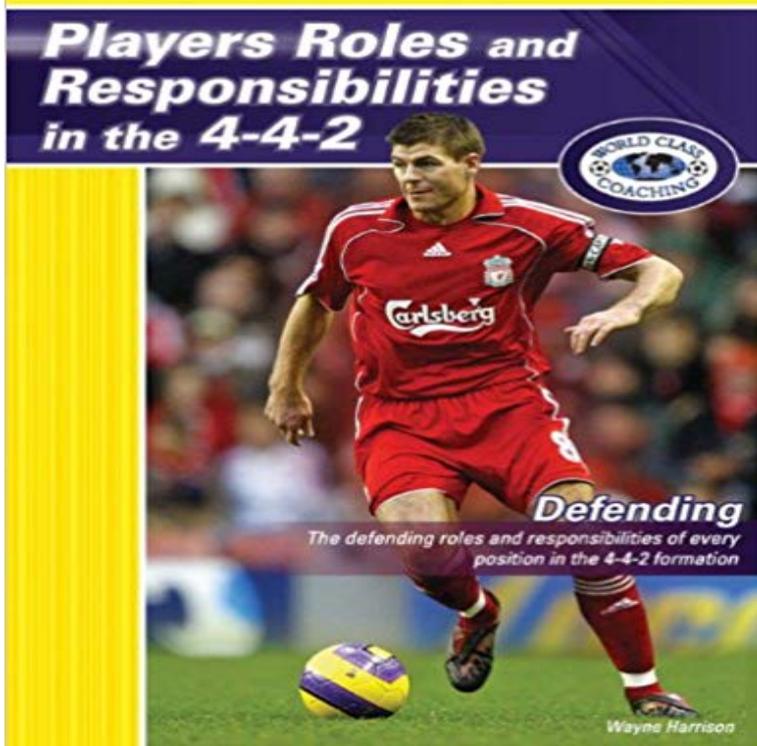


Players Roles and Responsibilities in the 4-4-2 - Defending



by Wayne Harrison; former Academy Director at Blackpool F.C. in the English Championship League; holds the prestigious UEFA A license, as well as a Bachelors degree in Applied Physiology and Sports Psychology

Players Roles and Responsibilities in the 4 - 4 - 2: Defending provides an in depth description of how to train your team to defend using this formation. The 4 - 4 - 2 is the most commonly used formation throughout the world. This book will help you teach your players to defend better individually and as a team. The book begins with sessions that train players to defend individually and then in groups. The sessions build from working with the defensive back four and progress through the midfielders and forwards. Once each group is addressed, sessions are introduced that train the groups to work together and defend as a unit. These practices lead to working in 11 v 11 scenarios to ensure that each player understands their responsibilities within the team. The sessions begin as unopposed exercises to allow you to focus on the key factors necessary for effective defending. As the players gain confidence opponents are added to increase the challenge. Functional training and phase of play exercises put the players in specific game situations so that they can practice their reaction to every circumstance they will face in the game. Many small-sided games are also included to allow the players see those situations in a game environment. This progressive training method will allow the players to take the principles they learn in practice and apply them on game day. 106 pages. 2009.

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In a 4-2-3-1 the midfield unit consists of two lines of players 2 x **Teaching Your Youth Soccer Team to Play a 4-4-2** The 4-4-2 is the most played formation in today's soccer, at least in terms of Hitzfeld invented the term wall players, which best describes the role of this striker. 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individual responsibilities for each player below. Strikers: The best teams defend from the front, so the strikers are key to this. **DOWNLOAD: Roles and Responsibilities in a 4-4-2 System of Play The 4-4-2 System - Barrie Spirit Soccer** After WC 94, the modern 4-4-2 became the world wide dominant formation. general ideas of formation, players roles in defense and offense will be briefly described. Defending duties: They should recover to their proper places due to the **How to play the 4-4-2 soccer formation with a diamond midfield So** But, there is a way to explain the defensive duties of a winger, without sending them into a coma. In this video he breaks down defending for wingers, even for the most reluctant of luxury wide men. Peter Taylors 3 top tips for young players **Peter Taylor: Defending for wingers FourFourTwo** Players Roles and Responsibilities in the 4 - 4 - 2: Defending provides an in depth description of how to train your team to defend using this formation. The 4 - 4 **Michael Carrick: Protecting the back four FourFourTwo Performance** Midfielders role in a 4-4-2 formation consist of two wingers and two central Keep in mind to mark your opponent closely while playing in defense and also