



Formations and Units:

Units:

Goalkeeper – The goalkeeper is an essential member of every team. They are the only position on the pitch that is required by the [rules](#). The goalkeeper is the last line of defense of the goal and has a number of different responsibilities to outfield players. The goalkeeper may use their hands to block, punch, catch, and throw the ball (provided it is not passed to them by their own teammate using their foot).



Figure 17: Goalkeeper positioning

Refer to [SO Football Rules](#) for all rules related to goalkeepers.

Defenders – Defenders are the line of defense before the goalkeeper. Normally defenders are categorized into either center backs or full backs. Center backs operate centrally on the pitch and are usually in twos or threes. Full backs operate in the wide area of the pitch on the left and right. Full backs can also operate higher up the pitch in a more attacking capacity, these are known as Wing Backs.

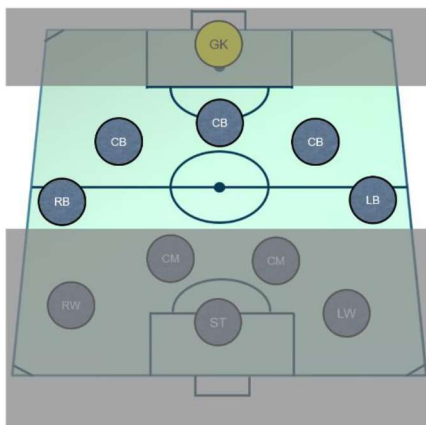


Figure 19: Defenders positioning with Wing Backs

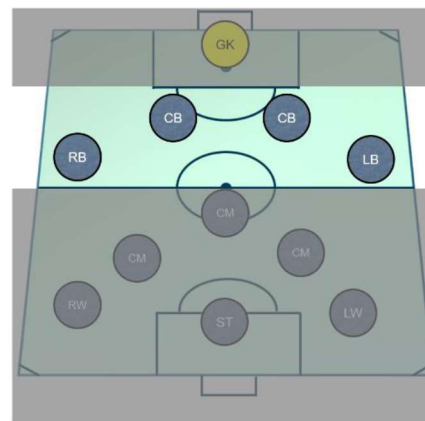


Figure 18: Defenders positioning with Full Backs



Midfielders – Midfielders are the players located in-between the defensive unit and the most forward attacking players. The number of midfielders can vary depending on the formation chosen by the head coach. Most often, the midfield unit will have three, four, or five players. Similarly to the defensive unit, the midfield unit will contain players in central and wide areas. The midfield unit's role is to link play between the defensive and attacking units during attacking play, to provide defensive cover and, maintain discipline in both attacking and defensive play.

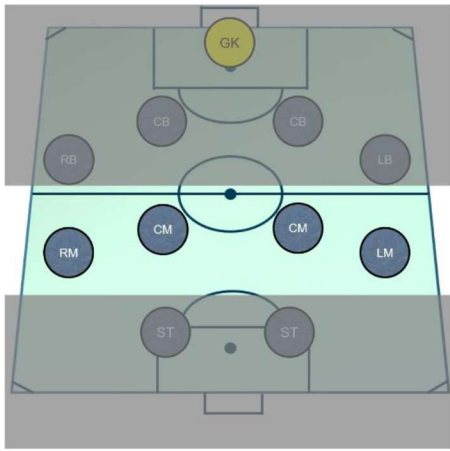


Figure 21: Midfield Unit with 4 players

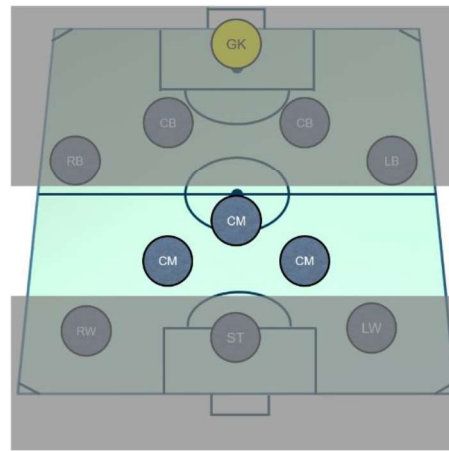


Figure 20: Midfield Unit with 3 players

Attackers – The attacking players are the most advanced players on the pitch. Players in the attacking unit are usually trusted with scoring goals or having a significant contribution to scoring goals (key passes, assists, hold-up play, etc.). The attacking unit are also the first line of defense when the opposition's goalkeeper or defensive players have the ball. This again requires great discipline in their role and with the team's game plan.

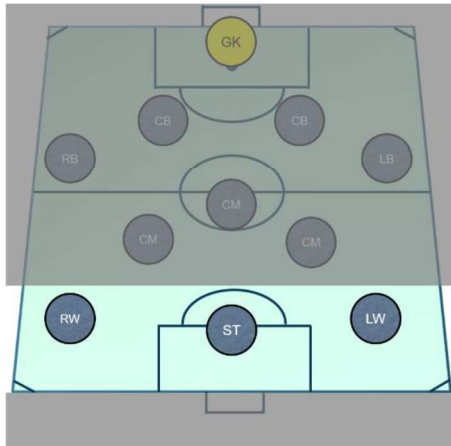


Figure 23: Attacking Unit with 3 Forwards (Left and Right Winger + central Striker)

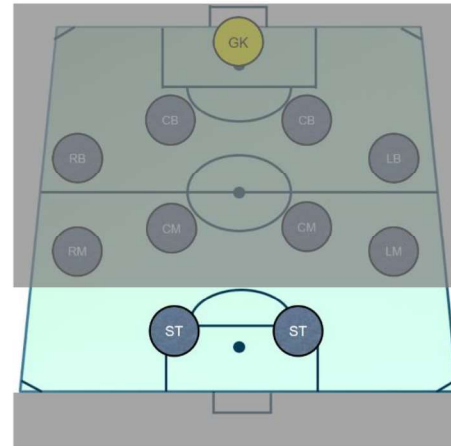
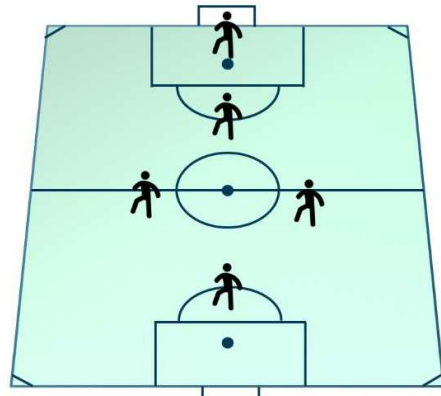


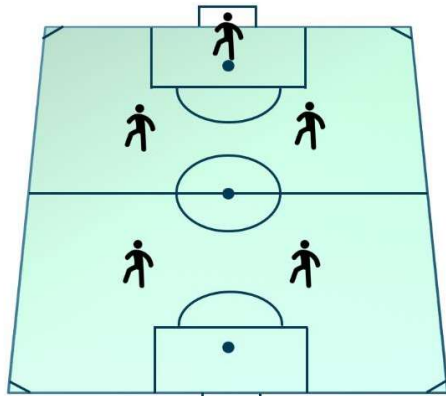
Figure 22: Attacking Unit with 2 Forwards (Two central Strikers)



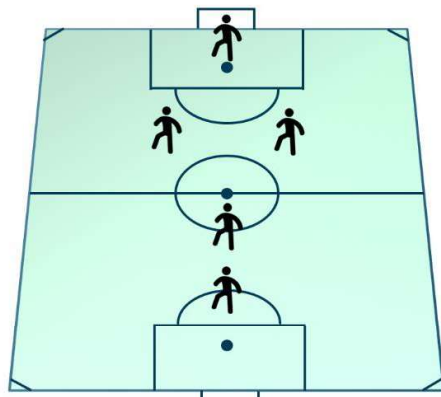
5-a-side/Futsal Formations



1-1-2-1



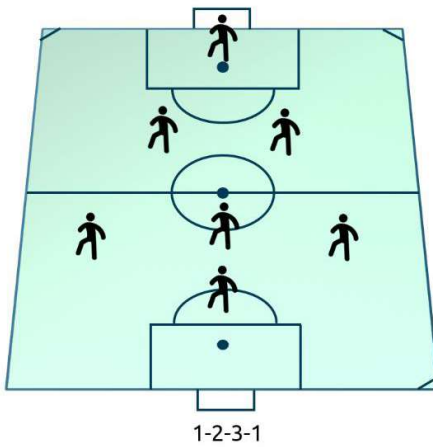
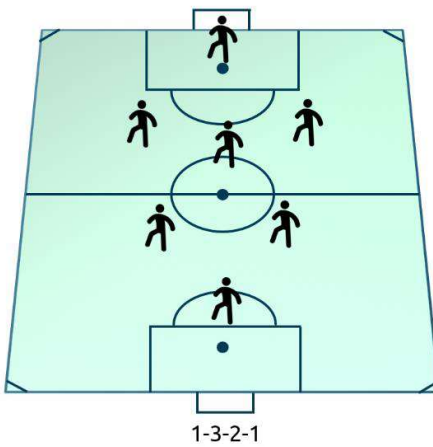
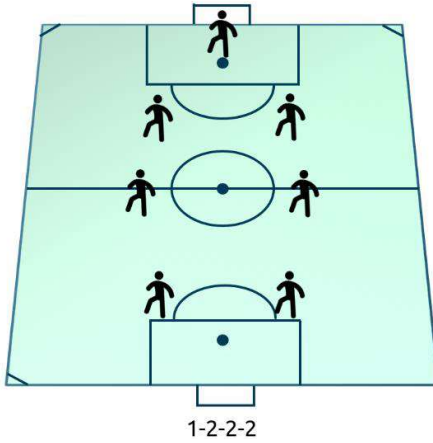
1-2-2



1-2-1-1

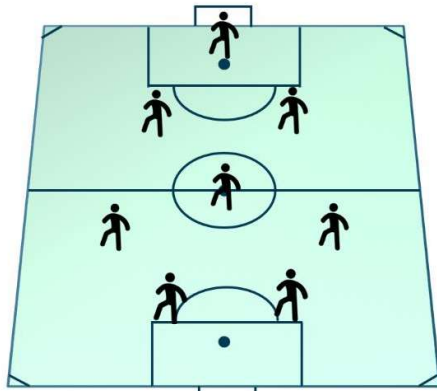


7-a-side Formations

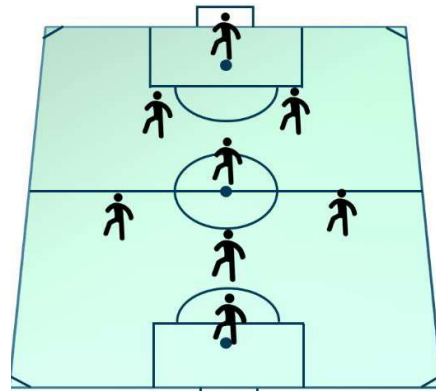




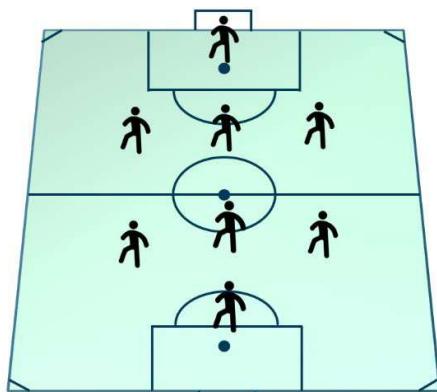
8-a-side Formations



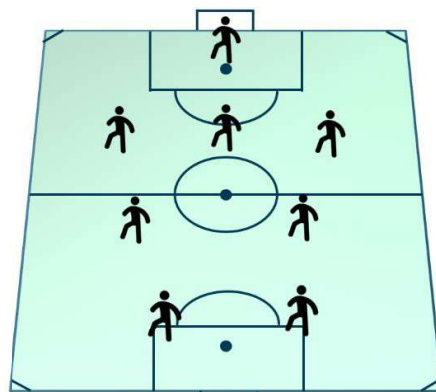
1-2-3-2



1-2-4-1



1-3-3-1



1-3-2-2



11-a-side Formations



1-3-4-3



1-3-5-2



1-5-3-2



1-5-4-1



1-4-4-2



1-4-3-3