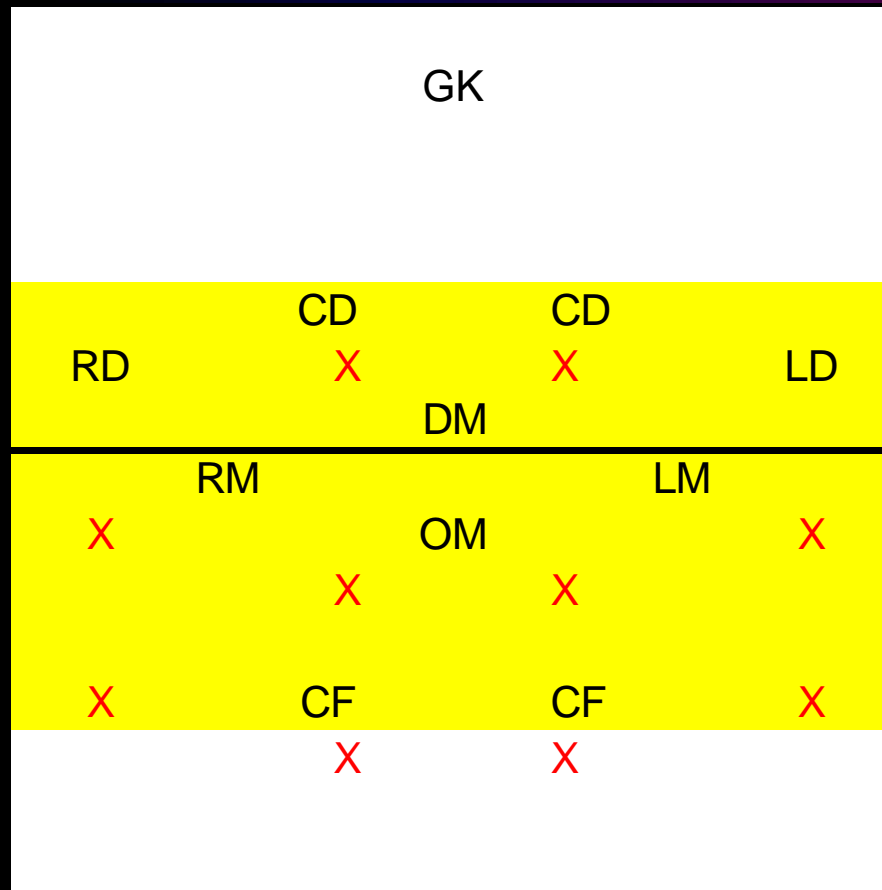


Playing in a 4-4-2 (Diamond Midfield)



- 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 the defensive line and takes away 1 player from the offensive line of play 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 Defenders

- Mark the CF on your side!
- Communicate to the whole team
- Push the defense and team as far out as possible, condensing the field and helping the midfield out
- Stay pretty central on the field. Allowing for next point!
- Be in a covering position for your LD or RD (depending on the side) and opposite CD for any ball that comes through or over the top of the defender that is marking their CF on the ball side of the field, and be ready to step in and mark your forward if the ball gets played into the middle

Roles of player in Defense....

Right/Left Defender

- Mark the RM/LM player!
- 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 be in a position slightly in front of your nearest CD being able to cover for any mistake they make and also be able to cover for any ball over the top

Roles of player in Defense....

Right/Left Midfield

- Mark the RD/LD player when ball is on your side
- Mark the CM player furthest away from the ball when the ball is on the other side, tracking far inside!
- 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...

Defensive Midfielder

- Communicate with everyone in front of you
- 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 OM or RM/LM

Roles of player in Defense...

Offensive Midfielder

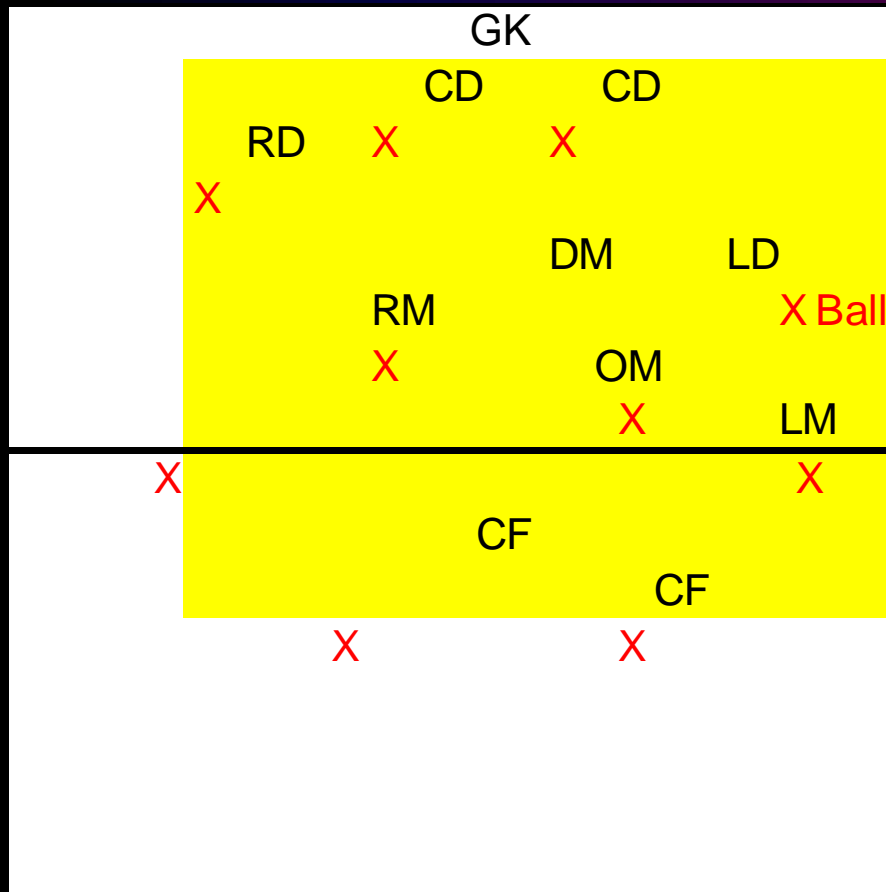
- Mark the CM nearest to you or get yourself in front of them denying a pass into feet
- Try and intercept the ball and set the attack
- Stay in front of your DM at all times
- Communicate with your CF's
- Stay pretty central on the field, unless tracking a run

Roles of player in Defense...

Center Forwards

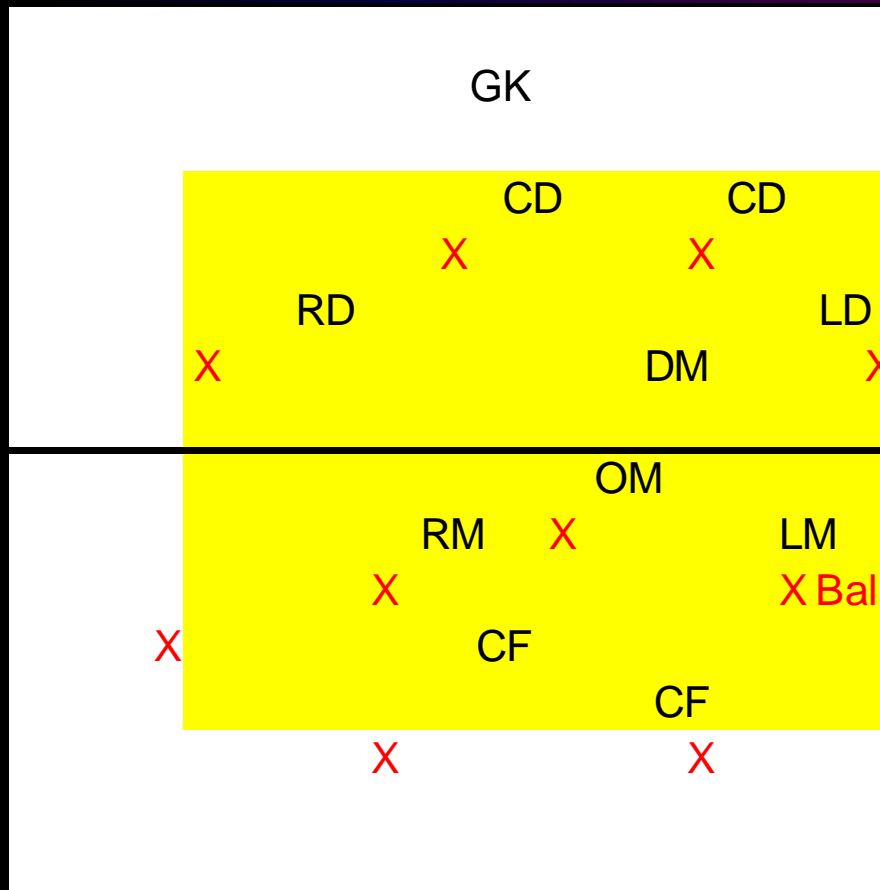
- Get goal side
- Pressurize the ball as soon as their CD gets it
- Work together as a 2 forward line and not individually. CF on ball side pressure ball. Other CF drops of to cover them in the middle of the field
- If you are not pressurizing the ball, always be ready to intercept!

Defensive positioning....



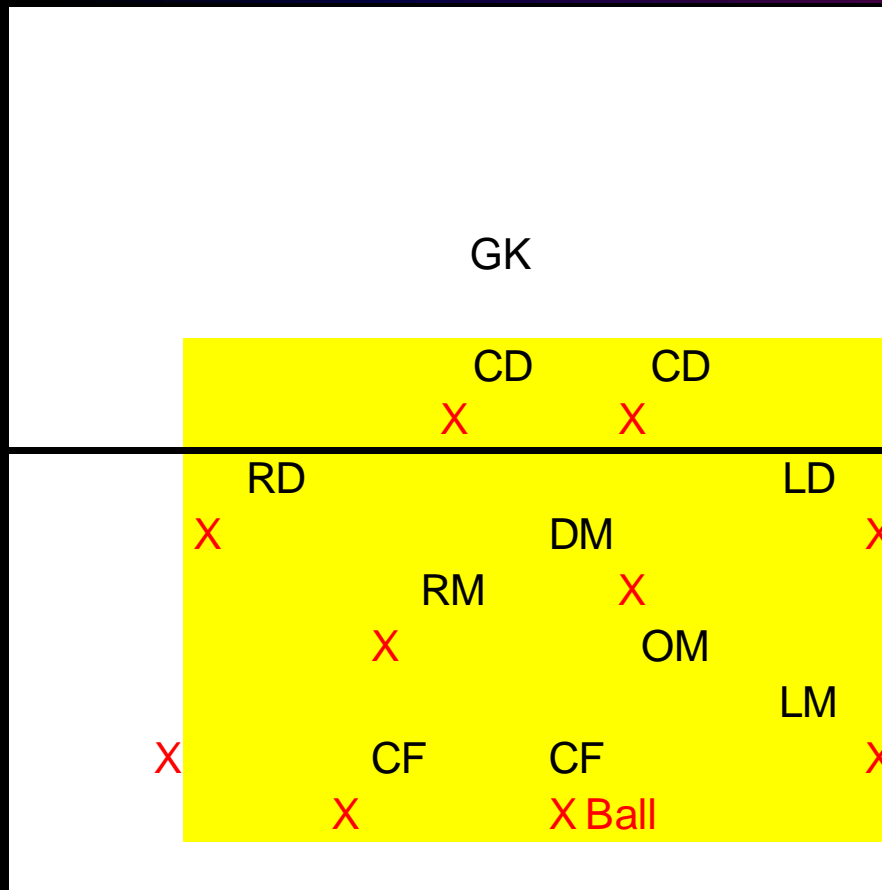
- GK positions ball side and inside of box
- LD provides pressure
- DM provides cover
- RM comes inside, marks the CM and provides support
- OM marks other CM and provides support
- CF's drop in to condense space
- Man to man at the back

Defensive positioning....



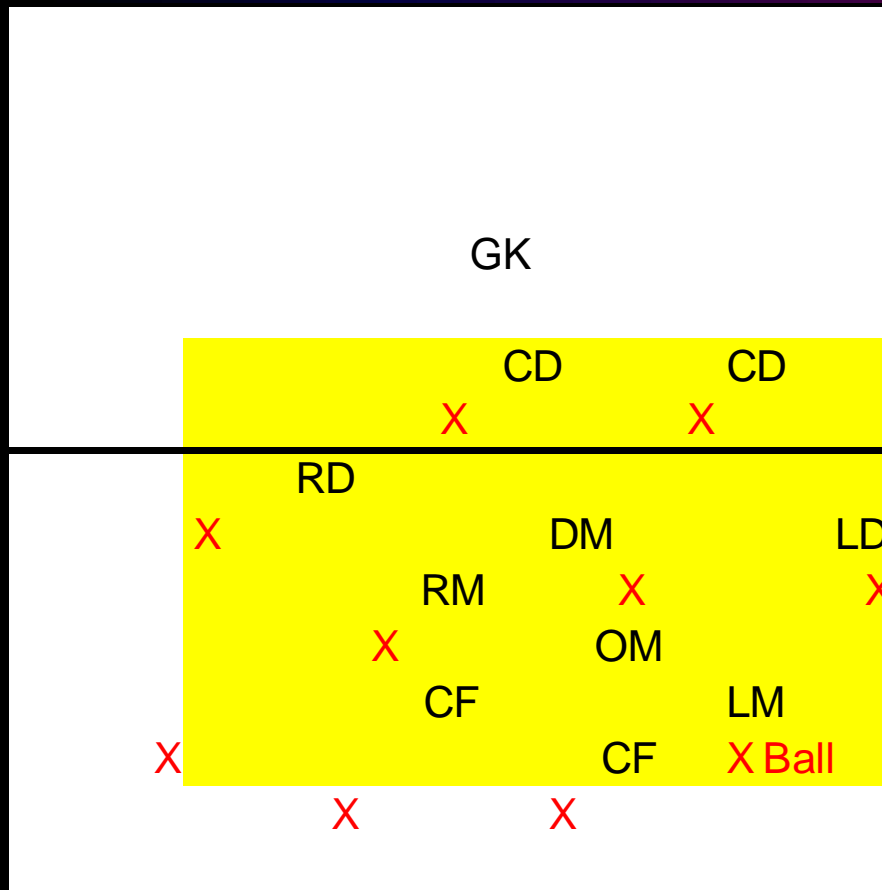
- GK positions ball side and outside of box
- LM provides pressure
- OM provides cover as well as marks the CM
- RM comes inside, marks the CM and provides support
- CF's drop in to condense space

Defensive positioning....



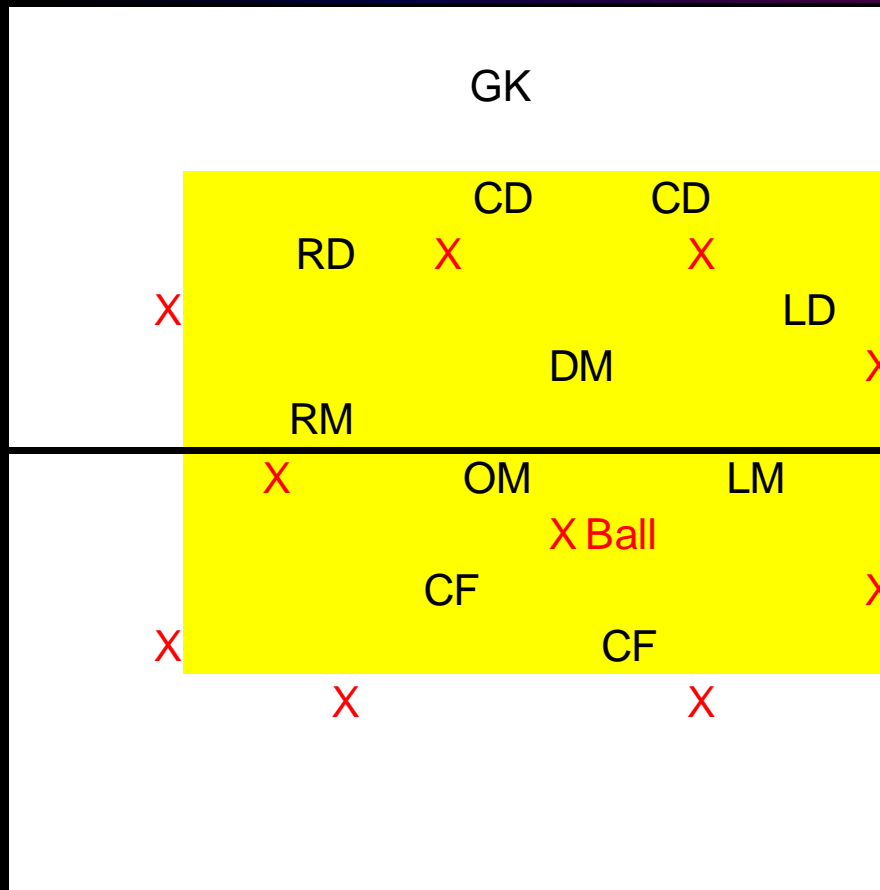
- GK positions ball side and outside of box
- CF provides pressure
- Opposite CF and LM provide cover
- OM and DM provide front and back marking on CM
- RM provides support and marks the other CM
- Defense pushes out and condenses space

Defensive positioning....



- GK positions ball side and outside of box
- LM provides pressure
- OM and DM provide front and back marking on CM
- OM also provides cover
- Closest CF applies pressure from opposite side
- Opposite CF drops in to condense space
- RM provides support and marks the other CM

Defensive positioning....



- GK positions ball side and on edge of box
- OM provides pressure
- LM and DM provide cover
- RM provides support and marks the other CM
- CF's drop in to condense space

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 Defenders

- 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
- Pass the ball out wide or into midfield
- Try and find the DM
- 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 form 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 the 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...

Defensive Midfielder

- Receive the ball from the GK to start the attack or from the CD's
- Pass the ball out wide or into the OF or CF's
- Dribble the ball up through the middle if space is available
- Push the offensive out when attacking to condense the space

Roles of player in Offense...

Offensive Midfielder

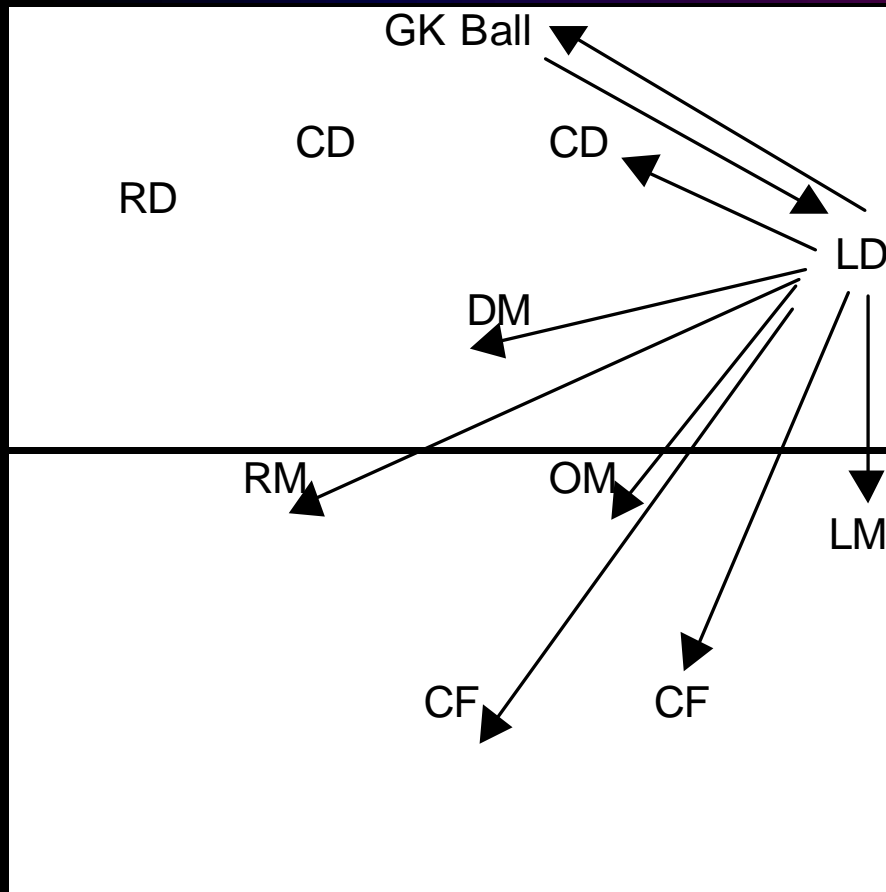
- Play just behind the CF's
- Be in a position to receive the ball back from the CF's
- Be in position to receive a ball from the DM
- Stay central
- Shoot at every opportunity

Roles of player in Offense...

Center Forwards

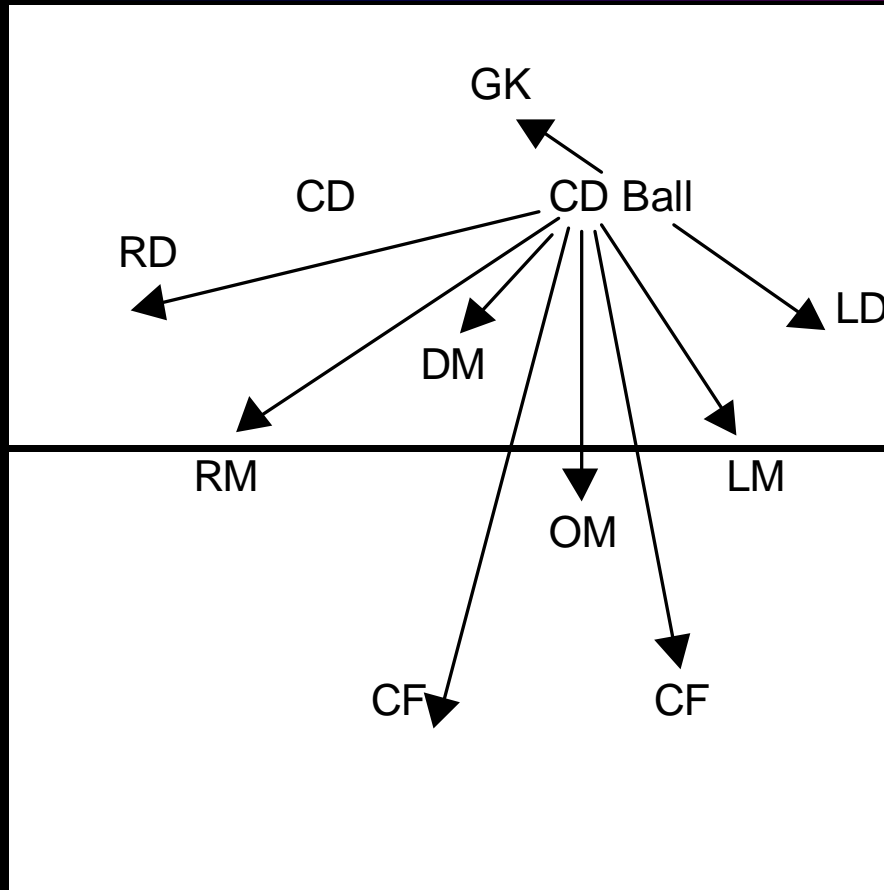
- Be in a position to receive the ball from a long kick from the GK
- Work from side to side to receive the ball from your midfield and defenders without taking the space of each other away
- Be aware of your wide midfielders in order to leave them space to receive the ball and run at defenders without you being in the way
- Work with your other forwards. One/two comes short to receive; one/two goes long to receive the ball
- Always be in the box to receive the ball from our LM and RM players
- Dribble and take on players at every opportunity
- Shoot at every opportunity

Offensive passing options....



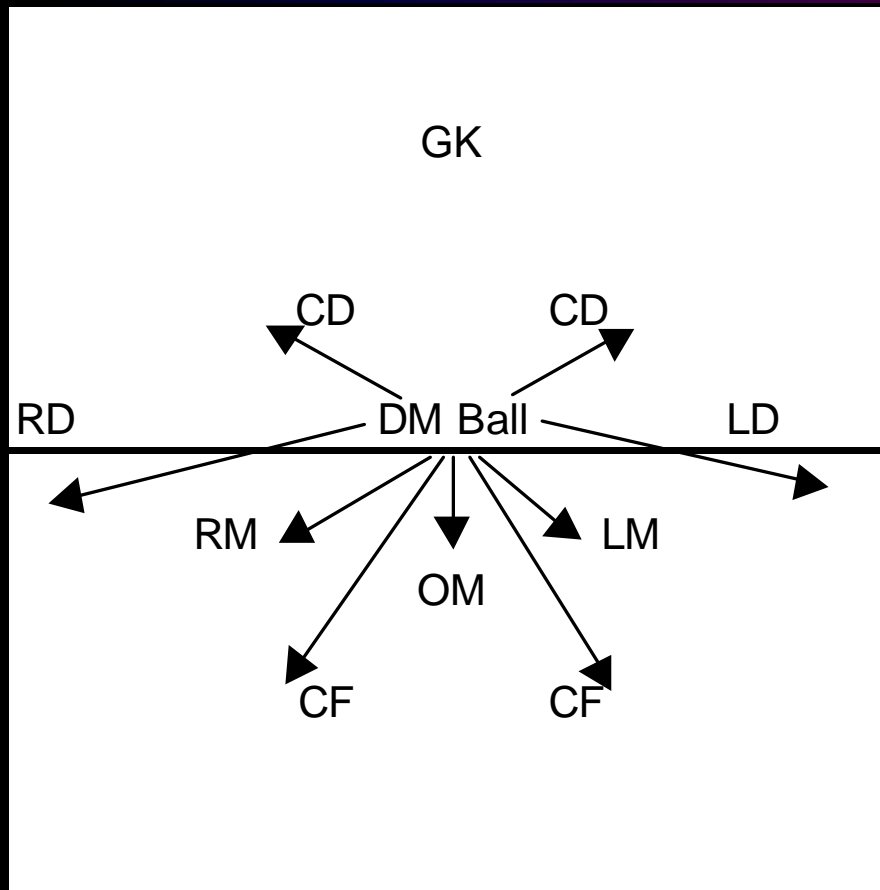
- LD receives ball from GK in defensive 3rd/middle 3rd
- CD provides support form behind
- DM shows inside and in middle of field just in front of ball
- OM pushes up and comes ball side of midfield
- CF's and LM check to ball
- RM comes inside to show to feet also

Offensive passing options....



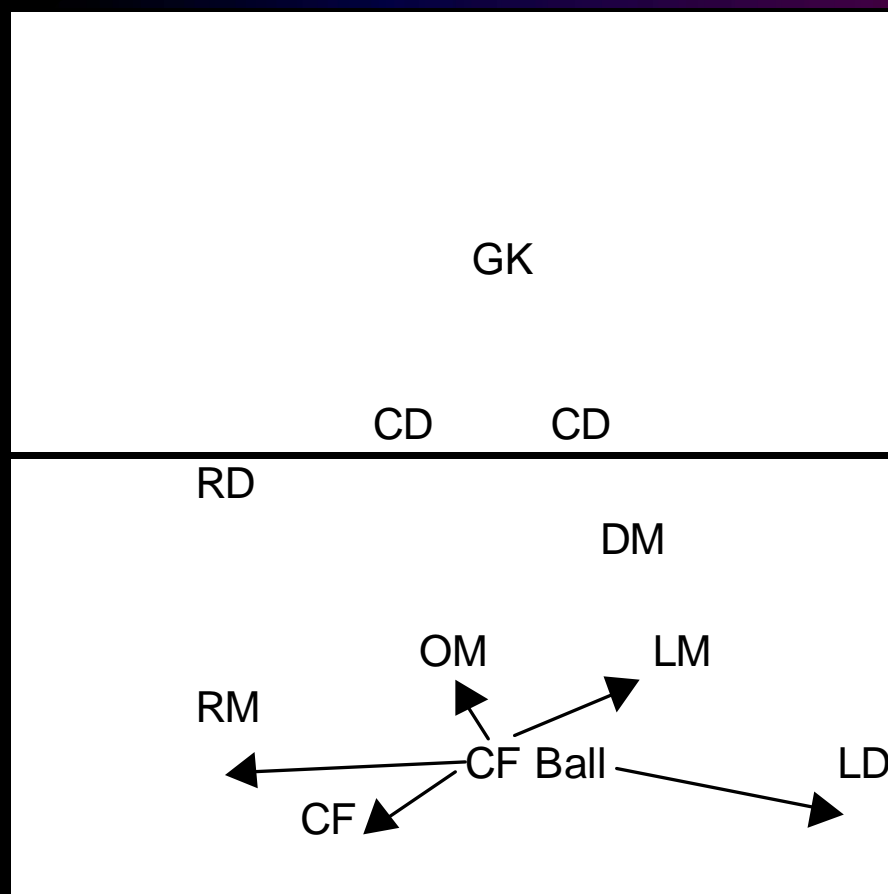
- CD receives ball in defensive 3rd
- GK provides support from behind
- RD, LD create width
- DM comes back to show for ball
- OM goes deeper to show for ball
- RM, LM stay slightly inside creating space for RD, LD
- CF's check to ball

Offensive passing options....



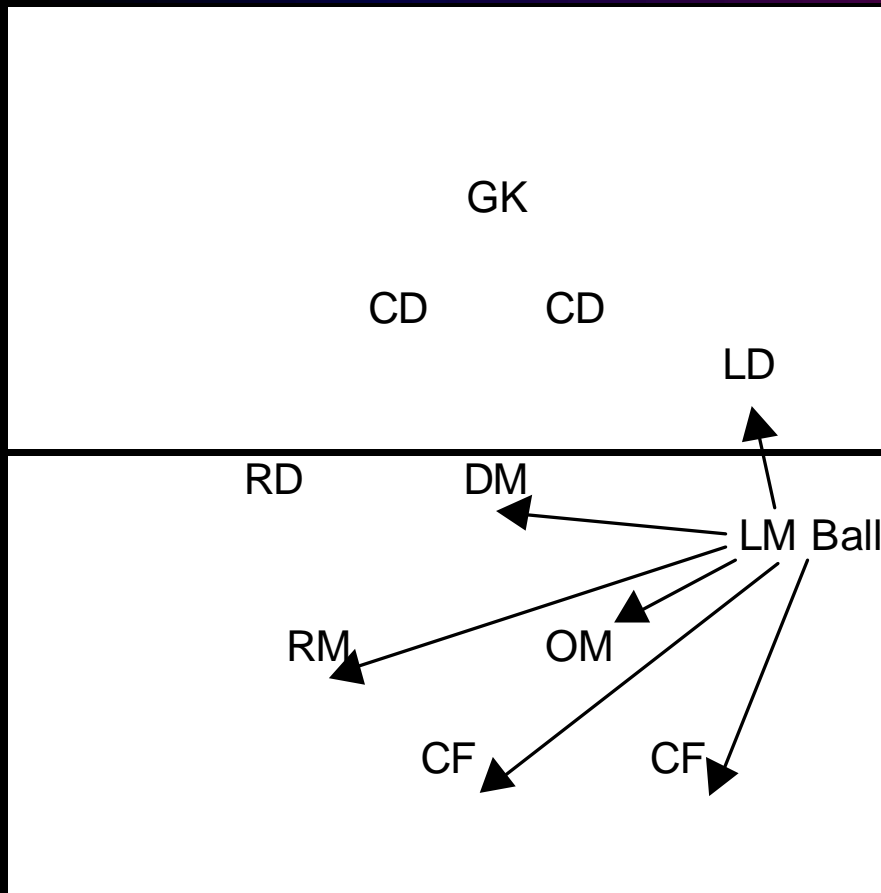
- DM receives ball in middle 3rd
- CD's support from behind
- RD, LD create width
- OM and RM,LM push forward and stay pretty central creating space for RD, LD
- CF go deep and check for ball

Offensive passing options....



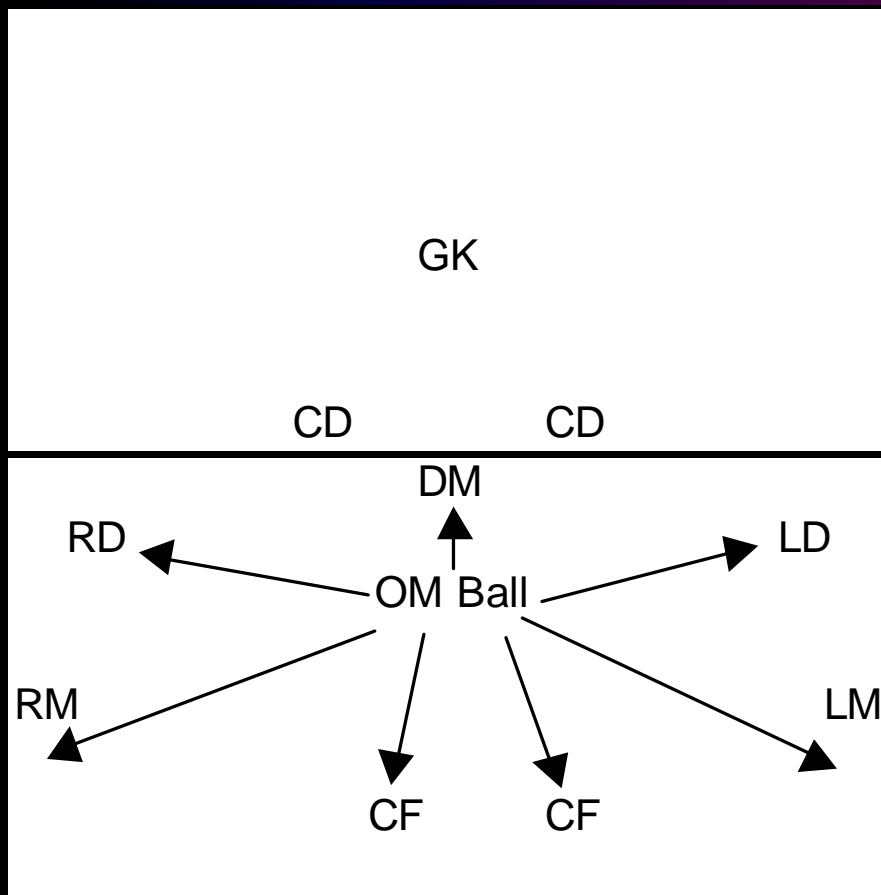
- CF receives the ball in the offensive 3rd
- Opposite CF gets into the box
- RM arrives at the edge and corner of the box
- If the game allows....LD pushes forward gets wide
- OM and LM support from behind
- DM shifts across and covers for the LD

Offensive passing options....



- LM receives ball in middle 3rd
- DM and LD support form behind
- OM and RM push forward to receive ball in offensive 3rd
- Closest CF checks to ball
- Opposite CF stays central to receive ball
- RD comes inside and pushes up slightly

Offensive passing options....



- OM receives ball in middle 3rd
- RD, LD push up slightly to support from behind
- DM provides support from behind
- RM, LM create width
- CF's stay central and check back