

An introduction to tactics

Tactics are an important part in any game of football and the game at grassroots level is no different.

We all like to see children's teams playing football the right way by passing the ball around and getting lots of touches. These principles should be taught in training and carried onto the pitch on match days.

For adult teams that turn out each weekend all over the country, it is important to find a system that suits your players' abilities in order to get the best out of them and ensure they enjoy their football.

In this section we cover the four most popular formations adopted in the football world along with the ideas behind and benefits of each one. These formations are:

- 4-4-2
- 4-3-3 or 4-5-1
- 4-2-4
- 3-5-2

By the end of our 'Tactics' section you should have a better idea of what system might suit your team, so that you can go away and put it into practice on the training ground and on match day.