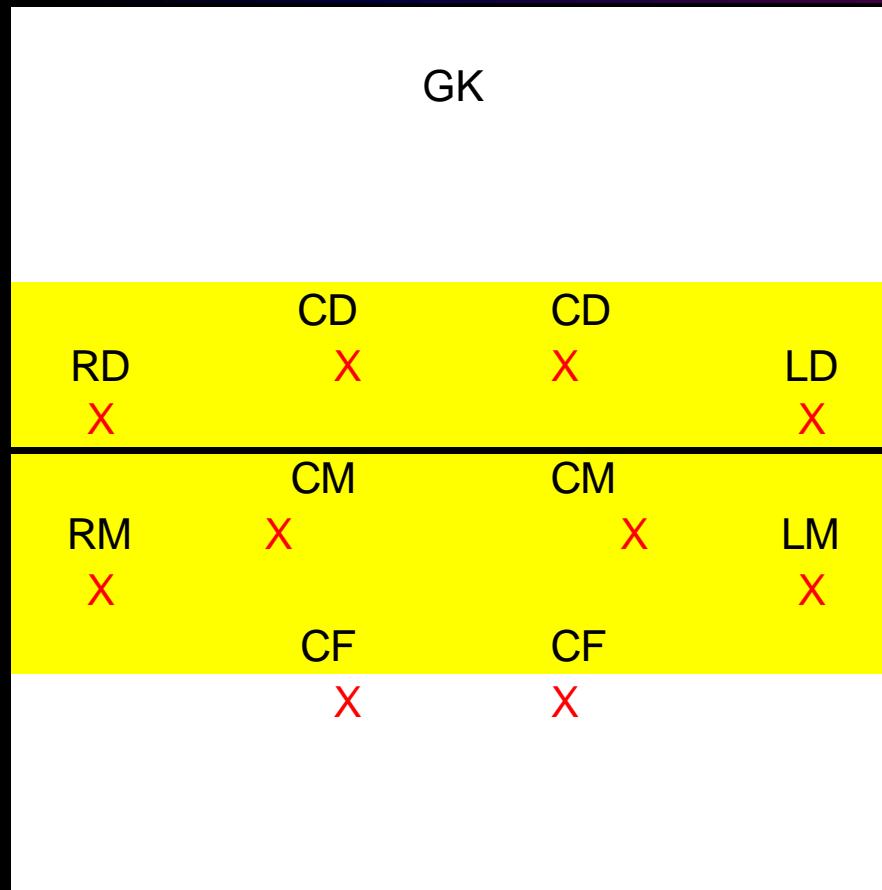


Playing in a 4-4-2 (Flat)



- 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 defense and takes 1 player away from offense 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 when the 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 be in a position slightly in front of your last CD being able to cover for any mistake they make and also be able to see and be able to close down your player if the ball comes to your side or over the top of the other defender

Roles of player in Defense....

Right/Left Midfield

- Mark the LD/RD when 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 to cover and help out your CM players. You should always be able to see the player you are marking (RD/LD) and the ball

Roles of player in Defense...

Central Midfielders

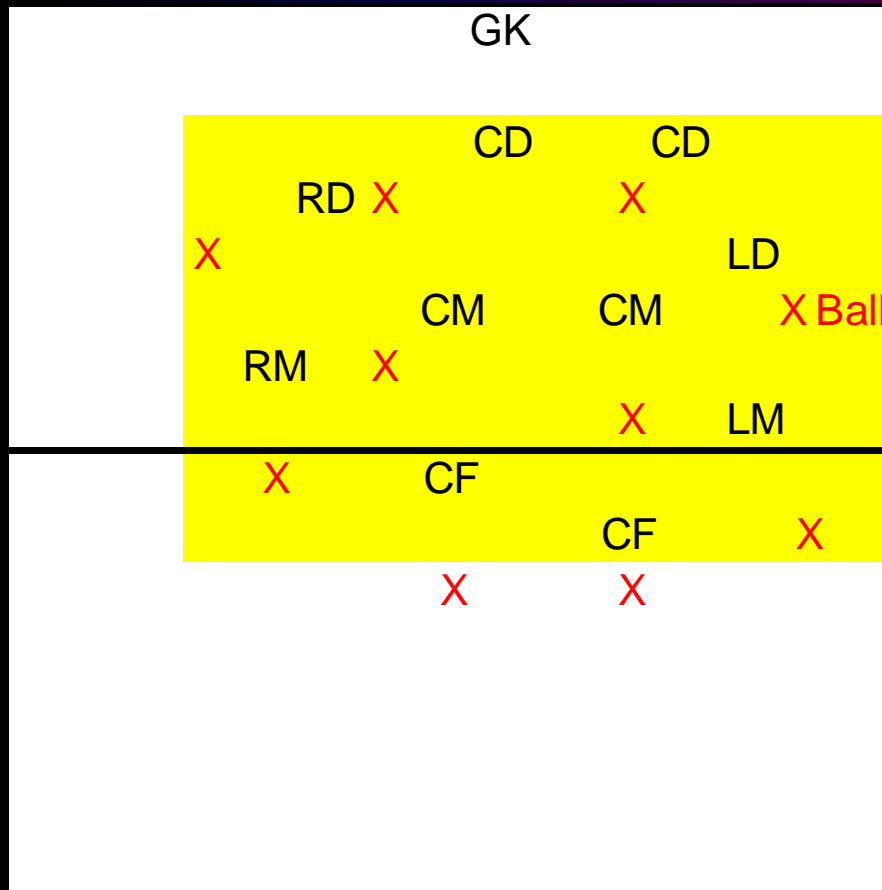
- Mark their CM at all times.
- Be in a position to intercept the ball first, challenge for the ball and tackle second and delay and wait for help third
- Work with your other CM. One pressures the other covers etc
- Help out your forwards, midfield and defense. If the ball is at the RM/LM position cover slightly behind them in order to help out
- If the ball is in the RM/LM position cover slightly behind but not too far behind your other CM closest to the ball. Always be in a position to see both your player and the ball
- 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

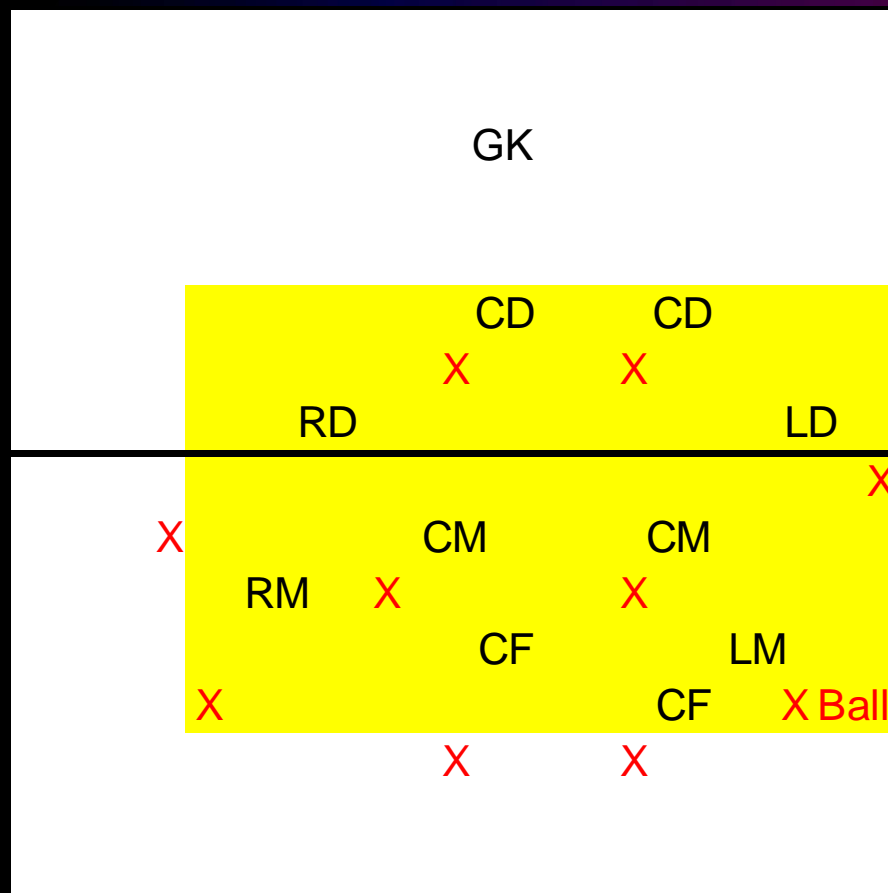
- Get goal side
- Pressurize the ball as soon as their CD gets it
- Work together as a 2 forward line and not individually. CF on ball side pressure ball. Other CF drops of to cover them in the middle of the field
- If you are not pressurizing the ball, always be ready to intercept!

Defensive positioning....



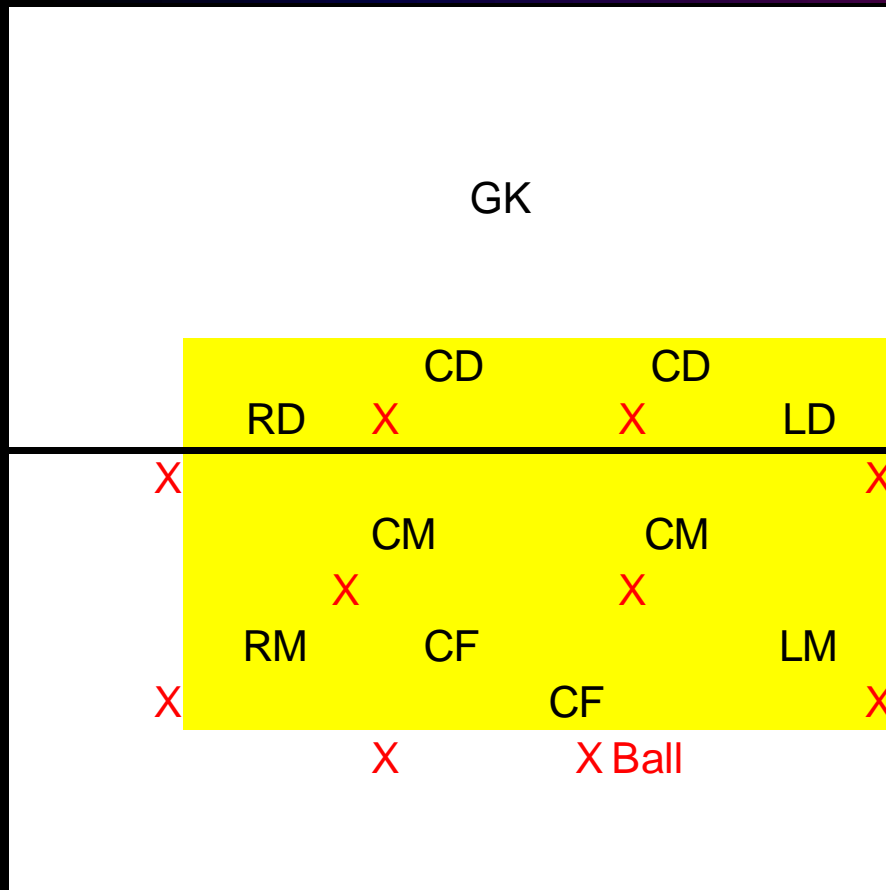
- GK positions ball side and just inside of box
- LD provides pressure
- Nearest CD provides cover as well as marking, as does the other CD
- RD provides balance
- CM's shift across to condense space
- RM and RD drop in to condense space and provide balance
- CF's and LM also drop back to condense space

Defensive positioning....



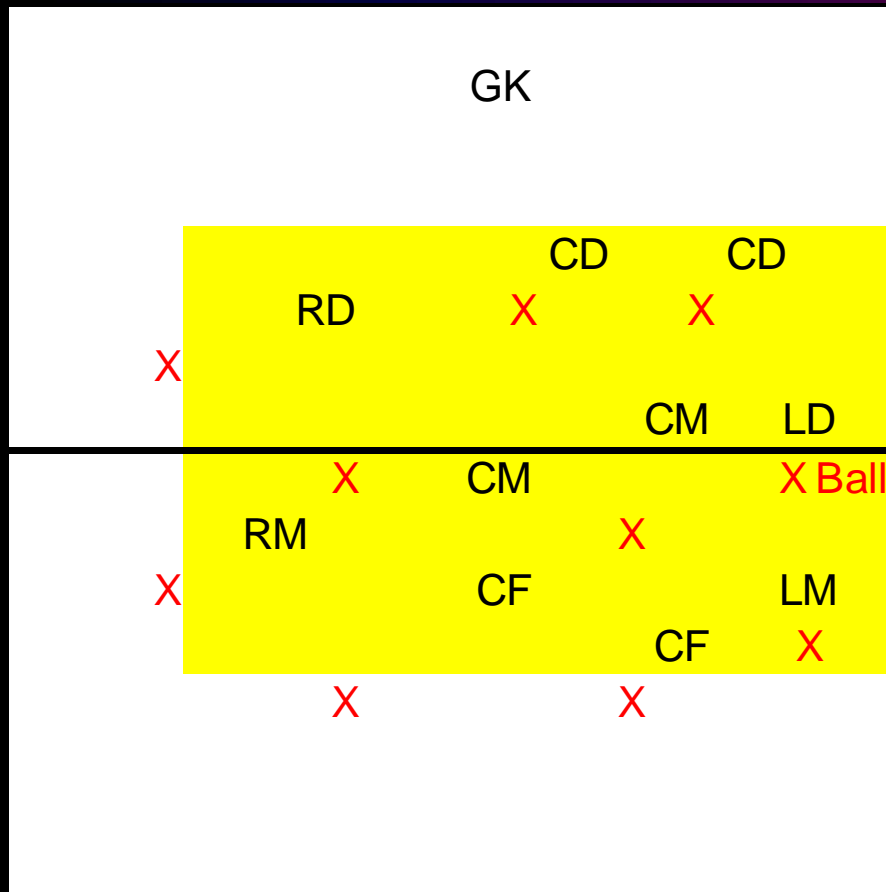
- GK positions ball side and outside of box
- LM provides pressure
- Nearest CM provides cover and marks
- Opposite CM provides support as well as marks
- LM comes inside and CF's drop off to condense space
- RM and RD drop in to condense space and provide balance

Defensive positioning....



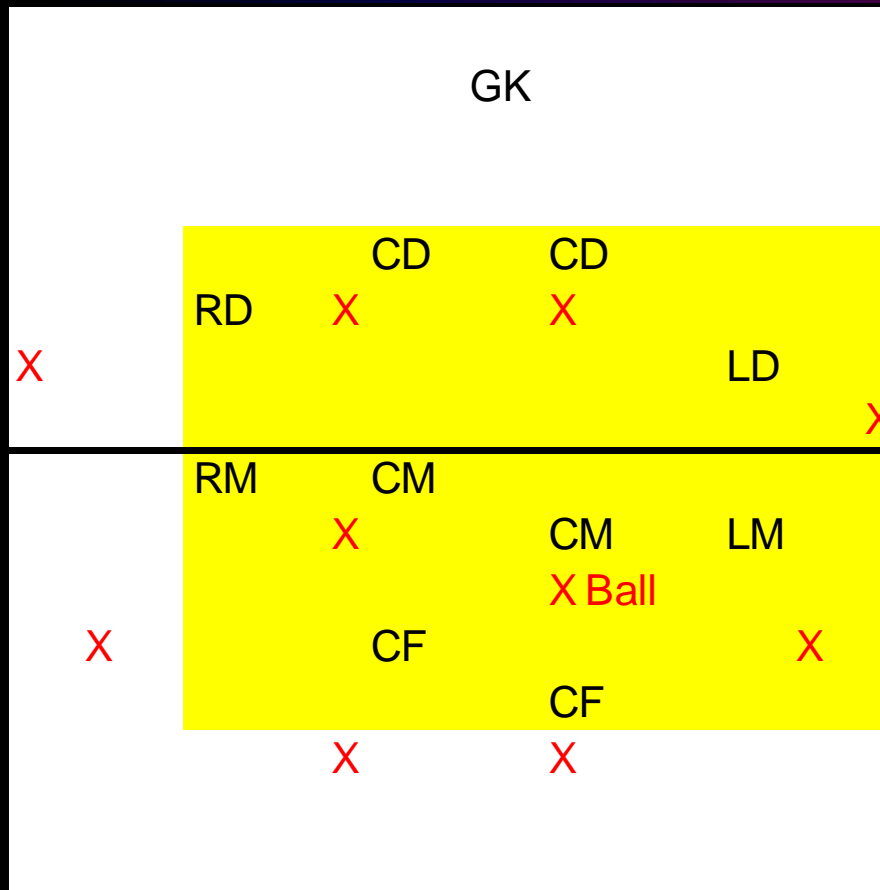
- GK positions ball side and outside of box
- CF provides pressure
- Opposite CF provides cover
- CM's get tight on their player.
- LM gets tight on their players
- Defense pushes out to condense space
- RM and RD drop in to condense space and provide balance

Defensive positioning....



- GK positions ball side and on edge of box
- Closest CM provides cover
- Opposite CM provides support
- CD's comes across
- CF's and LM drop in to condense space
- RM and RD drop in to condense space and provide balance

Defensive positioning....



- GK positions ball side and outside of box
- CM provides pressure
- Opposite CM and LM provide cover
- RM and RD drop in to condense space and provide balance
- CF's drop off 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
- 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 or forwards
- 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 LM in order to score
- Shoot with every opportunity

Roles of player in Offense...

Central Midfielders

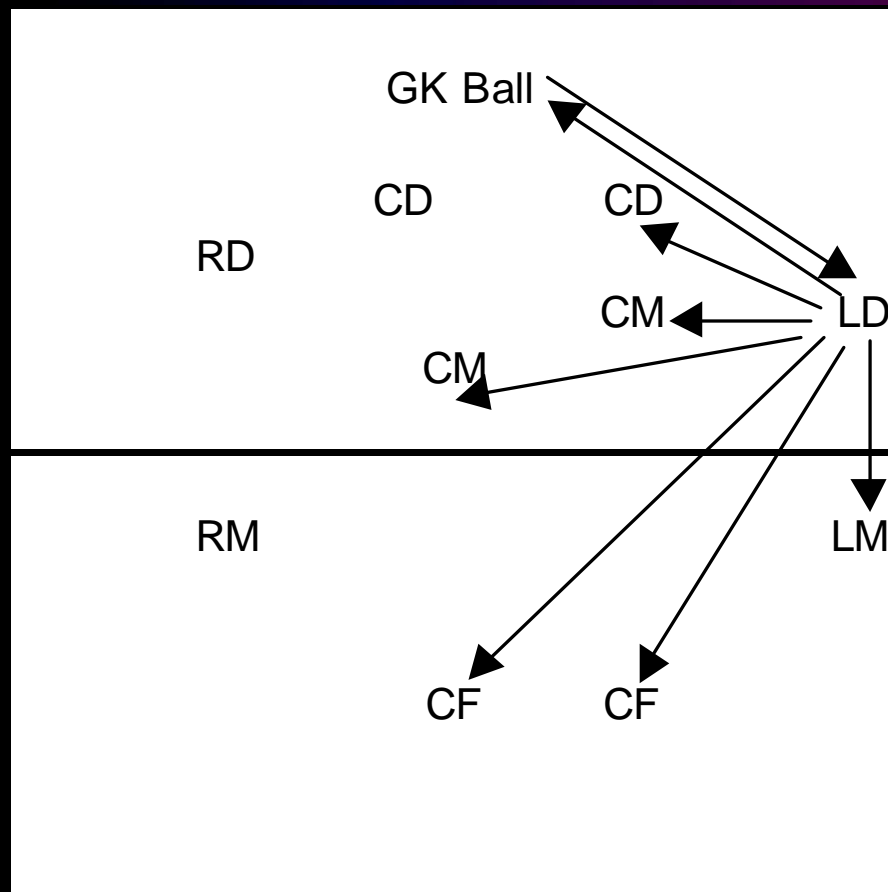
- Stay central and on your side, up and down the field
- Try and be in a position to receive the ball from all our players
- Option 1, dribble the ball through midfield to open up shots for yourself
- Option 2, pass the ball out wide or to our forwards
- Pass the ball backwards to your full backs to keep possession
- 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

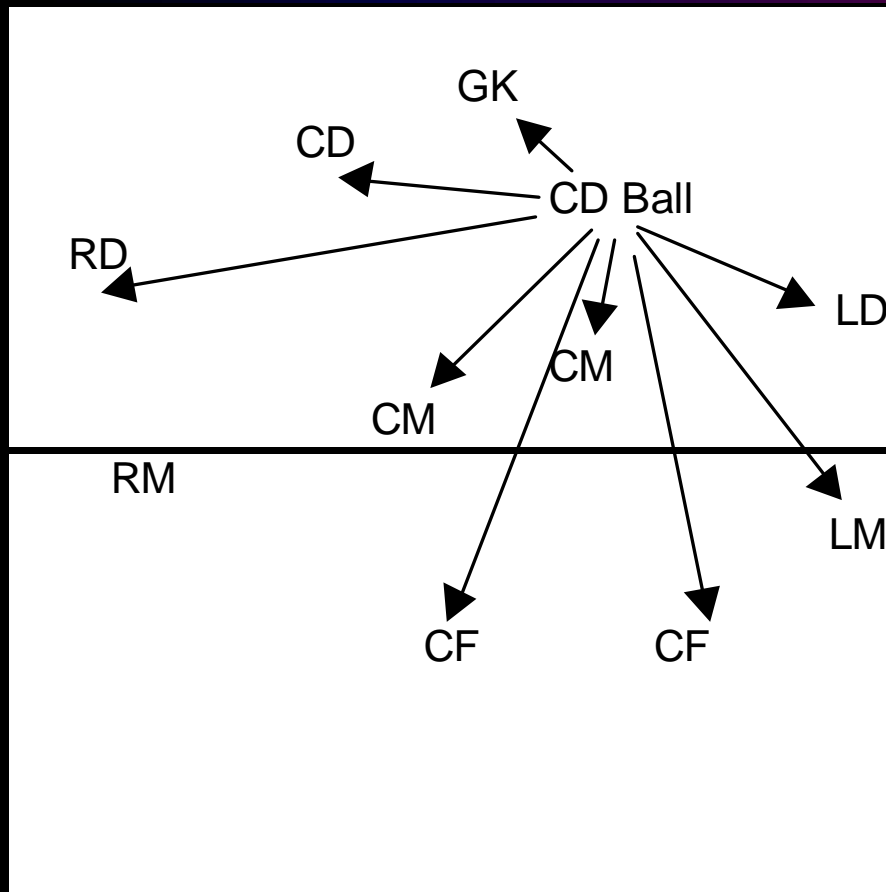
- Be in a position to receive the ball from a long kick from the GK
- Work from side to side staying pretty central to receive the ball from your midfield and defenders without taking the space of each other away
- Be aware of your wide midfielders in order to leave them space to receive the ball and 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....



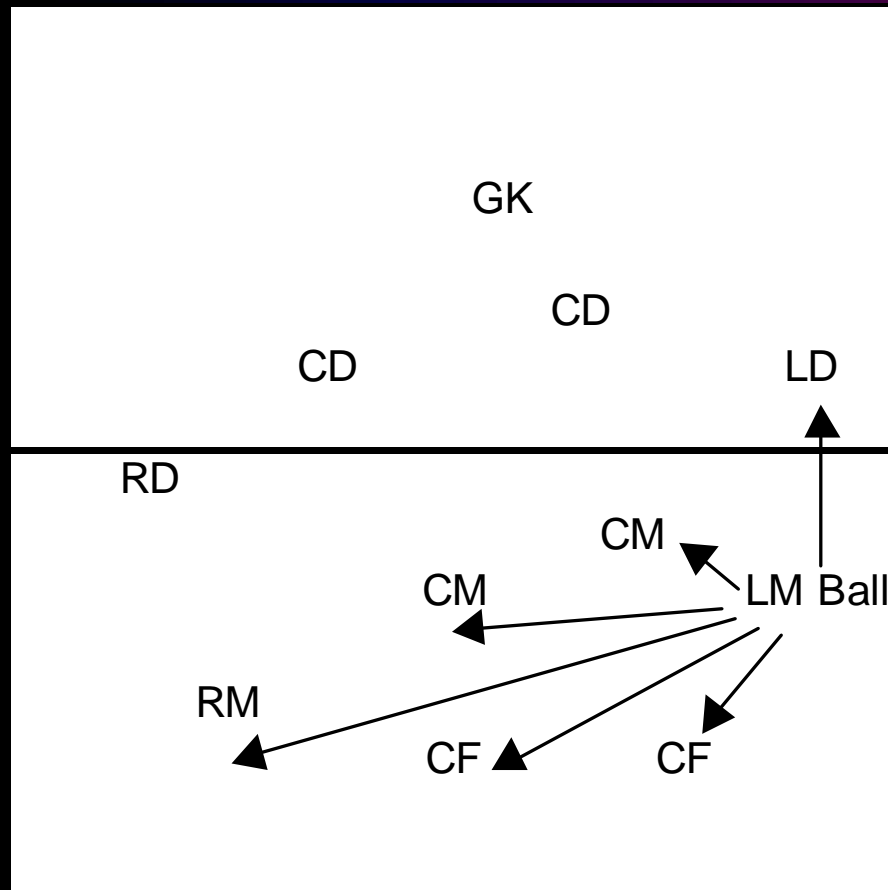
- LD receives ball from GK in defensive 3rd/middle 3rd
- CD supports from behind
- Closest CM shows for ball slightly behind other CM keeping their shape
- LM checks back for the ball to feet
- CF's show to feet also

Offensive passing options....



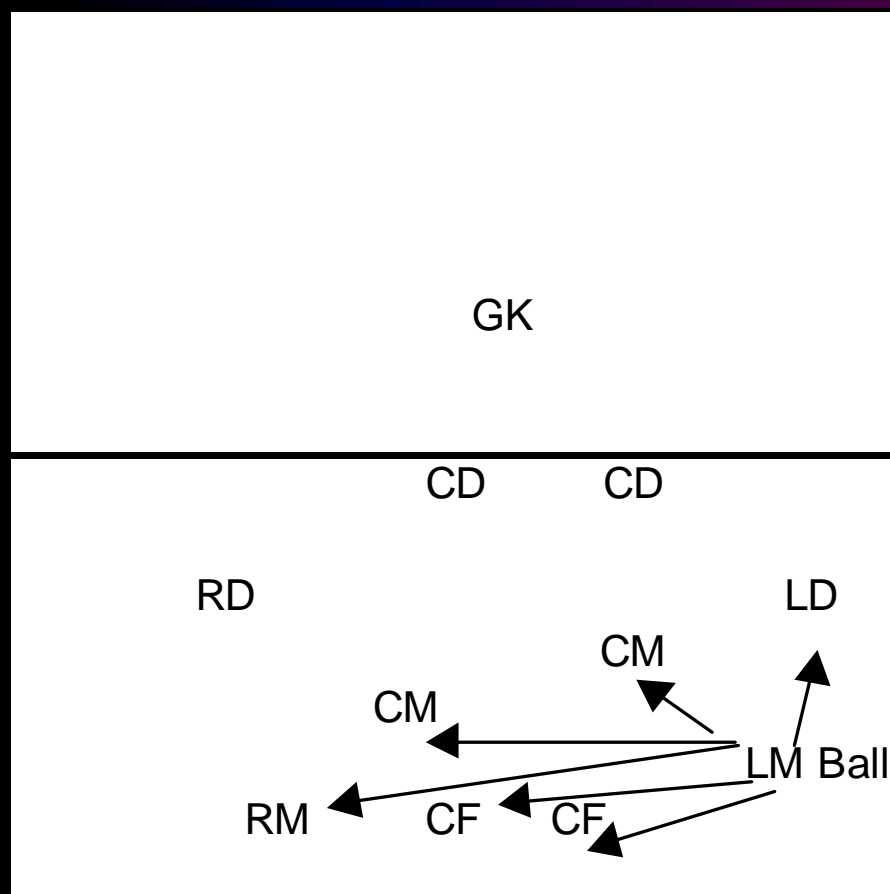
- CD receives ball in defensive 3rd
- Opposite CD supports from behind
- RD, LD go wide
- RM, LM push up and wide to create width and space for defenders
- Closest CM shows for ball slightly behind other CM keeping their shape
- CF's show to feet also

Offensive passing options....



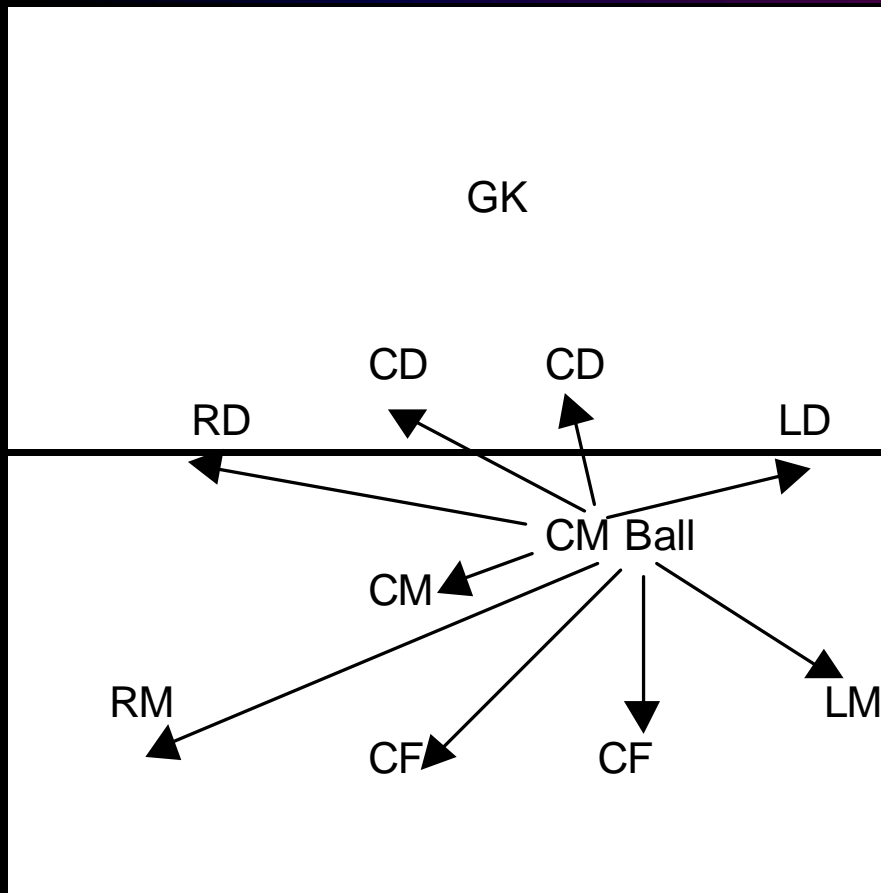
- LM receives ball in middle3rd/offensive 3rd
- Closest CM and LD support from behind
- Opposite CM shows inside and keeps shape of midfield
- CF's show to feet
- RM pushes up and inside

Offensive passing options....



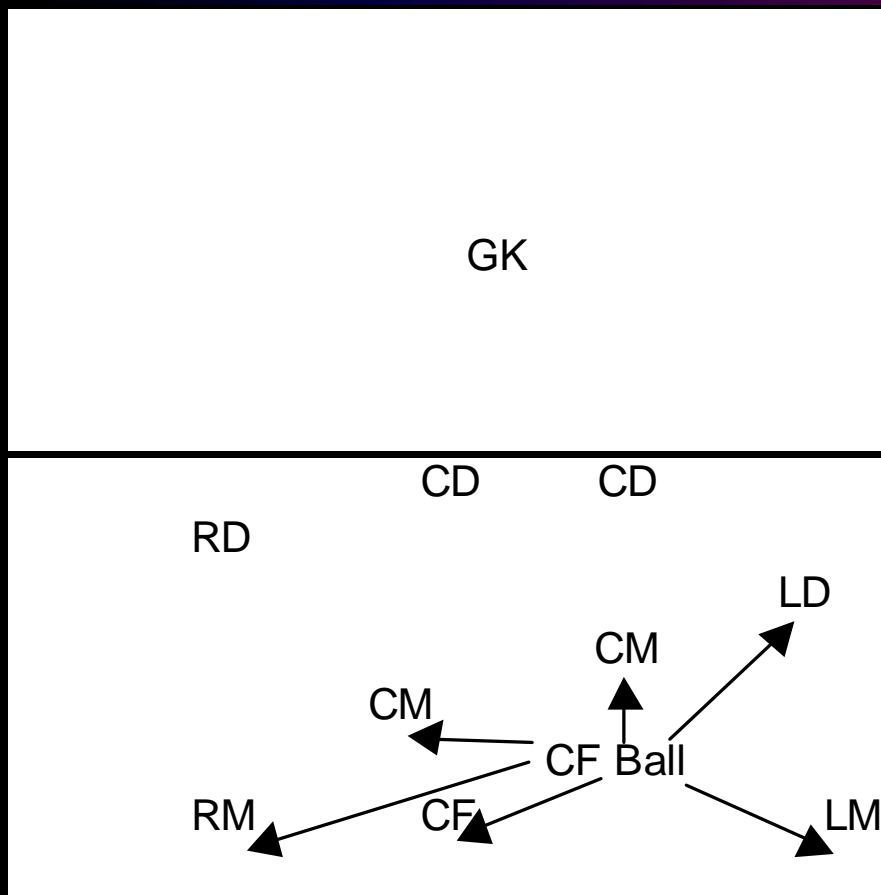
- LM has ball in offensive 3rd
- Closest CM and LD support from behind
- Opposite CM attacks the edge of the box
- CF's and RM make runs into the box going near, far and middle of goal

Offensive passing options....



- CM Receives ball in middle 3rd. Needs to be the connection of the whole team
- RD, LD create width
- RM, LM go wide
- Opposite CM pushes forward slightly
- CF's show to feet

Offensive passing options....



- CF receives ball on corner of box
- Closest CM and LB support from behind
- Opposite CM shows inside
- LM pushes up and creates width
- Opposite CF and RM get into Box