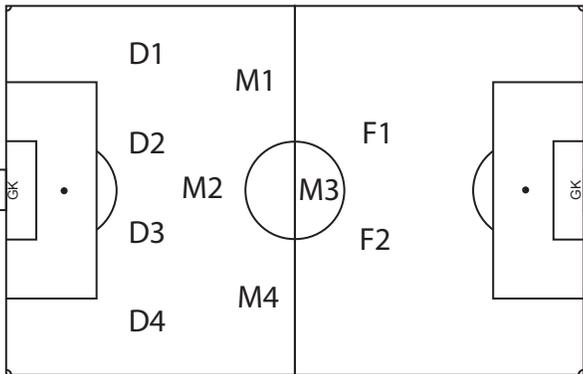




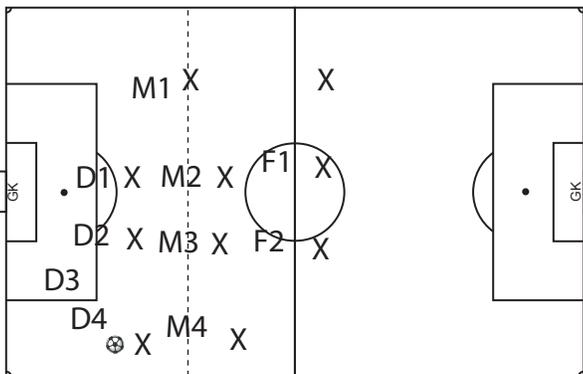
# FORMATIONS & STRATEGY

## 4-4-2: flat back four; diamond midfield; zonal system



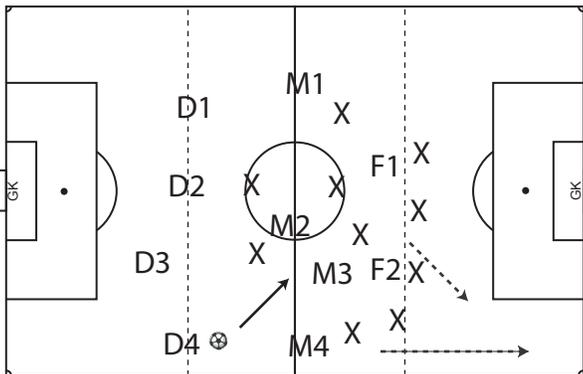
### Lining Up:

1. Defenders and midfielders generally stay on their side of the field (zone).
2. D1 & D4 challenge attackers on their side, cover for D2 & D3, overlap when attacking.
3. D2 & D3 mark central attackers if play is in middle.
4. M1 & M4 are wingers when attacking, defend against overlapping defenders or outside midfielders.
5. M2 plays defensive, M3 is playmaker setting up attacks.
6. F1 & F2 make runs to near/far post or to wings.



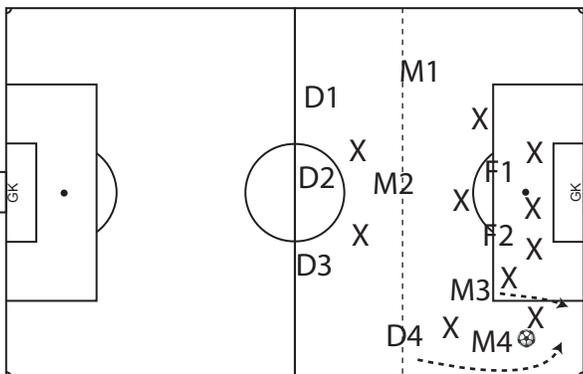
### Defending:

1. D4 challenges overlapping midfielder.
2. D3 provides support to D4.
3. D2 marks central attacker.
4. D1 shifts to mark second central attacker.
5. M4 marks overlapping defender.
6. M2 & M3 pick up central midfielders.
7. M1 marks outside midfielder.
8. F1 & F2 cover remaining three defenders.



### Transitioning:

1. M4 gets ready to make overlapping run.
2. F2 gets ready to make diagonal run.
3. M3 is primary target for a pass from defenders.
4. D3 supports D4 for a back pass.
5. D4 has option of passing to D3, M3 or deep to right. Depending on where on the field the play is, the player in possession should have at least three passing options to players either coming towards the ball or making runs into space.



### Attacking:

1. Ball has been played down the right wing to M4.
  2. M4 can go 1v1 and cross the ball in or
  3. pass it to overlapping defender D4 who will cross or
  4. pass it to M3 in position or into run.
- M3 at this point becomes a forward in behind F1 & F2. If M2 were in possession, then M2 could pass through defenders diagonally to F1, F2 or M3 making runs into space. M2 could play wide to overlapping M1/D1 or M4/D4.