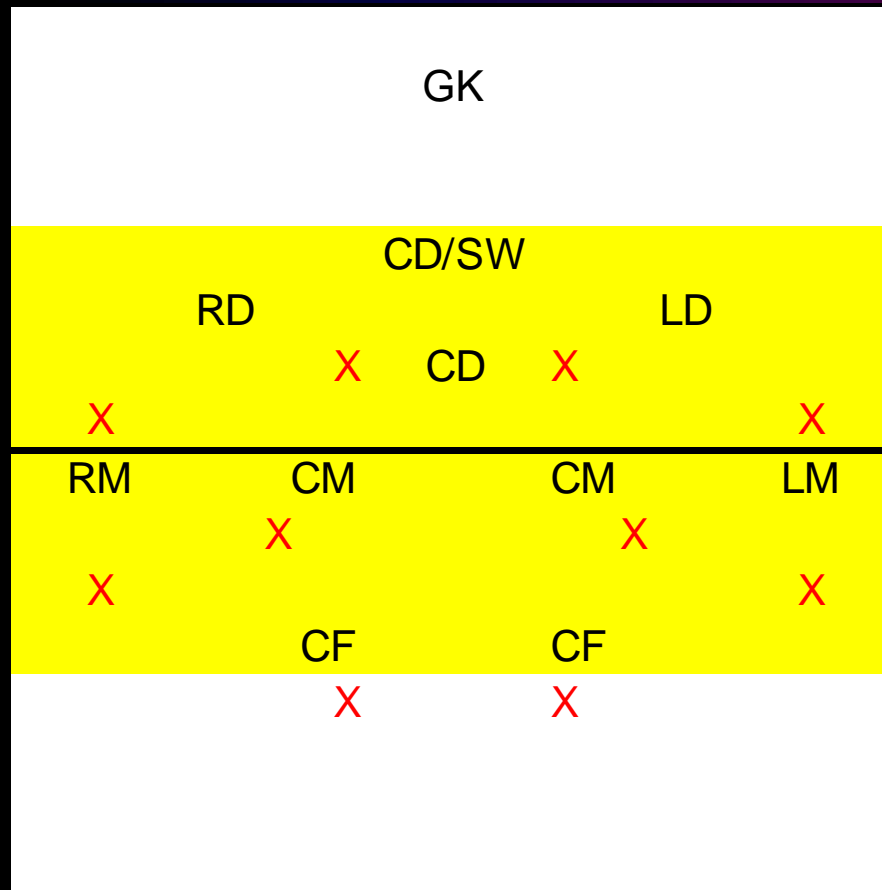


# *Playing in a 4-4-2 (Diamond Back)*



- Playing against a 4-4-2 flat
- 4 defenders
- 4 midfielders
- 2 forwards
- Mirror image on both sides of field
- Formation adds 1 player to defensive line and takes 1 player away from offensive line when transitioning from a 3-4-3

## *Key defensive factors!*

- Nearest player pressurizes the ball
  - Condense the field
- Create a larger ratio of defenders to offensive player
  - Work hard and win the Ball

# *Roles of player in Defense....*

## Goalkeeper

- Communicate with your defenders and tell them where to go and be
- Come and clear the ball outside of the box if the ball goes over our defense
- Command the whole area inside the box, from corner to corner.
- Get your body behind the ball
- Move sideways to what ever side of the field the ball is on. Even if it is at the other end of the field
- Always be in line and between the ball and the goal

# *Roles of player in Defense....*

## Central Defender/Sweeper

- Never be marking a player
- Communicate to the whole team
- Push the defense and team as far out as possible, condensing the field and helping the midfield out
- Be on the side of the field where the ball is at all times
- Be in a covering position for any ball that comes through or over the top of the defender that is marking their CF

# *Roles of player in Defense....*

## Right/Left defender

- Mark the RM/LM player if ball is on your side!
- Defend as high up the field as possible. Push out at every opportunity to condense the field which will make the midfielder's job and yours much easier
- Get tight (Finger touching distance) and goal/ball side of your opposing player. When the ball is on your side
- Be in a position to intercept the ball first, challenge for the ball and tackle second and delay and wait for help third
- If the ball is on the other side of the field move inside and mark the furthest away CF from the action

# *Roles of player in Defense....*

## Right/Left Midfield

- Mark the RD/LD player when ball is on your side
- Mark the LM when the ball is on the other side, tracking far back!
- Be in a position to intercept the ball first, challenge for the ball and tackle second and delay and wait for help third

# *Roles of player in Defense...*

## Central Midfielders

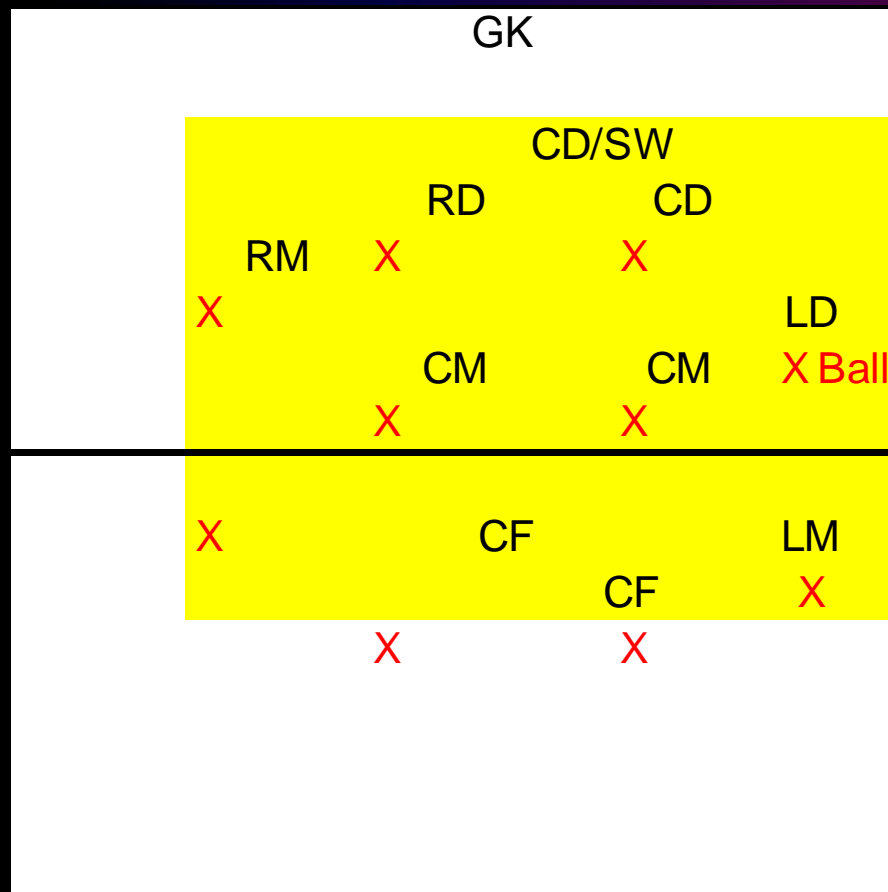
- Mark their CM at all times.
- Be in a position to intercept the ball first, challenge for the ball and tackle second and delay and wait for help third
- Work with your other CM. One pressures the other covers etc
- Help out your forwards, midfield and defense. If the ball is at the RM/LM position cover slightly behind them in order to help out
- Always be in a position to see ball and player
- Always be on the side of the field and behind the ball if possible where ever the play takes you. However always try and stay pretty central and on your side

# *Roles of player in Defense...*

## Center Forwards

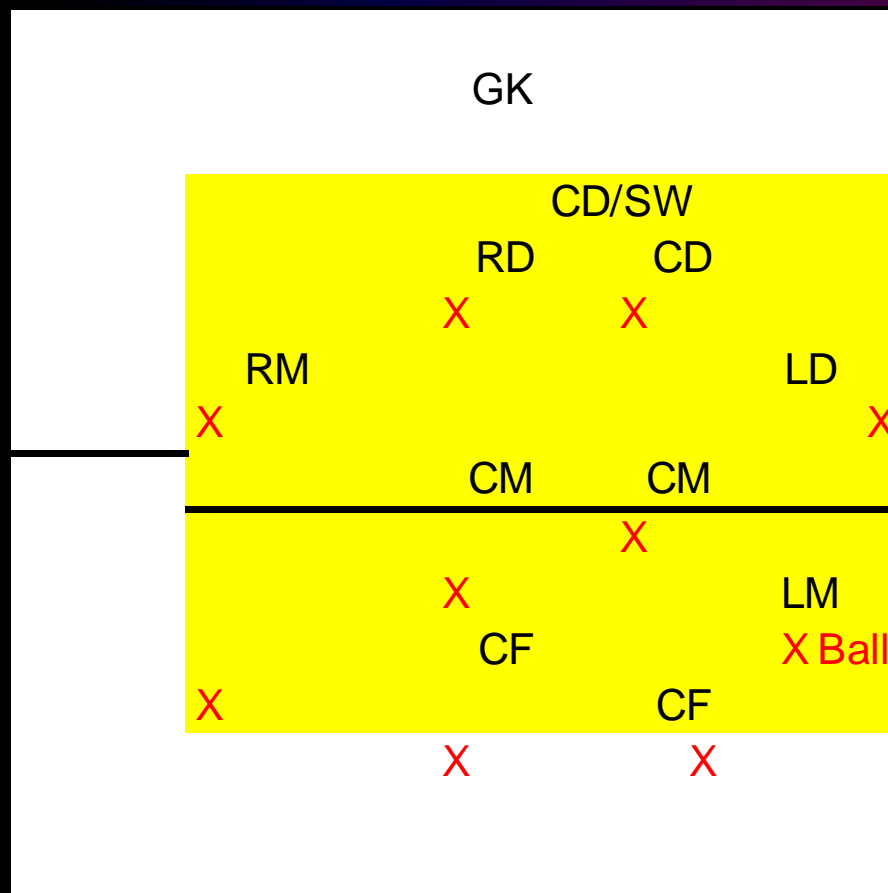
- Get goal side
- Pressurize the ball as soon as their CD gets it
- Work together as a 2 forward line and not individually. CF on ball side pressure ball. Other CF drops of to cover them in the middle of the field
- If you are not pressurizing the ball, always be ready to intercept!

# Defensive positioning....



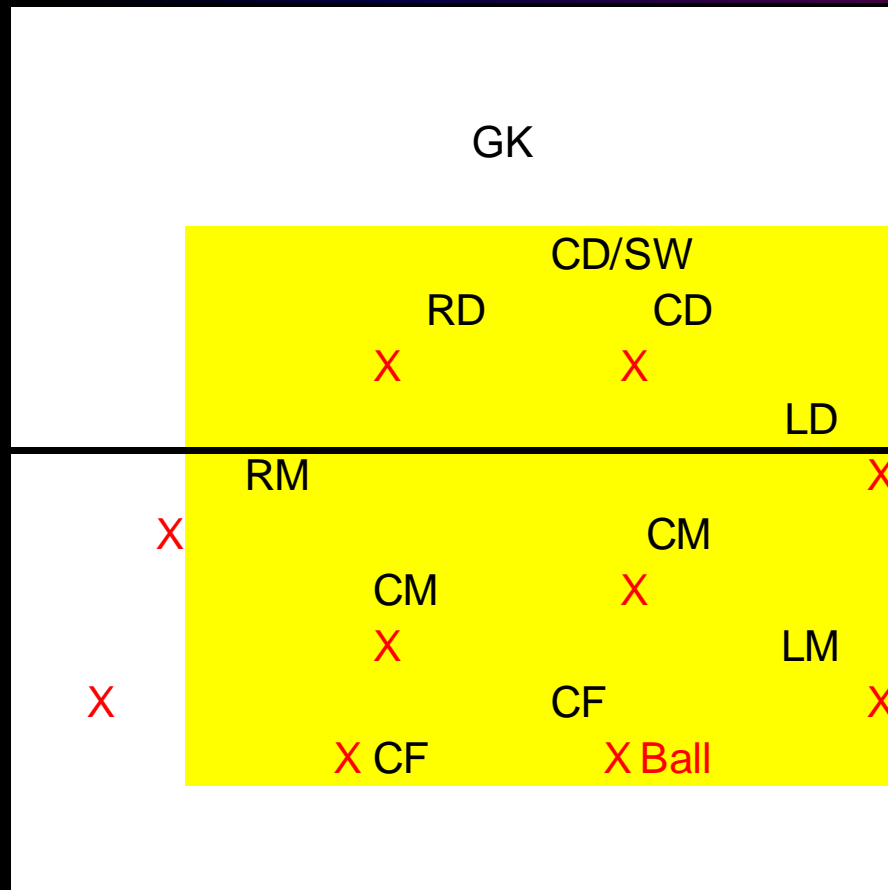
- GK positions ball side and just inside of box
- LD provides pressure
- CD marks there CF and provides cover
- RD marks the other CF
- RM drops all the way back to mark LM
- Closest CM provides cover slight cover
- Opposite CM provides support

# Defensive positioning....



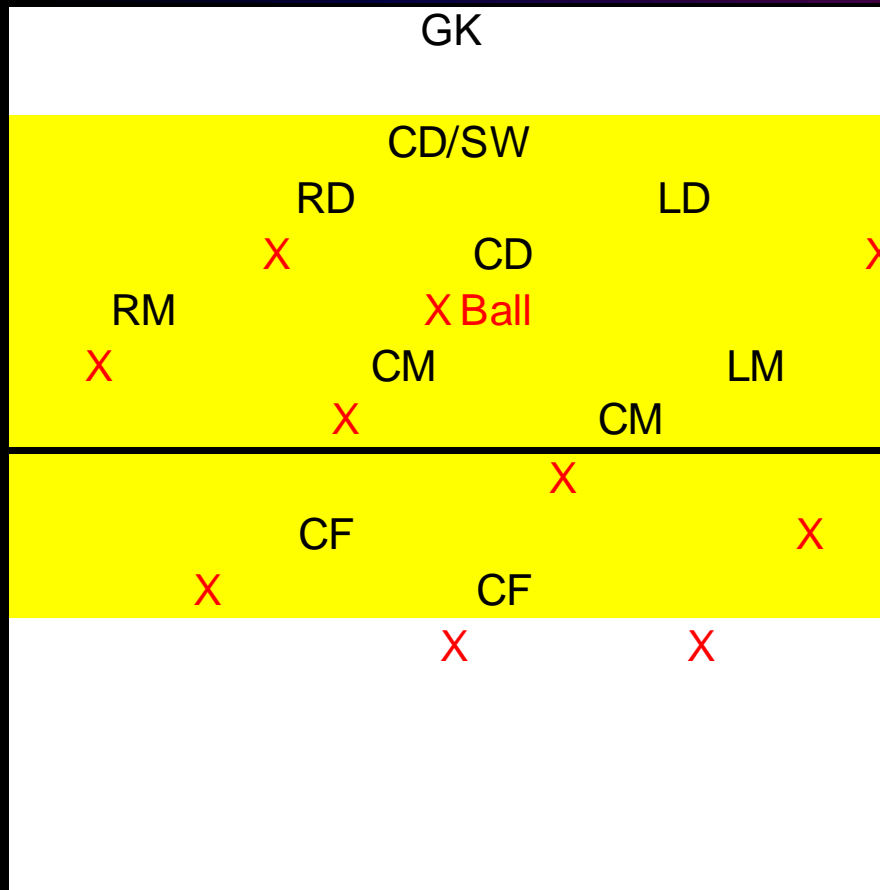
- GK positions ball side and outside of box
- LM provides pressure
- Closest CM provides cover and marks
- Opposite CM provides support
- LD marks the RM
- RM drops back to mark their LM
- RD and CD mark there 2 CF's
- CF's drop to condense space

# Defensive positioning....



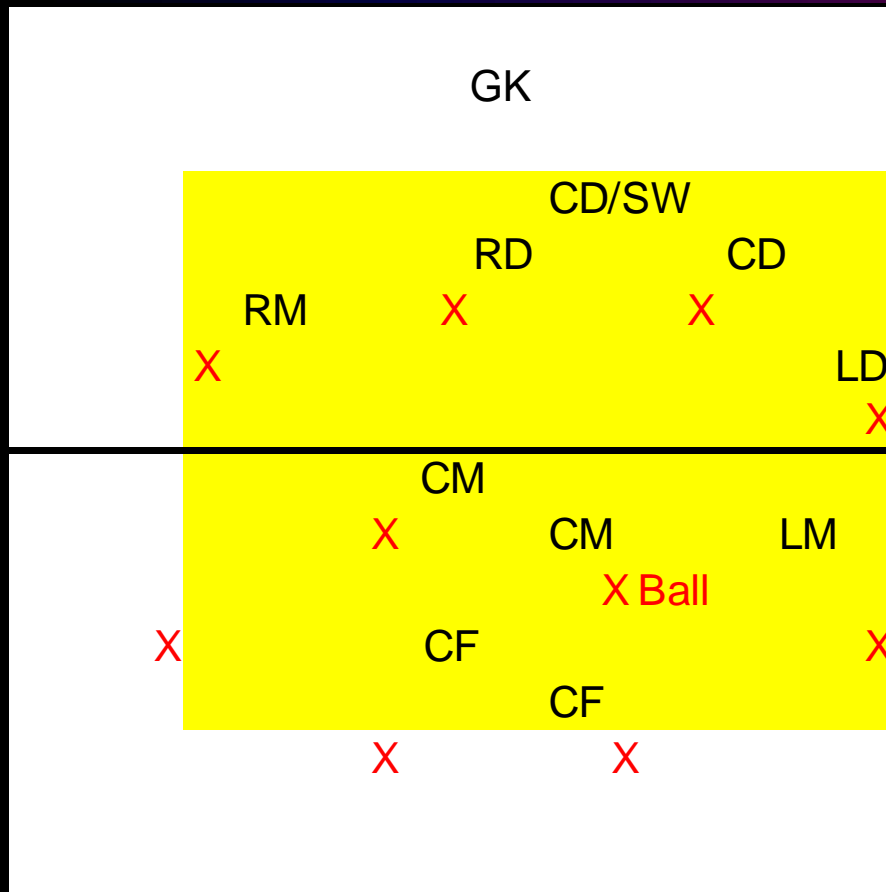
- GK positions ball side and outside of box
- CF provides pressure
- Opposite CF stops pass across
- LM, and both CM's provide cover and also mark
- RM drops back to mark RM
- RD and CD mark their 2 CF's
- LD steps up to mark there RM

# Defensive positioning....



- GK positions ball side and slightly inside of box
- CD provides pressure
- RD provides cover and marks
- LD,LM drop inside and provides support
- CM's drop in to condense space
- RM marks LM player

# Defensive positioning....



- GK positions ball side and outside of box
- CM provides pressure
- Other CM provides cover and marks
- LM also provides cover
- CF's drop back to condense space
- RM drops off to mark their LM
- LD steps up to mark their RM

## *Key Offensive factors!*

- Composure on the ball
- Create good support for the player on the ball
- Make the field as long and as wide as possible
  - Keep possession
- Create scoring opportunities!

# *Roles of player in Offense.....*

## Goalkeeper

- Start the attack!
- Try and kick or throw the ball wide to our players as quickly as possible
- If there is not a player available for the ball kick as long and as high as possible
- Be at the edge of the box when the ball is at the half way line
- Be outside the box when the ball is in the other half of the field.  
(Play a sweeper role)

# *Roles of player in Offense...*

## Central Defender/Sweeper

- Receive the ball from the GK to start the attack or be in a position for a back pass from one of the full backs (RD & LD) in order to keep possession, or pass into your CD
- Pass the ball out wide or into midfield
- Dribble the ball up through the middle if space is available
- Push the team out when attacking to condense the space

# *Roles of player in Offense...*

## Right/Left defender

- Try and receive the ball from the GK and then play the ball into our midfield/forwards, or even carry the ball up if there is time and space
- If you do not receive the ball push out and be in a position to help your midfield
- Try and get into the attack if the game permits it. Overlaps, wall passes with midfield etc
- Be in a position to receive the ball back from midfield in order to cross or keep possession

# *Roles of player in Offense...*

## Right/Left Midfield

- Get as wide as possible as soon as we get possession of the ball if ball is on your side
- Try and receive the ball from the GK or RD/LD as quickly as possible
- Option 1, when you have possession of the ball, take the defender on. Cross or shoot when you beat them
- Option 2, pass to your forwards/midfield or pass back to your defenders to keep possession
- Come inside slightly if ball is on other side of field
- Be at the far edge of the box if the ball is being crossed from the RM/LM in order to score
- Shoot with every opportunity

# *Roles of player in Offense...*

## Central Midfielders

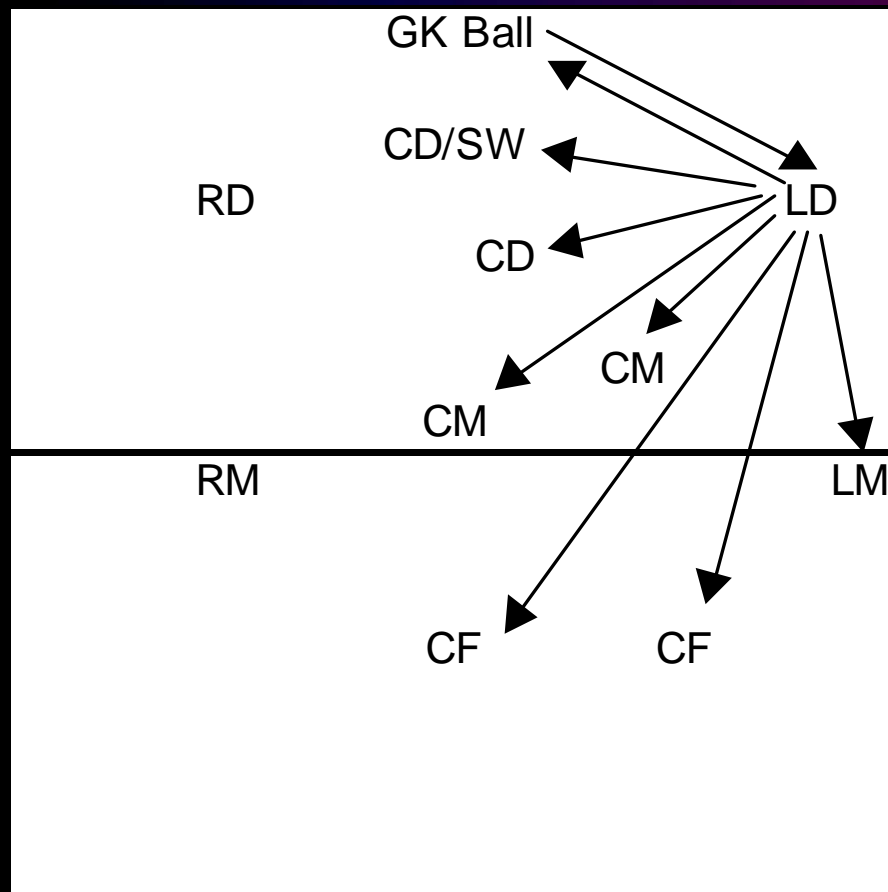
- Stay central and on your side, up and down the field
- Try and be in a position to receive the ball from all our players
- Option 1, dribble the ball through midfield to open up shots for yourself.
- Option 2, pass the ball out wide or to our forwards
- Be at the edge of the box when crosses or shots are being taken.
- Shoot with every opportunity
- Work with your other CM to ensure one stays and ones goes regarding offensive runs

# *Roles of player in Offense...*

## Center Forwards

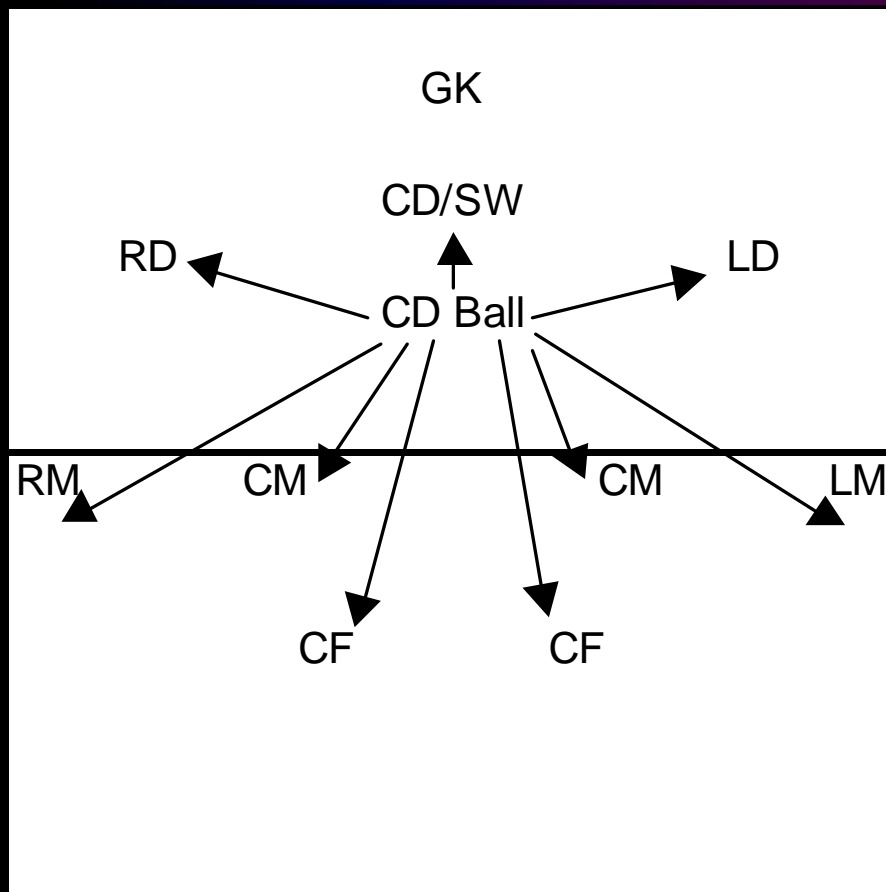
- Be in a position to receive the ball from a long kick from the GK
- Work from side to side staying pretty central to receive the ball from your midfield and defenders without taking the space of each other away
- Be aware of your wide midfielders in order to leave them space to receive the ball and run at defenders without you being in the way
- Work together. Nearest CF come short, other CF run diagonally across and behind
- Always be in the box to receive the ball from our LM and RM players
- Dribble and take on players at every opportunity in the last third of the field
- Shoot at every opportunity

# Offensive passing options....



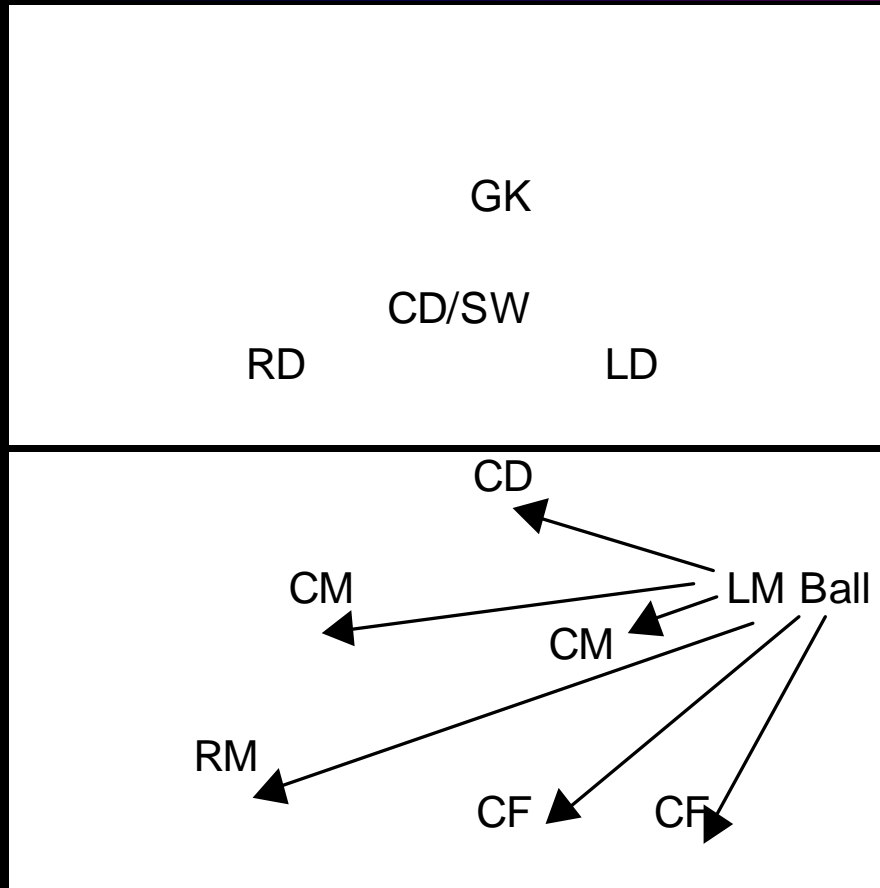
- LD receives ball from GK in defensive 3rd
- CD/SW supports from behind
- CD shows inside and slightly in front of ball centrally
- Closest CM shows inside slightly deeper than other CM
- RM comes inside and up
- LM and CF's check to ball

# Offensive passing options....



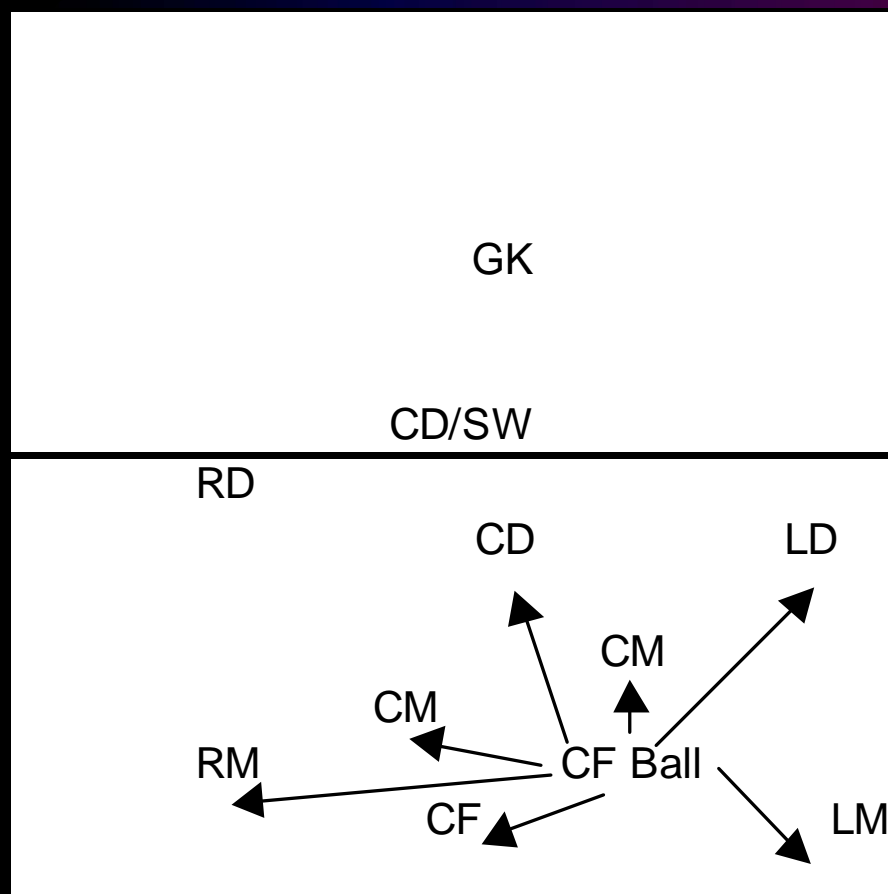
- CD receives ball in middle 3rd
- CD/SW supports from behind
- RD, LD go slightly wide
- RM, LM push up and create width
- CM push up and stay central as do the CF's

# Offensive passing options....



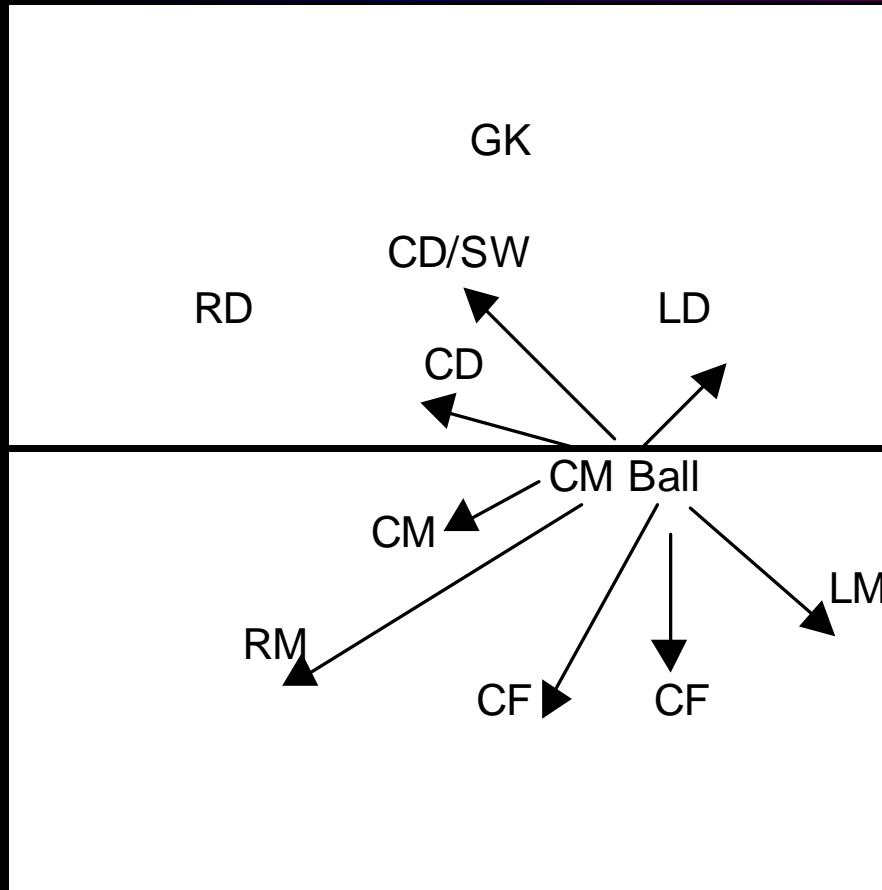
- LM receives ball in middle 3rd/offensive 3rd
- CD supports from behind
- Closest CM supports in a more forward position than the other CM
- CF's come across and show to feet
- RM comes inside and up also into space left by CF's

# Offensive passing options....



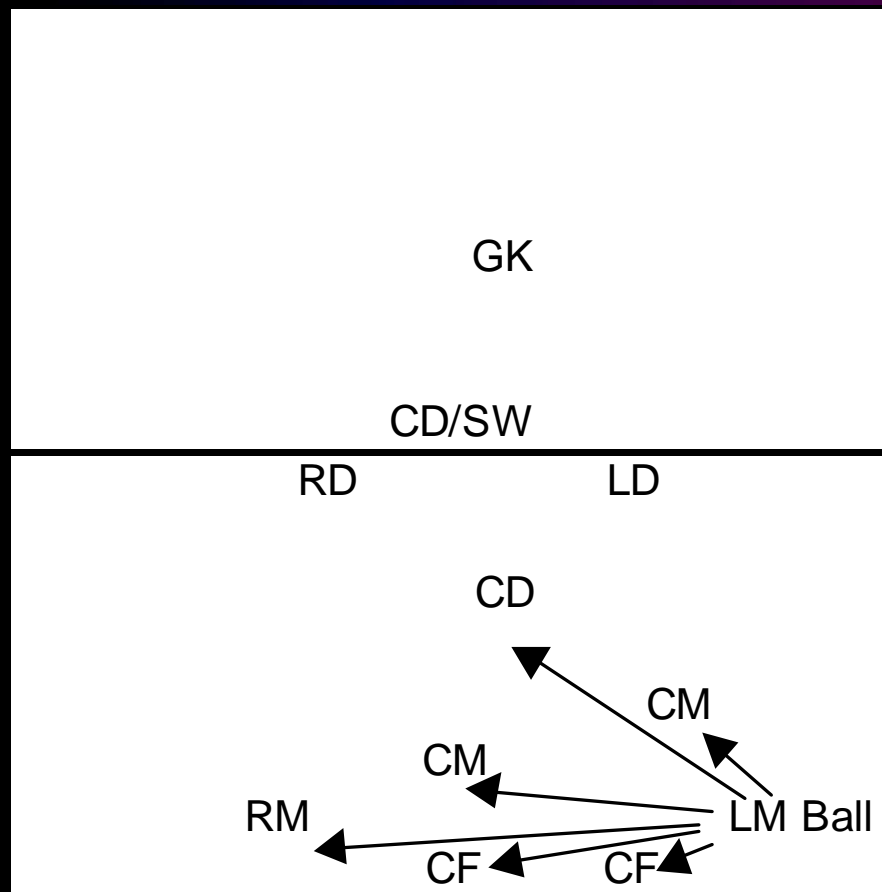
- CF receives ball on corner of box
- Closest CM, CD and LD support from behind
- Opposite CM shows to the opposite side
- LM pushes forward and creates width
- CF and RM get into the box

# Offensive passing options....



- CM receives the ball in the middle 3rd
- CD, CD/SW and LD support from behind
- LM goes high and creates width
- Opposite CM and RM pushes forward and on their side
- CF show to feet on the side of the field where the ball is

# Offensive passing options....



- LM receives ball in offensive 3rd
- Closest CM and CD support from behind
- CF's and RM make runs into the box near, far and middle
- Opposite CM attacks the edge of the box