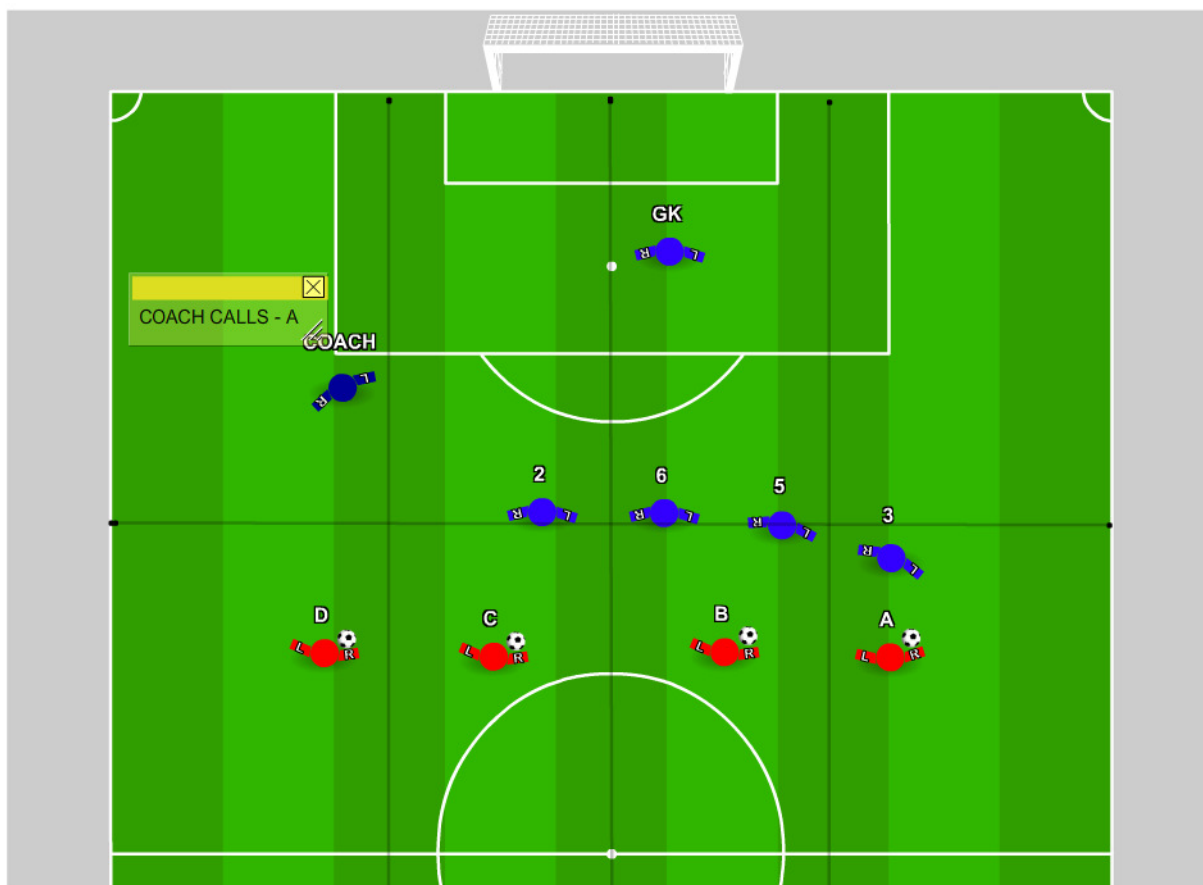


Diagonals and Covering for the Back Four - 1



Date:	18 Mar 2010	Measurement:	Half Pitch
Time:	.	Players:	9
Duration:	5 Min	Level/Age Group:	14+

Description: Four players, A, B, C and D each with balls at such a distance to occupy uniformly the width of the pitch, 15-20 yards from the 18 yard box. When the coach gives the signal, i.e. PLAYER A. The four defenders will have to arrange themselves as shown on the diagrams.

Objective: To develop the back four shape and positioning in relation to the attacking player with the ball.

Coaching Points: 1. In the first diagram, player 5 must be in a position to cover number 3 in case A is beaten and to mark B in advance, in case B receives a pass from A. Number 6 covers both number 3 and 5 marks C in advance.

Progression: 1. See the progressive diagrams.

Notes:

STEP 2 of 4

Coach calls "B"



STEP 3 of 4

Coach calls "C"



STEP 4 of 4

Coach calls "D"



**The Above Tactics were taken from Book
"Coaching The Italian 4-4-2"**

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