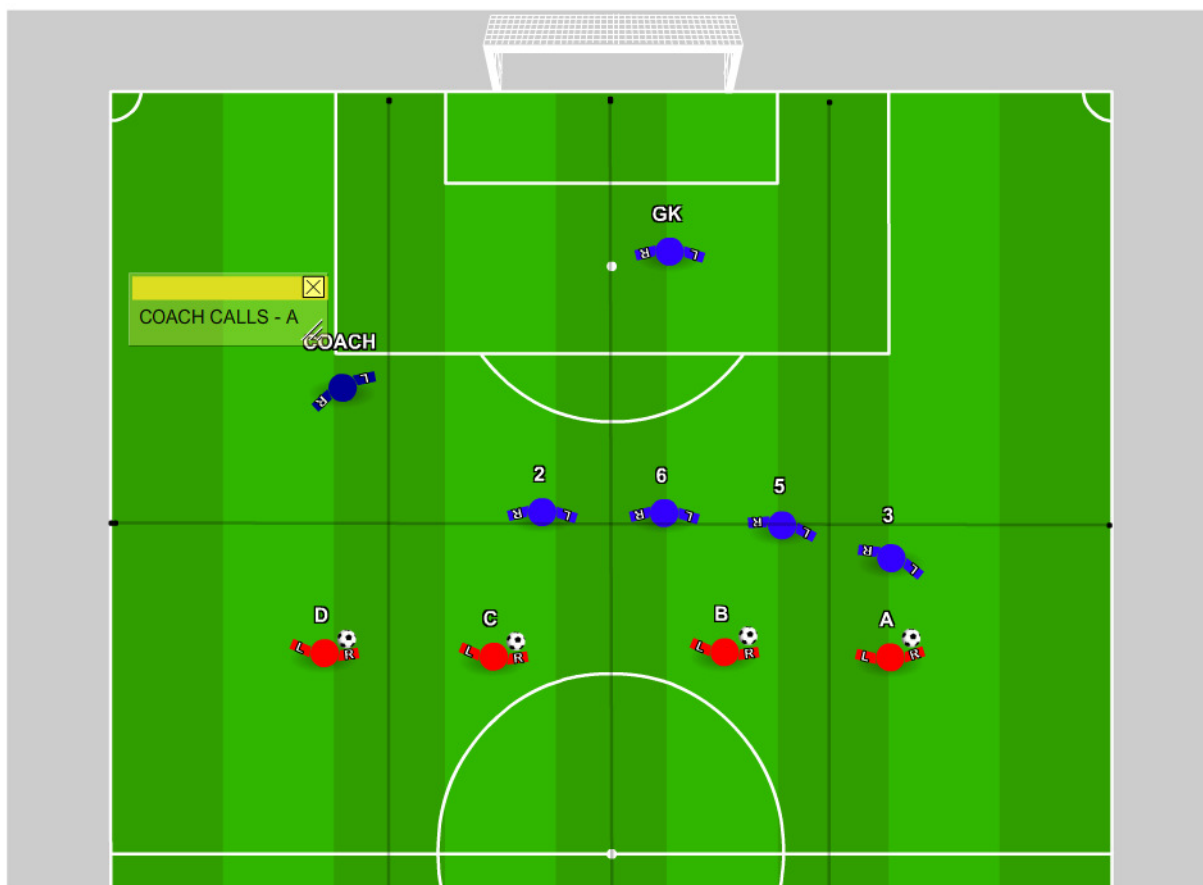


Diagonals and Covering for the Back Four - 1



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.

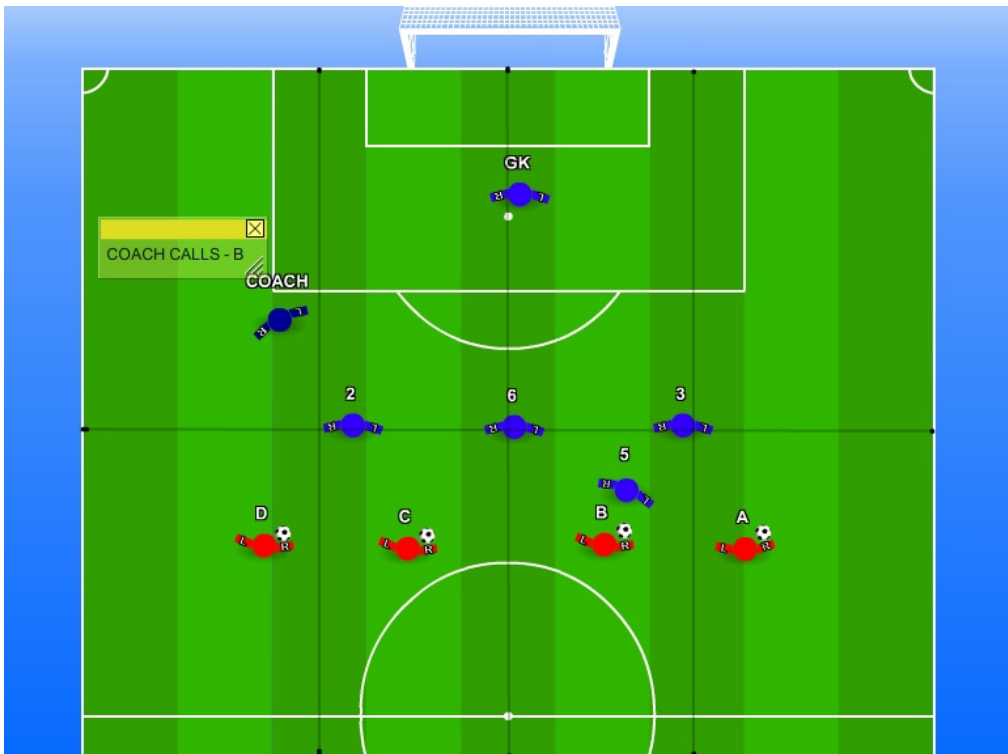
Coaching Points: 1. In the first diagram, player 5 must be in a position to cover number 3 in case A is beaten and to mark B in advance, in case B receives a pass from A. Number 6 covers both number 3 and 5 marks C in advance.

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"**

Purchase the book

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