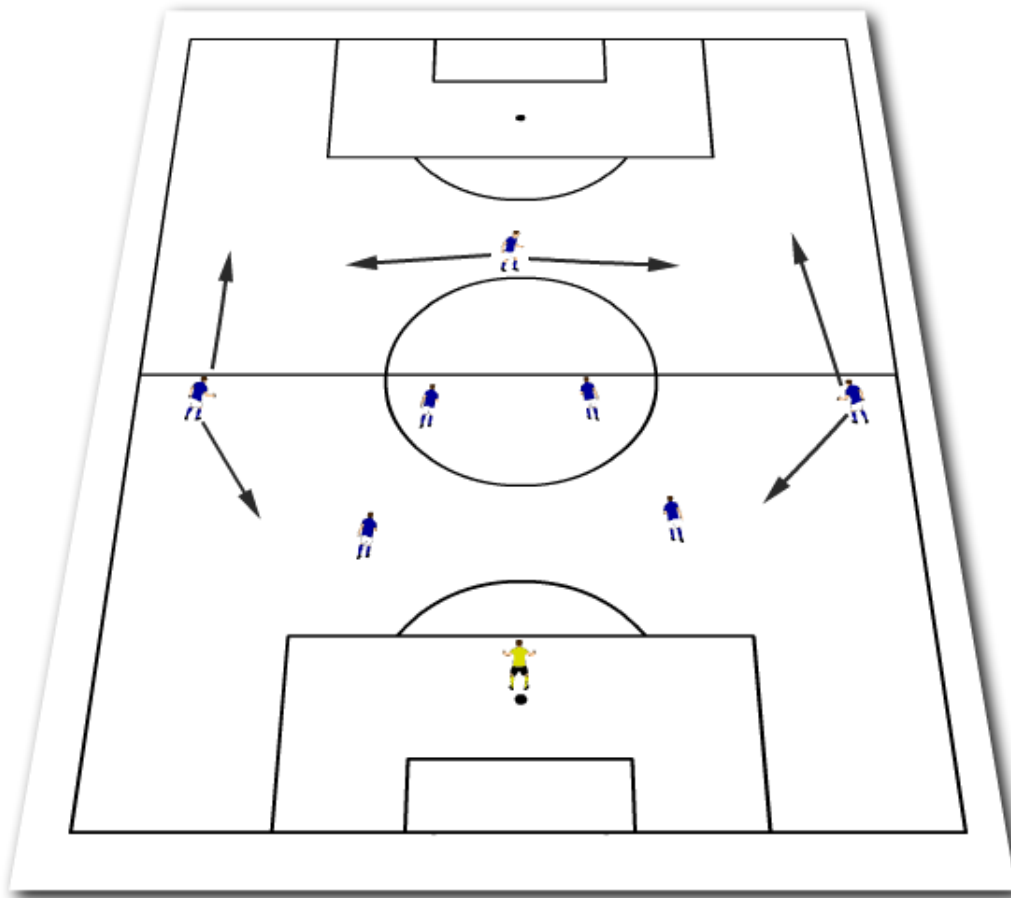


Activity : LISA- SSG 2-4-1 formation



Explanation

Formation of two defenders, four midfielders playing 'flat' and two strikers.

Coaching Points

Encourage the target player to be mobile across the field and ask the midfielders to support them whenever possible. 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 their 'team shape' when out of possession.