



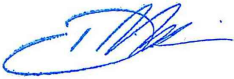

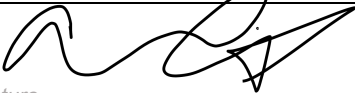
Guideline (GUI)

5 vs 5 Formation Option Guide

BCSA-GUI- 019-00

Rev. 0 | 13-Feb-2024

Published

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Errors or Omissions

Big Country Soccer Association has provided this manual to the membership as a guide for the options available with a 5 vs 5 field formation. Any errors or omissions contained herein shall not supersede the by-laws, policies, procedures, or guidelines of the Association. Any changes to the manual shall be included in the next edition. The by-laws of the association supersede any guideline or policy should a conflict occur.

Document Revision History

Rev	Date	Description	Originator	Checker	Approver
0	13-Feb-2024	Published	Duncan Hawkins	Ivo Toellner	Cody Craig
A	22-Dec-2023	This is the initial DRAFT of this Guideline document.	Duncan Hawkins	Ivo Toellner	Cody Craig

Current Revision Description

Section	Description



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1 Vision

The Big Country Soccer Association aspires to be an outstanding educational-athletic organization that provides a high-quality experience for every athlete. A high-quality experience is one in which every athlete:

1. Is coached using the principles of Positive Coaching;
2. Has fun playing the game;
3. Feels like an important part of the team regardless of performance;
4. Learns “life lessons” that have value beyond the playing field; and
5. Learns the skills, tactics and strategies of the game and improves as a player.

2 Mission

The Big Country Soccer Association is committed to providing well-organized soccer recreation appropriately structured to accommodate any level of play commensurate with our players’ individual abilities, potential, and interest and to promoting a positive youth sports culture that teaches life lessons and “honors the game” for all players in the Big Country, Alberta area. Our sporting philosophy is based on the following objectives:

1. To provide and support programs for the involvement and enjoyment of members of the Big Country Soccer Association in support of a long-term development of the sport of soccer.
2. To encourage and welcome parental support in youth soccer development.
3. To encourage good sportsmanship through development and competition in the sport.
4. To ensure all participants in all programs have fun and equal opportunity to actively participate in the sport.
5. To develop each athlete's basic skills that they can apply to the sport.
6. To develop good coaching and officiating capabilities in the sport.
7. To create and maintain a spirit of friendly competition without fear of bullying.

3 Scope

This document is intended to provide general guidelines to Big Country Soccer Association community on the general information on the 5 vs 5 formation and its various options.



4 References

The following referenced documents are to be considered the latest edition and indispensable for the application of this document.

Table 1 – References

Document Number	Title
	Alberta Soccer Association
	Canada Soccer Association

5 Acronyms and Defined Terms

For this document, the following acronyms and terms apply.

5.1 Acronyms

Table 2 – Acronyms

Acronym	Definition
ASA	Alberta Soccer Association
BCSA	Big Country Soccer Association
CSA	Canada Soccer Association

5.2 Definitions

Table 3 – Definitions

Term	Definition
Big Country Soccer Association	This is the name used to identify the association of community rural teams in Big Country central Alberta.
Registered Member	This is the community that is registered with BCSA to register their players to compete in the Association with other registered teams. These communities will have their players registered with Alberta Soccer Association.

6 Responsibilities

6.1 The following list of responsibilities are not all encompassing. Additional responsibilities may be assigned out, as required, when there are tasks and/ or actions required to represent Big Country



Soccer Association, its players, parents, coaches, and the governing soccer associations that Big Country Soccer Association is required to adhere to.

6.2 President of Big Country Soccer Association is responsible for the following in reference to this document:

- a) Provide final comment on all Big Country Soccer Association governance and other administrative documents before releasing them as a published document to the Big Country community.

6.3 Vice- President of Big Country Soccer Association is responsible for the following in reference to this document:

- a) Lead on the development of Big Country Soccer Association governance, policies, and any other administrative documents necessary for Big Country Soccer Association to operate in the soccer community.
- b) Provide support for the development and support of Big Country Soccer Association coaches.

6.4 Registered Members of Big Country Soccer Association is responsible for the following in reference to this document:

- a) Ensure Big Country Soccer Association coaching information is made available to coaches that this document applies to.

6.5 Coaches of Big Country Soccer Association is responsible for the following in reference to this document:

- a) Ensure players are aware of the system of play selected for the team including player responsibilities related to that system.
- b) Provide an environment where players are able to explore and experience the positions related to the 5 vs 5 formation.



7 1 x 2 x 1 Formation (Diamond)

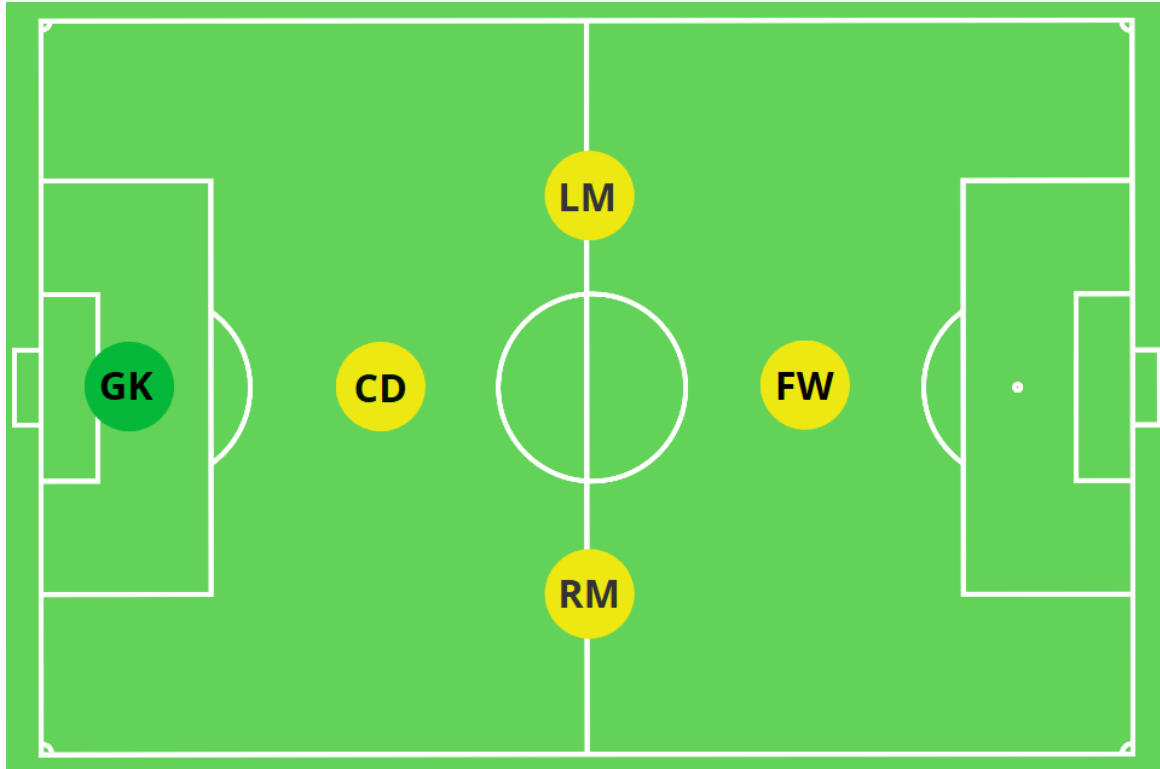


Figure 1 – 1-2-1 Formation

7.1 Formation Overview

The Diamond formation has to be the most commonly used 5v5 game format out there. It provides balance between defense and attack, while allowing two midfielders to be a link between both. The diamond shape is also a common shape found in formations of all different types of game formats, such as the 4-4-2 Diamond Formation in 11v11 full-field football.

To break down the diamond shape even more, the 1-2-1 offers opportunities to create another popular shape in the game, with triangles everywhere you look. The 1-2-1 formation is also effective for playing in between the lines and creating numerical advantages in possession. The main drawback to this formation is simply that young players all want to attack. If the defender goes forward and joins in the fun, a team can easily be exposed.

This becomes even more when playing against an opposition full of players who also just want to attack. But with the great shapes and balance the 1-2-1 provides, it is easy to see why this has become the most popular game format for 5-a-side teams.



7.2 Players/ Skills Required

- The Diamond is a good formation to keep your options open. It's also great if you have a couple of subs on the bench to refresh your midfield positions to maintain the pace of the game.
- Players in the midfield will be doing both attacking and defending therefore will need to be able to run and be switched out to keep the team fresh.

7.3 Pros of This Formation

- Two supporting mid-fielders makes this play incredibly strong in both attack and defence.
- It's a highly adaptable strategic formation.
- The Diamond is an effective method of responding to the opposition's strengths and weaknesses during the changing phases of play.

7.4 Cons of This Formation

- There's a risk of your midfielders being caught out of position, which means the defender might be the last man standing.
- It requires some serious discipline from the midfielders to make sure they don't focus too much on attack, leaving the defence badly exposed, or too many players in defence when it's time to attack.
- There are a lot of expectations from the midfielders - it's essential these players are fit, mobile, and able to develop a good partnership so they know when it's necessary for them to sit-back and defend.



8 2 x 2 Formation (Square)

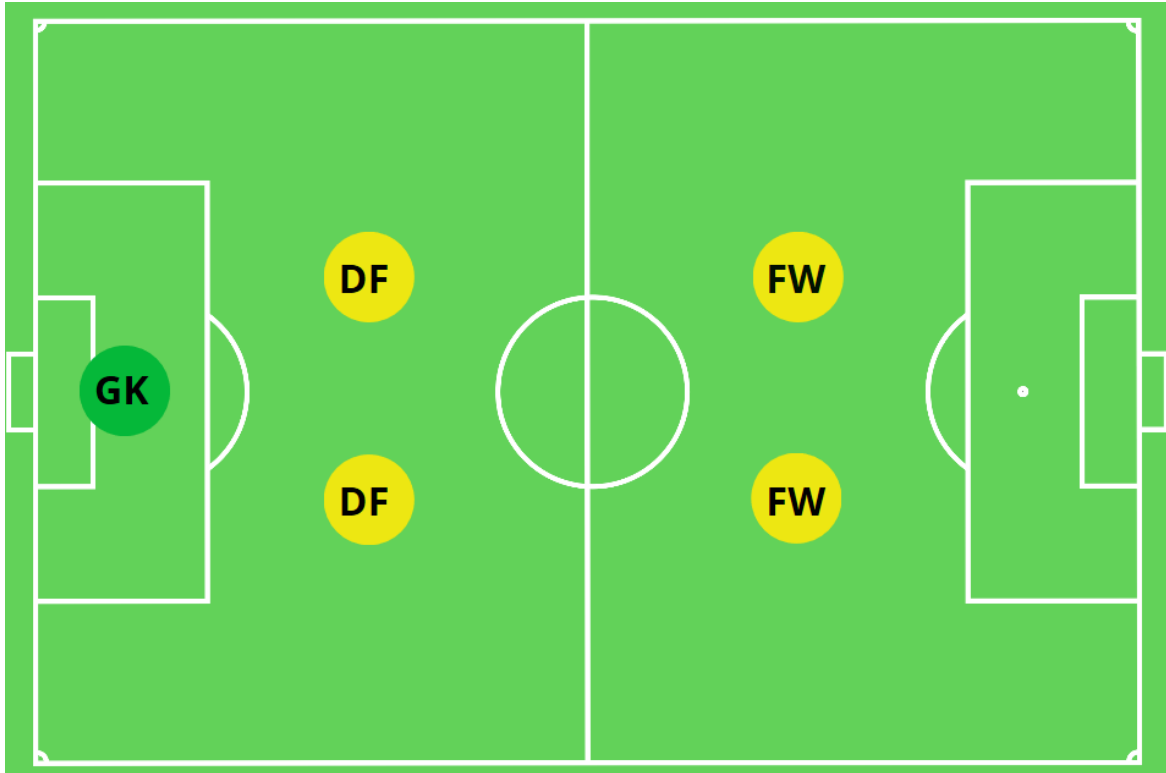


Figure 2 – 2-2 Formation Square

8.1 Formation Overview

The other most popular formation for 5-a-side football is the 2-2, otherwise known as the 'square' or 'box'. Just as its name suggests, the 2-2 includes two defenders and two forwards. Having these clearly defined roles between defense and attack can be great for helping young players understand the game. But, with a lack of a midfielder, these clearly defined roles can quickly become not so clearly defined in transitional moments.

Forwards might not feel the necessity to help out in defensive phases, while the same can go the other way for defenders. Perhaps even more crucially, build-up phases might also have to be more direct. As a result, teams looking to employ a possession-based style of football might not want to go down this route. However, a direct approach can prove to be incredibly effective when coming up against teams with only one defender.

Particularly on a small field where even a U8 player can kick the ball from one end of the field to the other, two forwards coming up against one defender will undoubtedly be a lot to handle. As mentioned in the previous discussion, young players can also be a bit all over the place with their positioning. Having two



more “forward-thinking” players and two more “defensive-minded” players may be a great benefit to combatting their erratic behaviour and working to ensure that at least one player is in the right position to either score a goal or stop a goal from going in.

8.2 Players/ Skills Required

- The Box is great for keeping things simple and could work well if things are flexible whilst maintaining the clarity of attacking and defending roles during play.
- It’s likely there will be times when you’ll have one or two players who are less experienced than others in the team. This formation gets them involved so they can be part of the squad whilst keeping a competitive edge.

8.3 Pros of This Formation

- Provides balance between attacking and defending.
- Should ensure that the defence and attack has at least some support at all times.
- Players always have a teammate alongside them as well as one in front or behind, making it easy for players coming in and out of the team to adapt to their position.

8.4 Cons of This Formation

- This formation can be very easy to read, which means you may get too predictable if you follow rigidly.
- Can be defensively weak if defenders join the attack and attackers are unwilling to get back and defend.
- If your team has little experience playing together or a lack of communication, it can be unclear which of the attackers should support the defence and which defender should support the attack.



9 2 x 1 x 1 Formation (Pyramid)

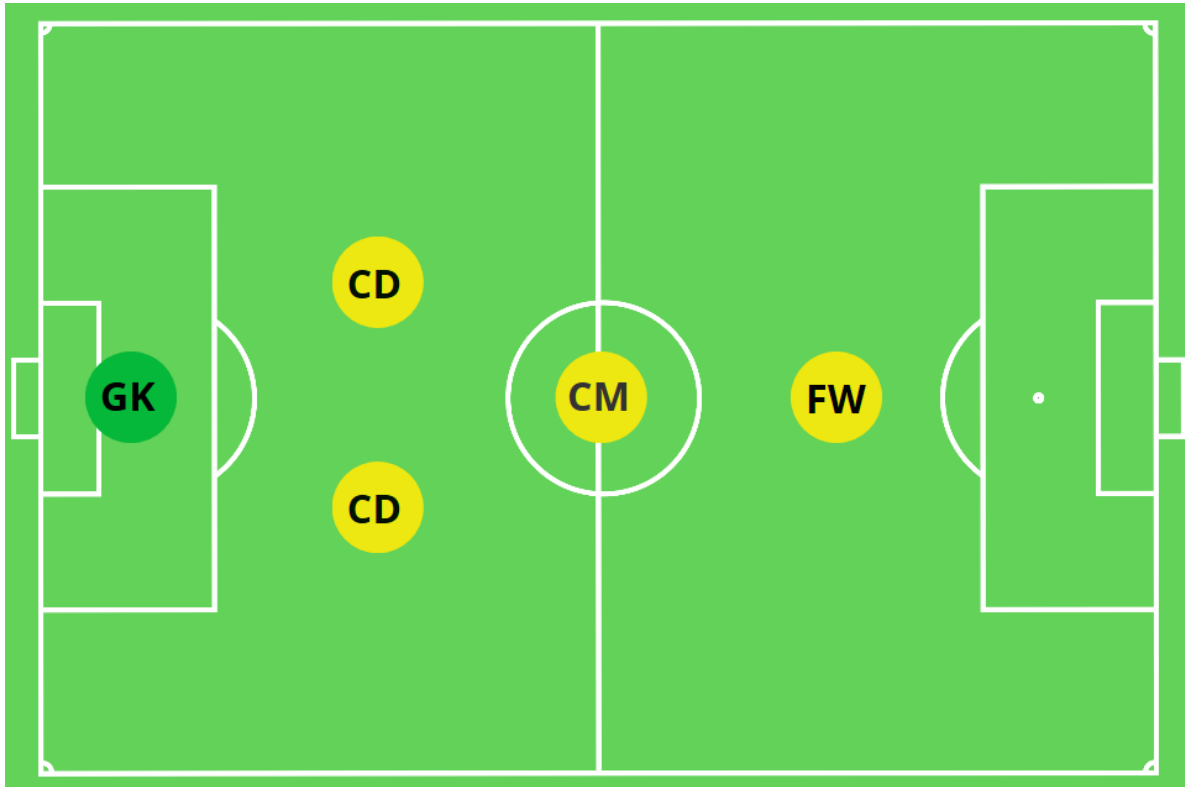


Figure 3 – 2-1-1 Formation

9.1 Formation Overview

As a key link between defense and attack, the central midfielder is one of the most important positions in the modern game. However, most 5v5 formations don't account for a central midfielder. The 2-1-1 formation allows teams to operate with a central midfielder, a striker and two defenders, still creating balance between defense and attack, even if the formation lacks in width.

Like the 1-2-1 system, the 2-1-1 formation is also effective in creating diamonds and triangles, just more so in a different area of the field where young players often don't want to keep possession of the ball (towards their own-goal). This formation could however be effective in helping players understand the importance of playing out from the back and utilizing the goalkeeper in the build-up.

The obvious drawback to the Pyramid formation is that it is very narrow. Without any wide midfielders, width has to come from either the defenders, forcing them out of position, or the striker, forcing them out of position. It may also be overly reliant on the central midfielder in both defense



and attack, but at least provide for more defensive cover than the 2-2. Overall, although not so commonly used, perhaps teams should begin to take a look at this innovative 5v5 formation more often.

9.2 Players/ Skills Required

- We believe this is one of the most effective 5 a side football formations.
- It's best played with stronger teams, especially when utilised with a counter attacking style.

9.3 Pros of This Formation

- This play frees up one outright striker who can then concentrate on attacking – often referred to as the 'pivot.'
- The midfielder is likely to give the defence more support.
- It gives the two defenders confidence to make runs forward in the knowledge they'll be supported by the midfielder.
- Having two defenders makes it clear that if one goes forward the other should be sitting back.

9.4 Cons of This Formation

- It The two defenders cannot simply rely on the midfield player to do all the attacking.
- The midfielder will need exceptional stamina to support both defence and attack.