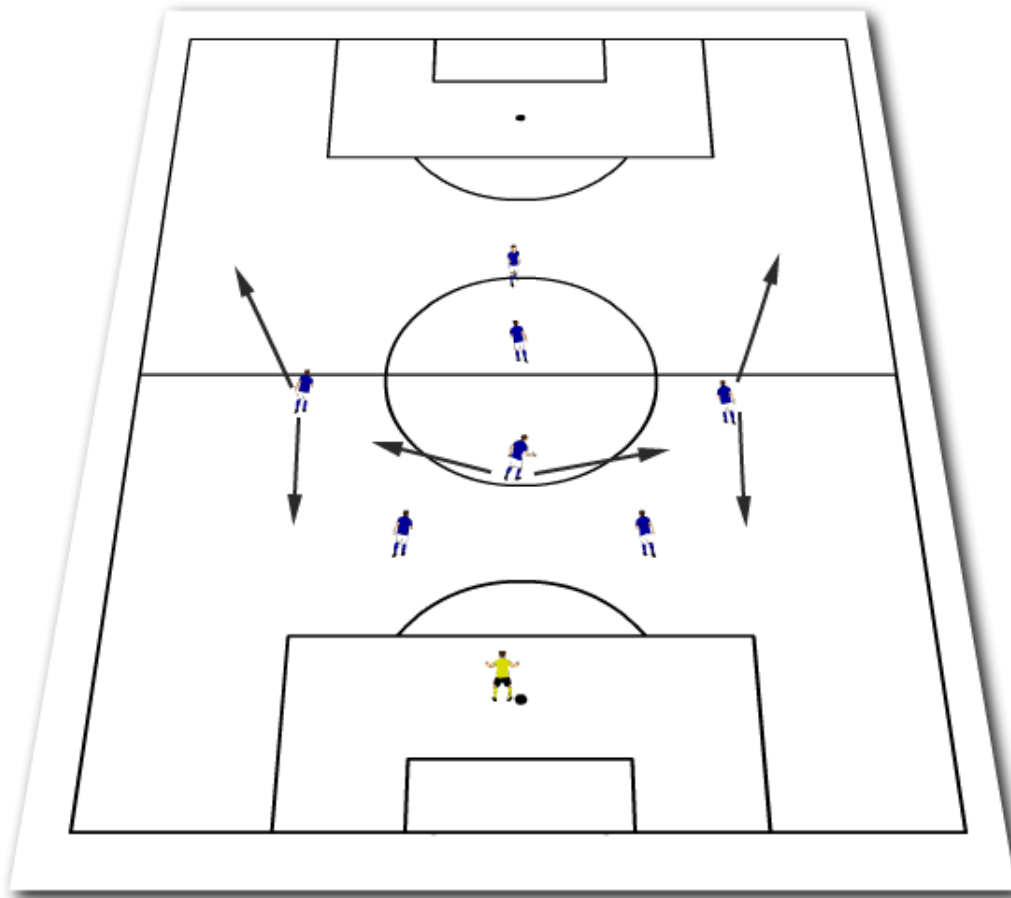


Activity : LISA-SSG 2-4-1 formation diamond



Explanation

Formation of two defenders, four midfielders playing 'in a diamond' and one striker.

Coaching Points

The wide midfielders in the diamond start from a narrower position then when playing flat. Encourage the midfielder at the top of the diamond to get as close to the striker as possible when the ball is moving. This formation will introduce the midfielders to playing in a group of 4 across the field which is common in the 11-a-side game. Wide players will need to be mobile to support the attacker in possession and the defenders when under pressure. This formation can also force the defenders to play man to man which will help them develop as defenders. Encourage the team to find its shape when out of possession.