



# Attacking in a 4 – 4 – 2 Formation

## **Attacking in a 4 – 4 – 2 Formation**

The 4-4-2 formation is the most commonly used formation in the world. This book will help teach your players to attack better as an individual and as a unit, create more chances and score more goals.

The sessions start off and build up from playing out from the back, playing through midfield and then working with centre forwards.

All aspects of attacking using a 4 – 4 – 2 are covered including small sided games, phases of play and functional practices.

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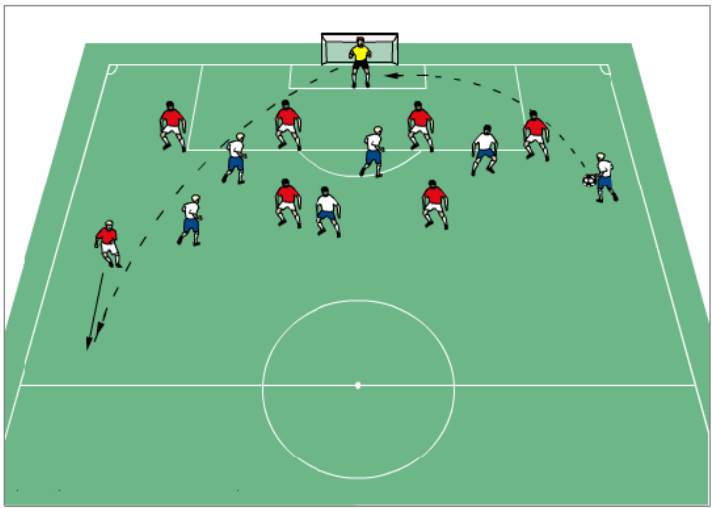
## **Attacking With Back Four**

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Gk Throw to Full Back</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• Ball Played in by Wide Player</li> <li>• GK throws direct to full back who starts counter attack</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• All teams expect every player to play a part in the attacking potency of the team.</li> <li>• Poor crosses or shots can be easily picked off by the keeper who can then set the team on a counter-attack</li> </ul>	

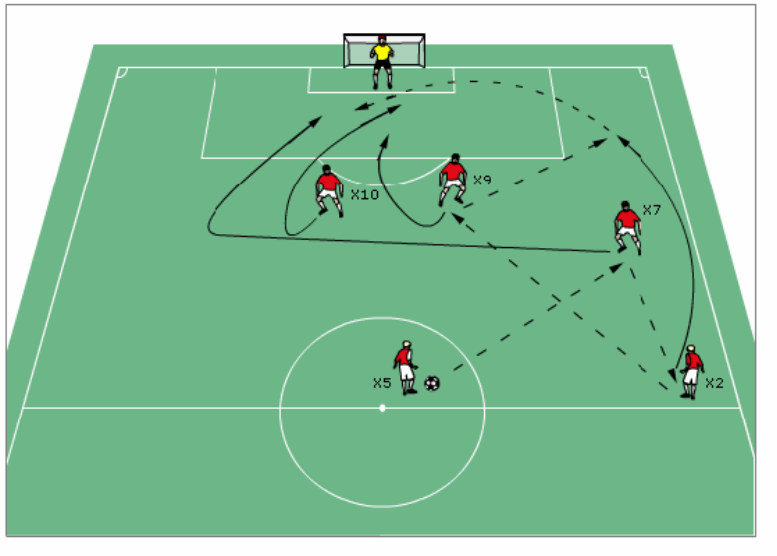
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Attacking with the Full Back</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p><b>Diamond Drill</b></p> <ul style="list-style-type: none"> <li>this practice takes the form of a drill to explain the interchange between the fullback and wide midfielder.</li> <li>By doubling up in some positions, and setting up players on the left flank, it is possible to get a continuous practice.</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>X5 passes wide to X7</li> <li>X7 sets the ball back for X2 (fullback)</li> <li>X7 runs inside and across X9</li> <li>X2 passes to X9 and makes an overlapping run</li> <li>X9 passes wide for overlapping X2 who crosses</li> <li>X7 and X10 make far and near post runs</li> <li>X9 spins</li> </ul>	

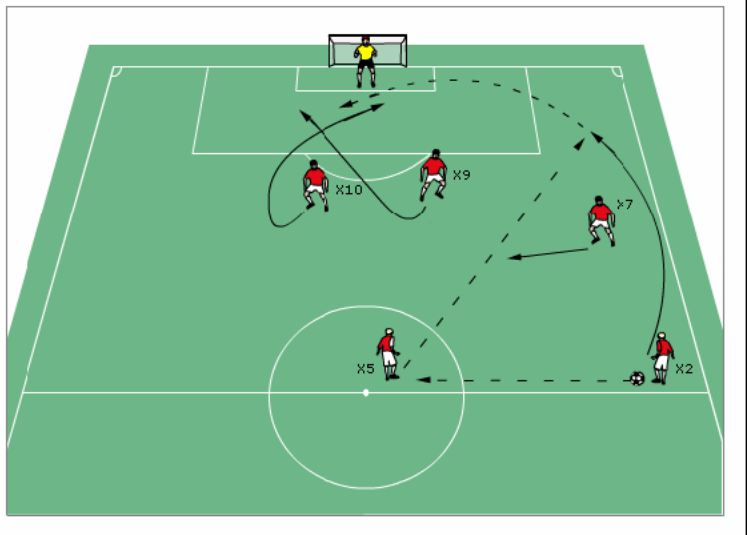
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Attacking with the Full Back</b>		

### Session Planner

### Timings

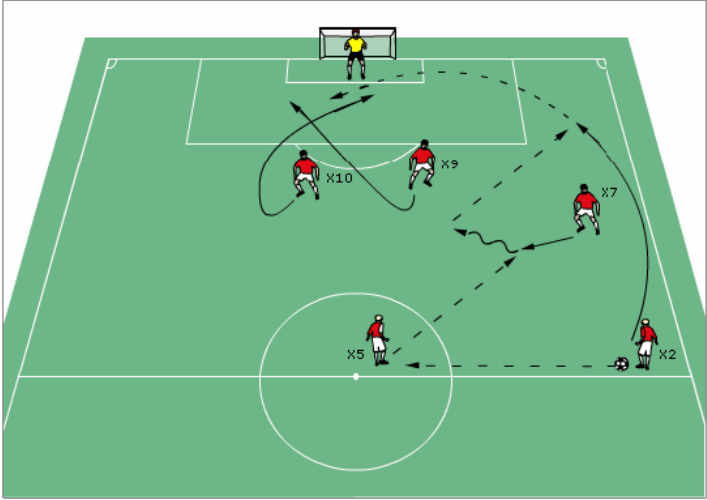
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<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>X2 passes inside to X5 and makes an overlapping run</li> <li>X7 makes a run inside to make space for X2's run</li> <li>X5 passes wide to overlapping X2</li> </ul>	

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Attacking with the Full Back</b>		

### Session Planner

### Timings

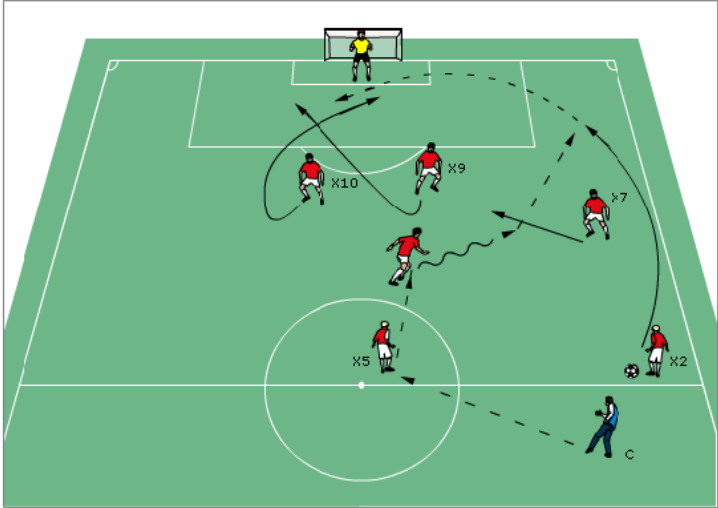
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<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>X2 passes inside to X5 and makes an overlapping run</li> <li>X7 makes a run inside to make space for X2's run</li> <li>If X7 is free and has space, X5 passes to him. X7 then runs inside with the ball</li> </ul>	

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Attacking With Fullbacks</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>Diamond Drill</p> <ul style="list-style-type: none"> <li>• this practice takes the form of a drill to explain the interchange between the fullback and wide midfielder.</li> <li>• By doubling up in some positions, and setting up players on the left flank, it is possible to get a continuous practice.</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• coach passes to X5</li> <li>• X5 passes into the midfielder, X8</li> <li>• X7 makes an attacking run inside</li> <li>• X8 attacks the space and passes to the overlapping X2</li> </ul>	



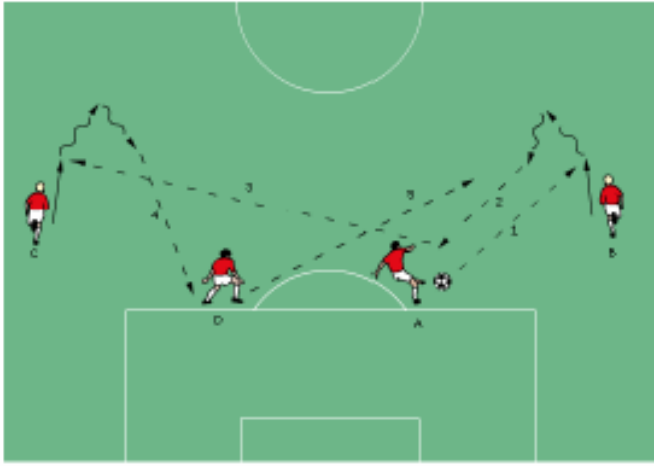
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Attacking With Fullbacks</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> <div style="text-align: center;">  </div>	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>Position 4 players as shown</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>A passes into B's path</li> <li>B dribbles with ball then turns and plays ball back to A</li> <li>A switches to C who dribbles turns and plays back to D</li> <li>D plays a ball out wide to B into his path</li> </ul>	


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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Attacking With Fullbacks – Small sided Game</b>		

**Session Planner**

**Timings**

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• Set up a goal on 2/3 of a pitch</li> <li>• Defenders (reds) set up in a 4 – 2 formation</li> <li>• Whites play 2 – 2- 1</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Reds try to dribble or play through the cones at top of pitch</li> <li>• Centre Back receives ball of CM</li> <li>• CM creates space by keeping away from full back (if he drops deep then it crowds the area for full back)</li> </ul>	




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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Attacking With Fullbacks – Small sided Game</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> <div style="display: flex; justify-content: space-around; align-items: center;">    </div>		
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• Set up a goal on 2/3 of a pitch</li> <li>• Defenders (reds) set up in a 4 – 2 formation</li> <li>• Whites play 2 – 2- 1</li> </ul>		
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• A – Triangle in Middle of Pitch – centre back plays to centre mid, centre mid plays back to CB who then plays to CF</li> <li>• B - If defender passes to right back - CD plays to FB, FB inside to CF, FB makes overlapping run</li> <li>• C - If right back is in trouble – switching play, CB out to FB. FB back to CB who switches to opposite full back</li> </ul>		

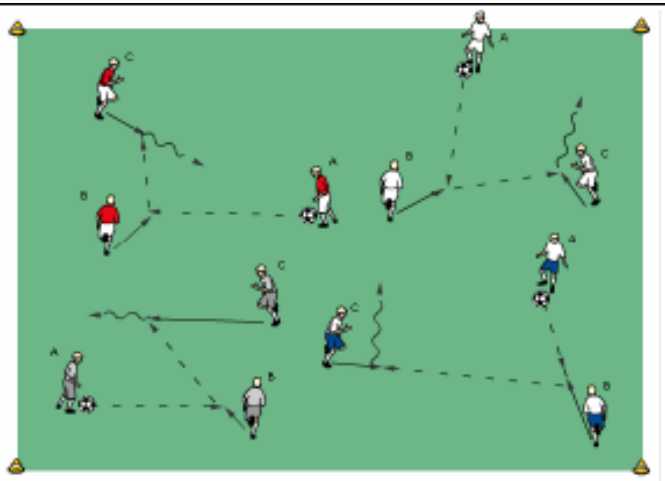
## **Attacking with Midfield Four**

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Central Midfield Skills – Passing in 3's</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• Groups of 3</li> <li>• Use as much space as needed</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• First few minutes player pass freely between themselves</li> <li>• Various movements (see diagram)</li> </ul>	

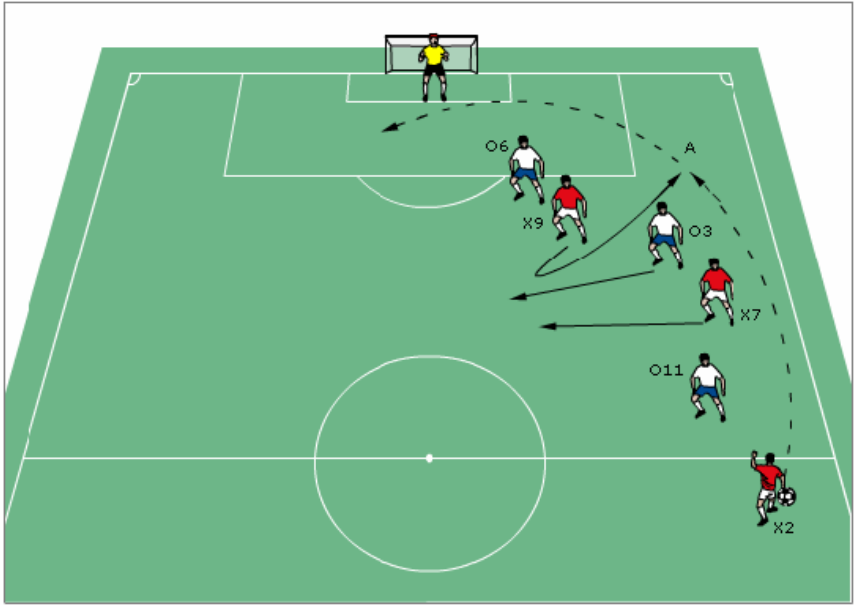
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Attacking with Midfield Four</b>		

**Session Planner**

**Timings**

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• 3 v. 3</li> <li>• begin with defenders acting as passive players</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• In this situation where X2 has the ball, X7 has a decision to make in trying to help. If he stays where he is, then he would receive the ball with O3 marking tight and O11 ready to chase back. If he runs inside, he leaves space A for the forward, X9 to exploit</li> </ul>	

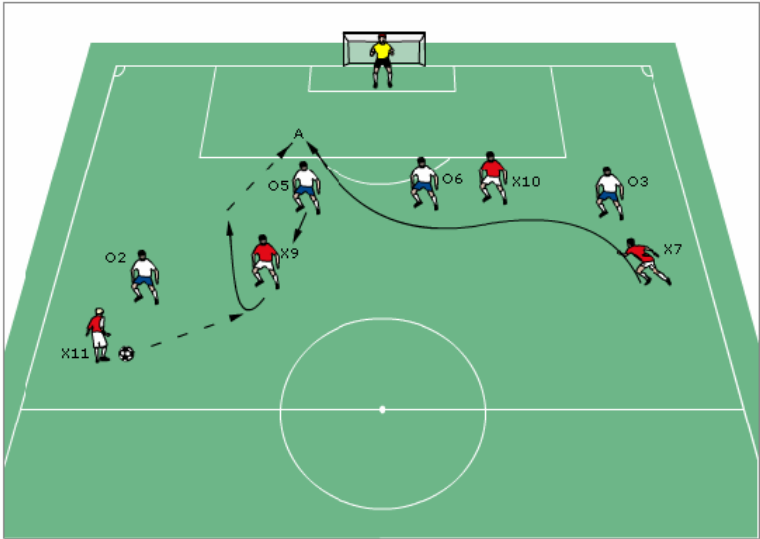
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Attacking with Midfield Four</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• X9 comes deep to show for the ball, receives it and is able to turn and face the opposing defenders</li> <li>• Before X9 even receives the ball, X7 has recognised the situation and starts to move, making a flat run across the field</li> <li>• The next decision is the timing of the run through the 'line of offside'. Go too soon, before the pass can be played and the run will be halted by the linesman's flag. Go too late, and O6 will have read the run and might get to the ball first.</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Create space – Centre forwards push right up on back 4, wide players use full width of pitch</li> </ul>	

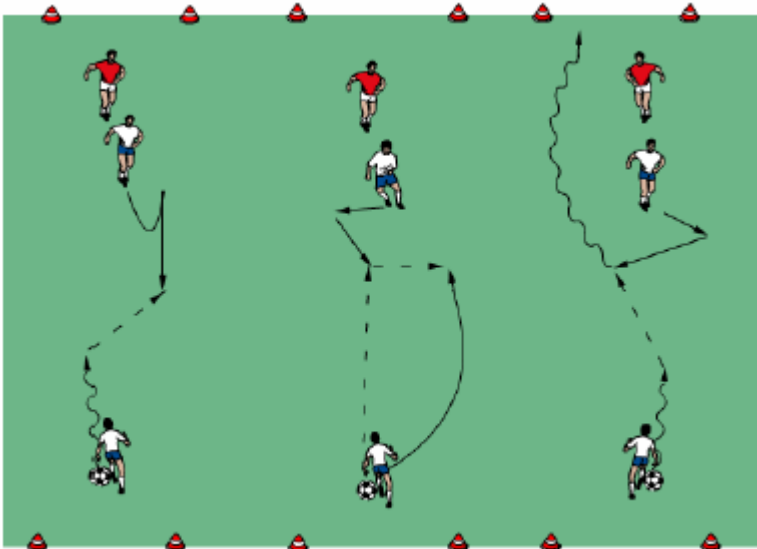
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Central Midfield Skills</b>		

**Session Planner**

**Timings**

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• Mark out several 10 x 15 yard grids</li> <li>• Divide players into groups of 3 – defender, midfielder and server</li> <li>• Striker / Midfield player checks away from defender</li> <li>• Server and striker play 2 v. 1 against defender</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Getting away from defender</li> <li>• Feel where defender is</li> <li>• Decision making – pass, turn, dribble</li> </ul>	



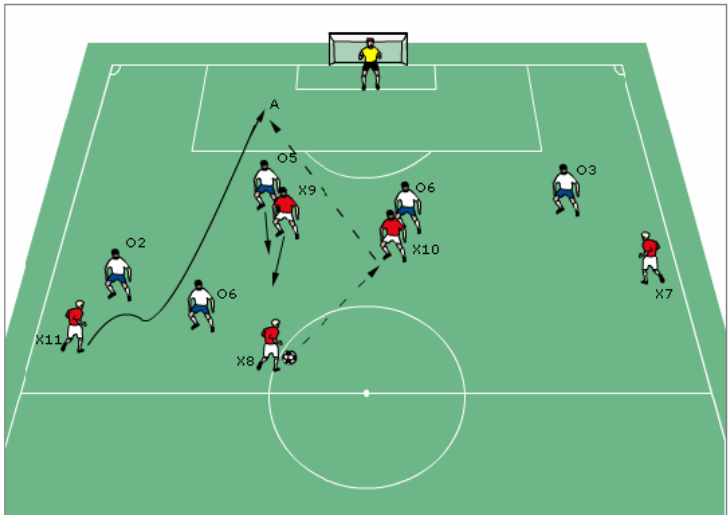
# Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Attacking with Midfielders</b>		

# Session Planner

## Timings

## Main Content



## Organisation

- X9 comes short to try to dislocate the opposition back line. O5 has to follow X9 to mark tightly but this leaves space A available to exploit. Very often O2 and O6 are aware of the danger too late. O2 might relax because O8 is forcing X8 to play inside. X11 can take advantage of this when X8 passes inside for X10 who passes quickly into space A for X11
- The pass into X10 and from X10 can be achieved even if X10 is marked tightly

### Key Factors/Coaching Points

- One centre forward drops deep, other stays slightly higher to keep the space and to draw the defender out so as to create space in behind.

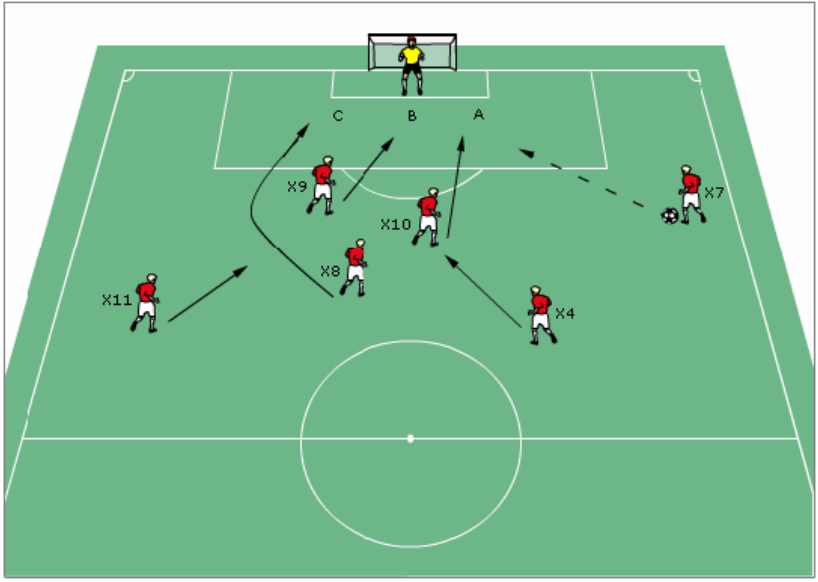
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Attacking with Central Midfield Players</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>X8 is able to attack far post position, so X11 and X4 hold positions outside of the penalty area looking for any knock downs</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>PTA – prime target area is just outside 6 yard box. Players make quick runs into box</li> </ul>	

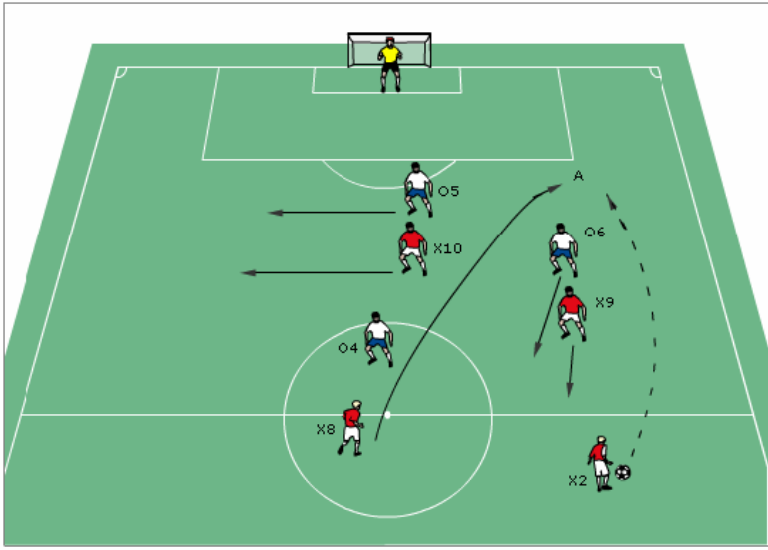
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Attacking with Central Midfield Players</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>in the diagram X2 has possession, X9 has drawn O6 short and X10 has pulled away to try to move O5. Providing X2 can now deliver a quality pass, X8 needs to think about a hard run to attack space A</li> <li>X9 comes short to show for a pass from X2 bringing his marker O6 with him</li> <li>X10 pulls away and takes his marker O5 with him</li> <li>This leaves space A that could be exploited by a run from centre midfielder X8</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>Ball by X2 should be instep, round the corner for X8</li> <li>Timing of run by X10 (take defender away) and X8 (too early and O5 will step</li> </ul>	

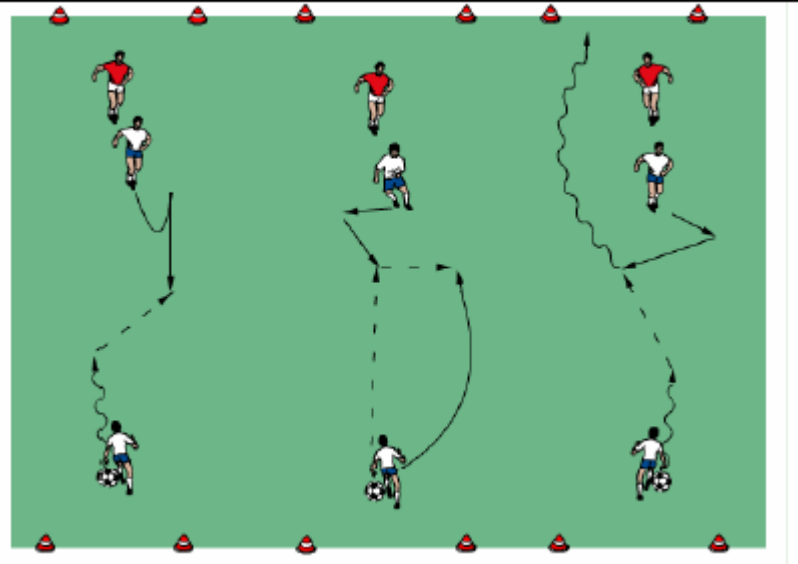
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Central Midfield Skills</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• Mark out several 10 x 15 yard grids</li> <li>• Divide players into groups of 3 – defender, midfielder and server</li> <li>• Striker / Midfield player checks away from defender</li> <li>• Server and striker play 2 v. 1 against defender</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Getting away from defender</li> <li>• Feel where defender is</li> <li>• Decision making – pass, turn, dribble</li> </ul>	

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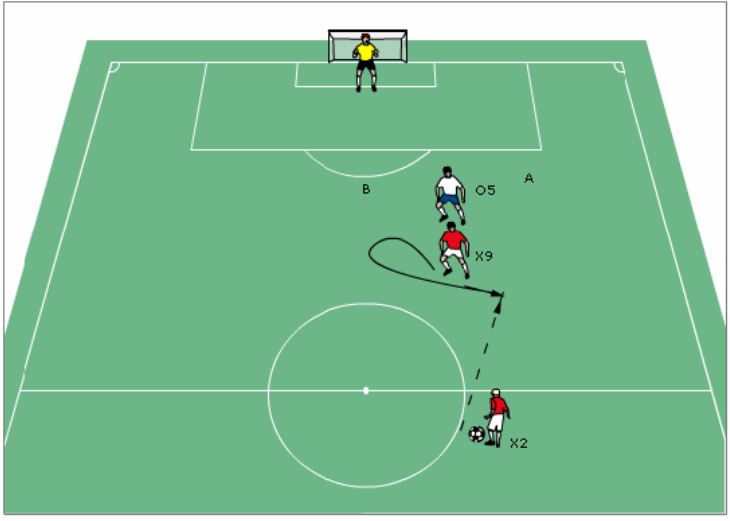
## **Attacking with the Front Two**

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Attacking with front 2</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>X2 touches ball out his feet and then passes to X9  X9 should move just as X2 is about to take that first touch  In this instance, he moves to his right first and then left, and is looking for X2 to pass the ball to space A</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Movement away – take defender away from attacker and use the space created to receive the ball</li> </ul>	

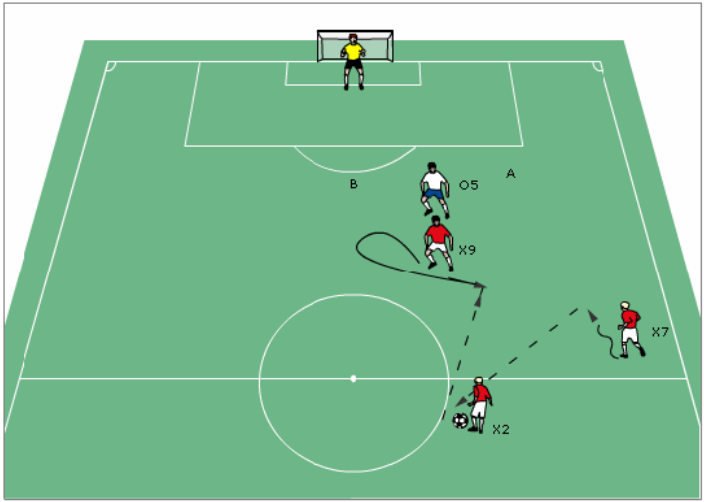
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Attacking with Front 2</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>to make the timing of the runs more realistic, X7 now starts the practice by dribbling the ball forward, turning and setting a pass back to X2</li> <li>as this is happening X9 should be getting ready by making that first run to the right so that when the ball arrives to X2, X2 is able to play it with one touch into the path of X9's second run</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p>	

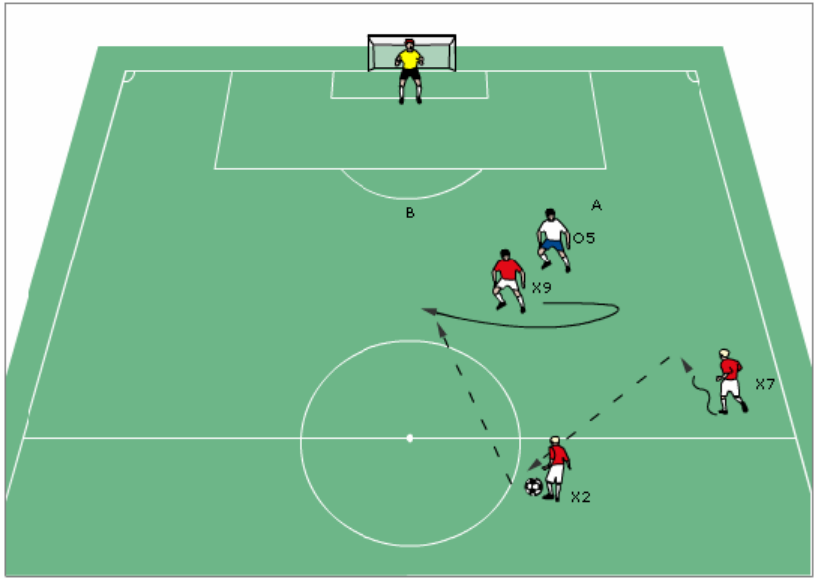
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Attacking with the Front 2</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>if O5 marks on his left, X9 can make the first movement in that direction and the second towards space B</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>Angle / Distance of Support</li> <li>Support behind the ball if X9 cant turn</li> </ul>	



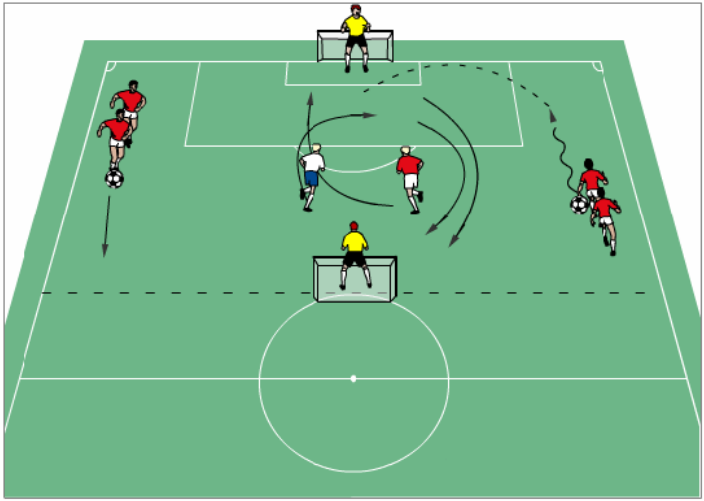
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Attacking With Front 2</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>Two goals are placed 40 yards apart with 4 servers in wide positions on either side of each goal, five yards infield from the goal line</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>Two strikers make cross over runs towards one goal with one serving playing the ball in.</li> <li>The strikers attack the ball then turn and sprint crossing over to the other goal where another server plays the ball in for them to finish</li> </ul>	

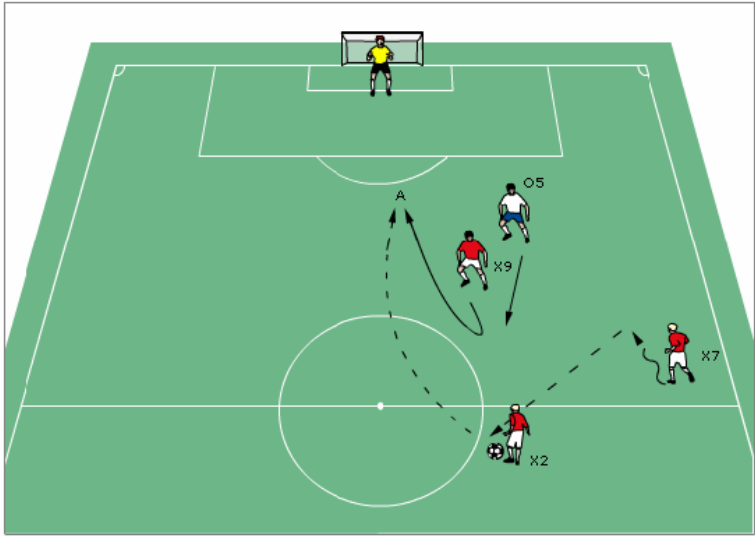


## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Attacking with the Front 2</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• Here, X9 comes short to go long.</li> <li>• X2 must be ready to play the ball slightly past the striker into space A</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Movement away to create space</li> <li>• Positive attitude</li> <li>• Feel where defender is</li> </ul>	

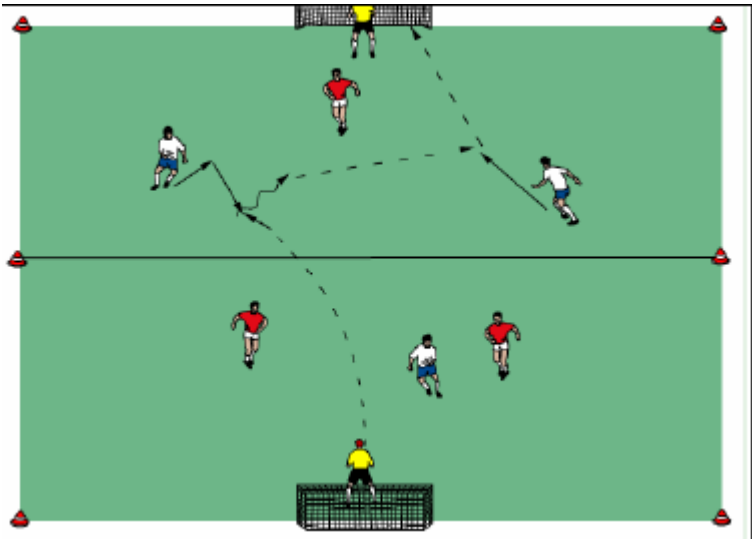
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>2 v. 1 Attacking</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• Set up 2 goals, 2 GK's</li> <li>• 2 v. 1 in each section</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Creating space (away from defenders)</li> <li>• Decision making (pass, turn, dribble)</li> </ul>	

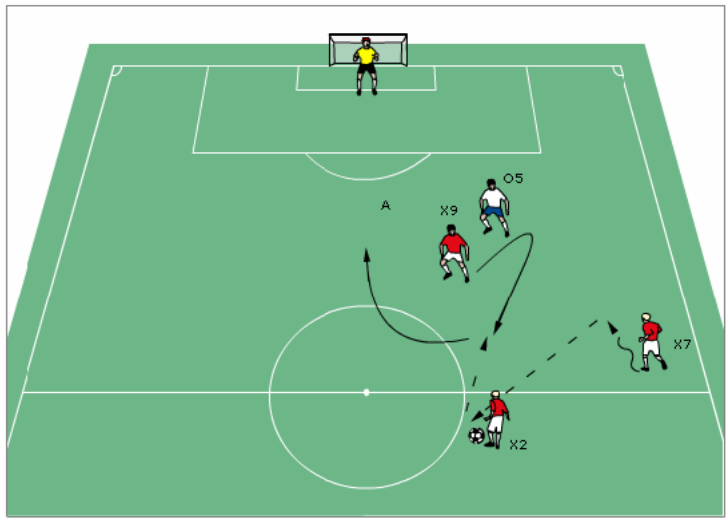
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Attacking with the Front 2</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>X9 goes long, checks back to receive short and then turns with the ball into space A</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p>	

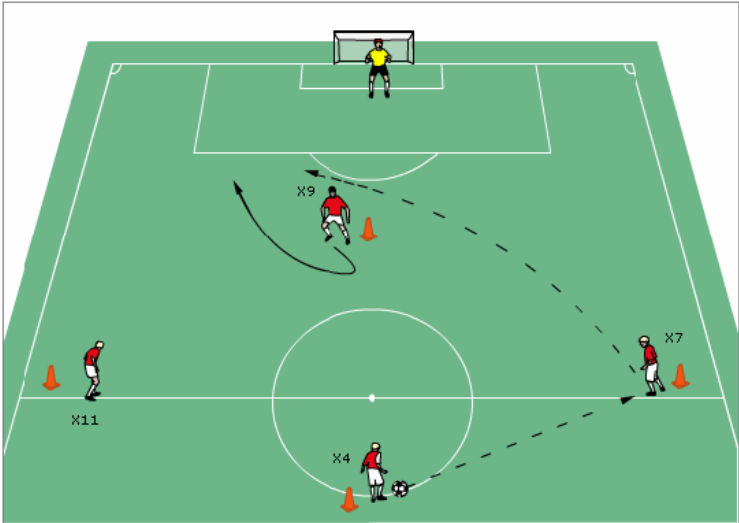
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Attacking with Front 2</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• X4 plays a pass to X7 who controls and plays a longer pass on a diagonal to X9</li> <li>• The movement of X9 is toward X7 and then away</li> <li>• The coach needs to concentrate on the timing of the runs by X9 as well as the quality of pass from X7</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p>	

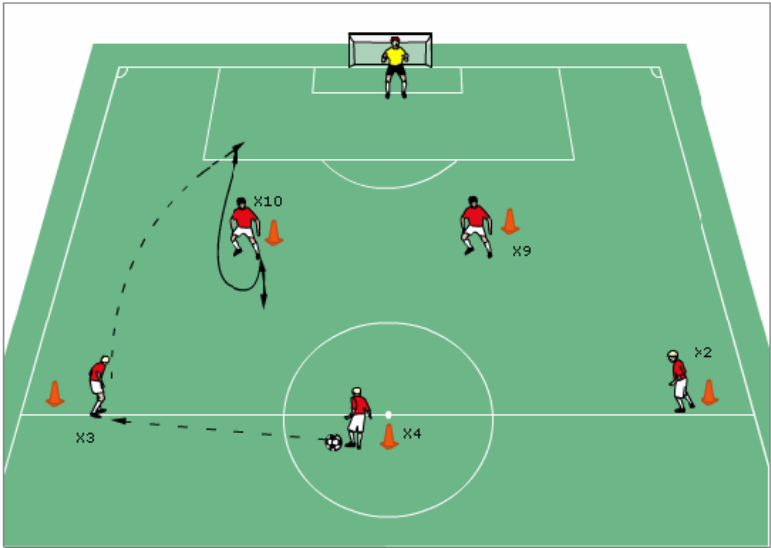
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Attacking with Front 2</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• X4 plays to X3</li> <li>• X10 comes short to spin and look for a pass over the top from X3</li> <li>• X2 and x9 provide support for x10 who can cross or shoot</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Positive attitude</li> <li>• Drive into penalty area</li> <li>• Hit target</li> </ul>	

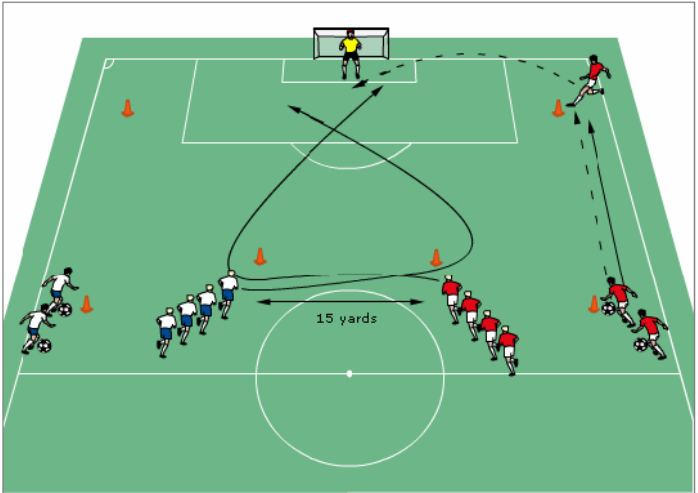
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Game Specific Movement Patterns</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>Half a pitch, cones, players, balls  Wide player plays a ball into a player in the corner who lays the ball back for the wide player to deliver a waist high ball into the six-yard area  Two players on the edge of the area work a switch before advancing to the near or far post for a one touch-finish.  Alternate flanks</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <p>Focus on the quality of delivery  Work on the quality and timing of the runs  Emphasize the precision of the one-touch finish</p>	



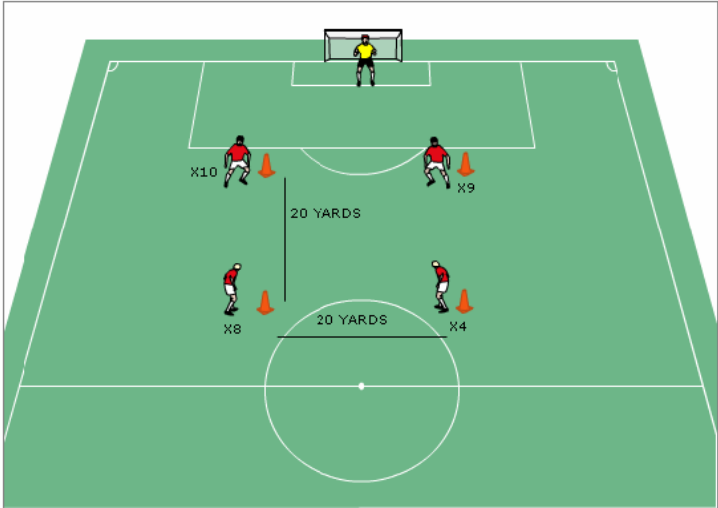
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# **Academy Football Coaching Session Plan**

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Attacking with Front 2</b>		

## **Session Planner**

## **Timings**

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• here is the organisation for practicing forward combinations.</li> <li>• X4 starts by passing to X8 who then passes to the strikers</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p>	

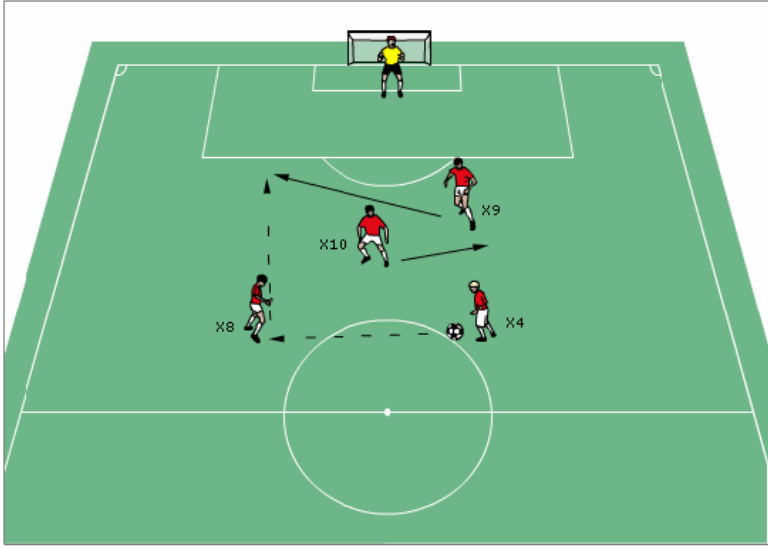
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Attacking with Front 2</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• X9 can make a run to exploit the space left by X10.</li> <li>• Rather than run directly into the space he should consider the movements suggested in the diagram</li> <li>• That is one movement away from the ball and then check back to attack the space</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p>	

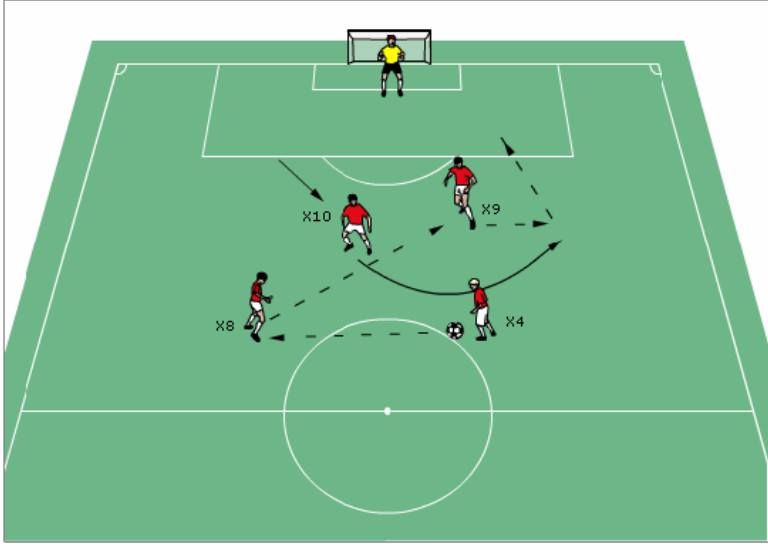
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Attacking with Front 2</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• X10 makes a diagonal run toward X4</li> <li>• X8 passes firmly to X9 who has held his position</li> <li>• X10 allows the pass to go by him and then follows</li> <li>• X9 sets the ball off for X10 to go on and shoot</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p>	

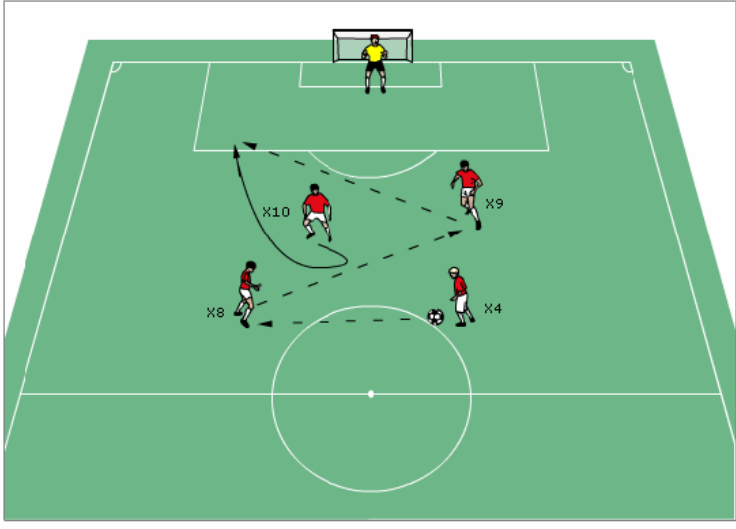
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Attacking with Front 2</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>the same pass from X8 to X9</li> <li>this time, X10 turns back towards his starting position to receive a pass from X9 and go on to shoot</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p>	

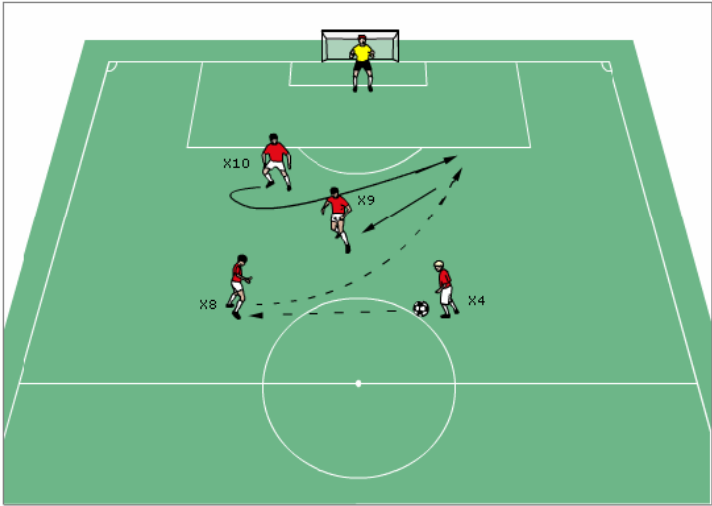
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# **Academy Football Coaching Session Plan**

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Attacking with Front 2</b>		

## **Session Planner**

## **Timings**

<p style="text-align: center;"><b>Main Content</b></p> <div style="text-align: center;">  </div>	
<p style="text-align: center;"><b>Organisation</b></p> <p>X9 has now moved and come toward the ball This leaves space for X10 to exploit and go through on goal</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p>	

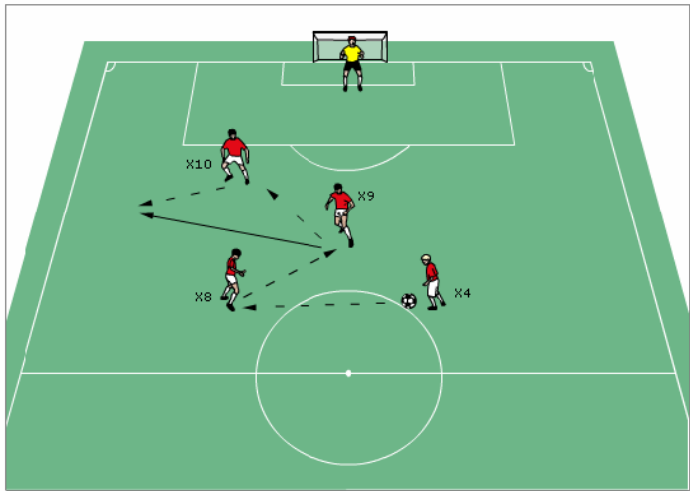
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Attacking with the Front 2</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>when X9 receives a soft pass from X8, he plays it with one touch to X10 and then follows the ball</li> <li>X10 lays it off for X9 who continues on to shoot at goal</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p>	

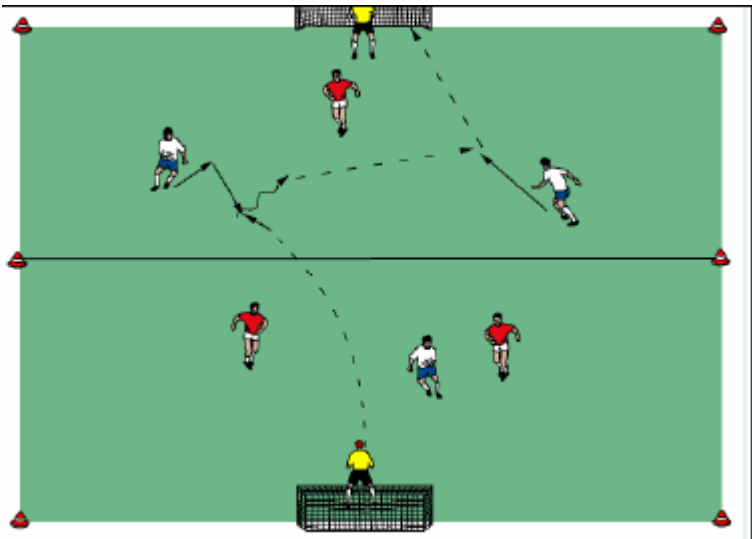
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>2 v. 1 Attacking</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>Set up 2 goals, 2 GK's 2 v. 1 in each section</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <p>Creating space (away from defenders) Decision making (pass, turn, dribble)</p>	

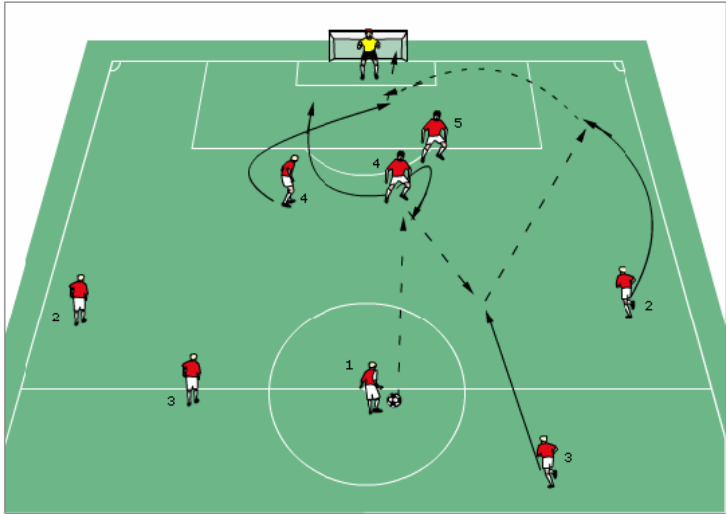
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Combination Play (Part 1)</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• Player 1 passes to player 4</li> <li>• Player 3 runs to support player 4</li> <li>• Player 4 lays the ball off for player 3 to pass to player 2 who is overlapping down the flank</li> <li>• Player 2 crosses with one touch for players 4</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Quality of passes, the final cross and the finish</li> <li>• Timing of the movement in combination play and toward the goal</li> </ul>	



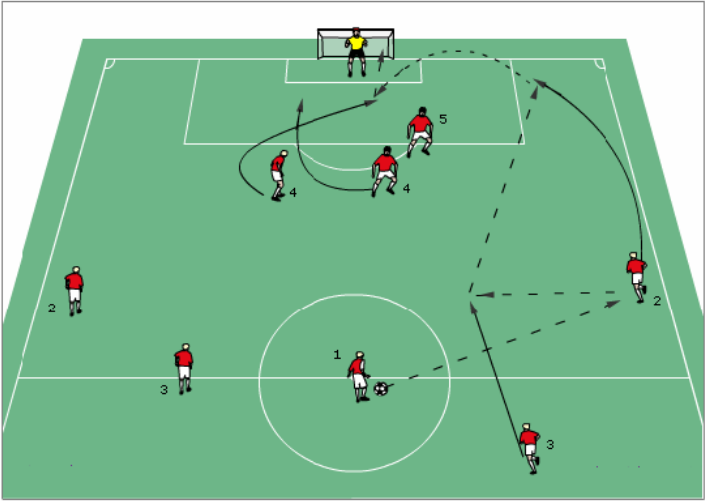
- Eye contact throughout

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Combination Play (Part 1)</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• Player 1 passes to Player 2's feet.</li> <li>• Player 3 (the second central midfielder player) runs up to support player 2</li> <li>• Player 2 lays the ball off to player 3 who plays a diagonal ball back to player 2 who is marking an overlapping run down the flank</li> <li>• Player 2 cross the ball with one touch for players 4 (left and right) who have made near and far post runs to finish with one touch</li> <li>• Then play on opposite flank</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Quality of passes, the final cross and finish</li> </ul>	

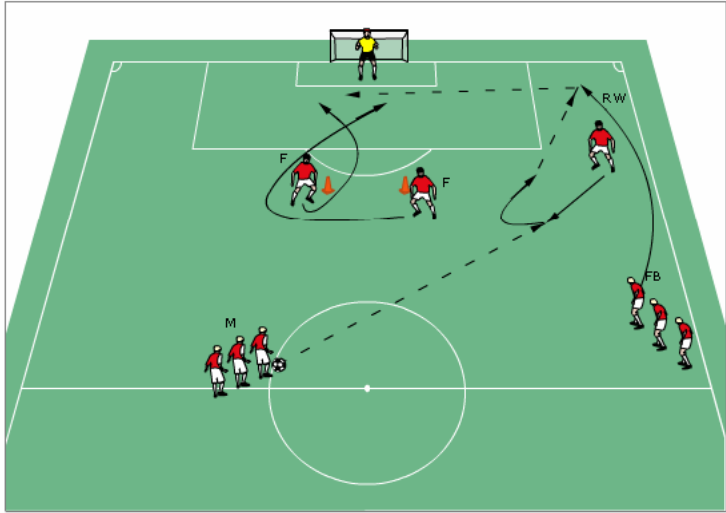
<ul style="list-style-type: none"> <li>Timing of the movement in combination play and toward the goal</li> <li>Eye contact throughout</li> </ul>	
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Overlaps/Timing of Runs</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>Central midfielder plays a diagonal ball to the right winger who has checked his run</li> <li>Right winger plays a reverse [pass to the over-lapping fullback who delivers a one-touch cross to two forwards making near and far post runs</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>The RW needs to meet the ball at an angle to ensure a good reverse pass</li> <li>The CM can move forward to support on the edge of the penalty area</li> </ul>	

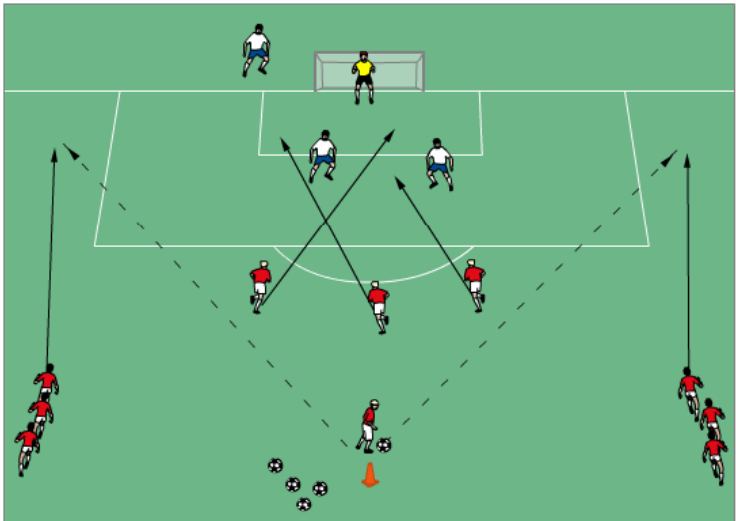
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>3 v. 2 small-sided game</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <p>Coach plays diagonal passes to wide players (alternate).  Winger has option to either take a touch or play cross with first touch.  3 attackers start from edge of 18 yard box and try to finish with one touch  opposite winger attack from deep if cross is over hit</p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <p>A variety of serves are encouraged  Focus on quality of serve</p>	

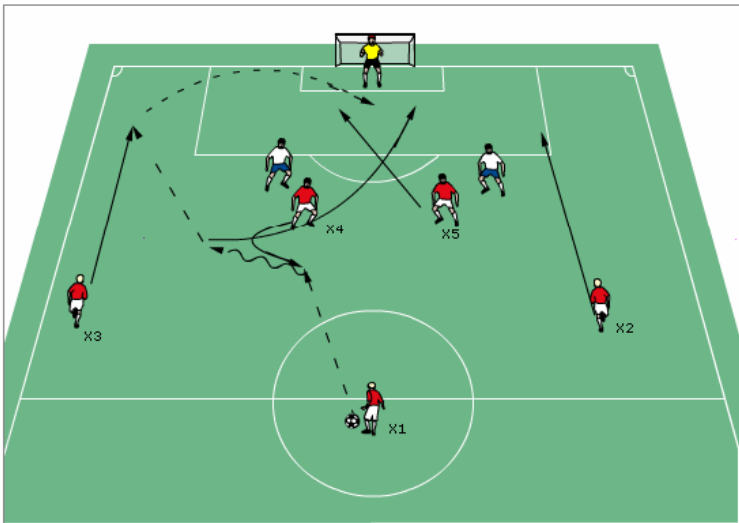
Angle of runs made	
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>5 v. 2 Small-sided Game</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• X1 passes to x4, who has checked away from the ball before the pass and then back to the ball</li> <li>• X4 then receives the pass, dribbles to wards the defender in order to occupy him and then makes a soft pass to X3 who is making an overlapping run</li> <li>• X4 and X5 make near and far post runs at X3 delivers a cross for a one-touch finish</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Good first pass on the ground onto the front foot of the player receiving the</li> </ul>	

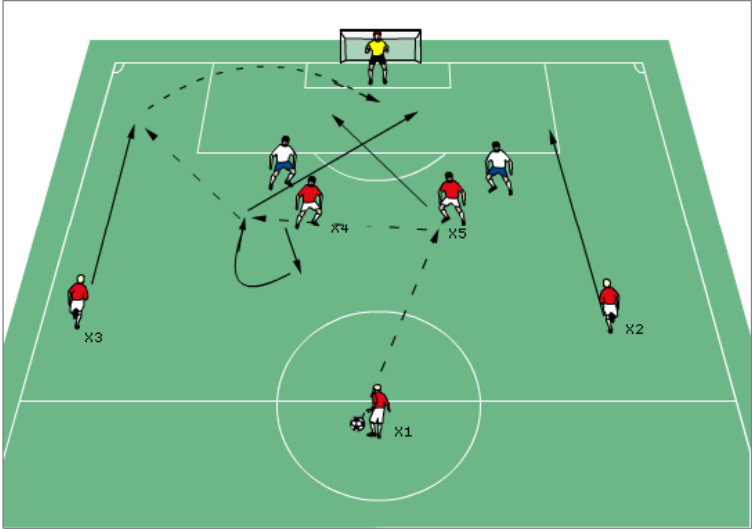
ball	
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>5 v. 2 Small-sided Game</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>Defenders play tighter</li> <li>Same set up is used for a three-man combination play.</li> <li>Both front players are involved.</li> <li>X4 checks to the ball, the ball is nevertheless played to X5</li> <li>As ball is played, X4 makes a curling run and receives a one-touch pass from X5. X4 then plays a short diagonal pass to the overlapping X3</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p>	

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# Defending in a 4-4-2 Formation

## **Defending in a 4 – 4 – 2 Formation**

The 4-4-2 formation is the most commonly used formation in the world. This book will help teach your players to defend better as an individual and as a unit.

The sessions start off 1 v. 1 then build up to a 6 v. 4 and onto full 11 v. 11 phases of play.

All aspects of defending are covered from providing cover and balance, communication, shape, pressure, recovery runs and forcing play.

## **Contents**

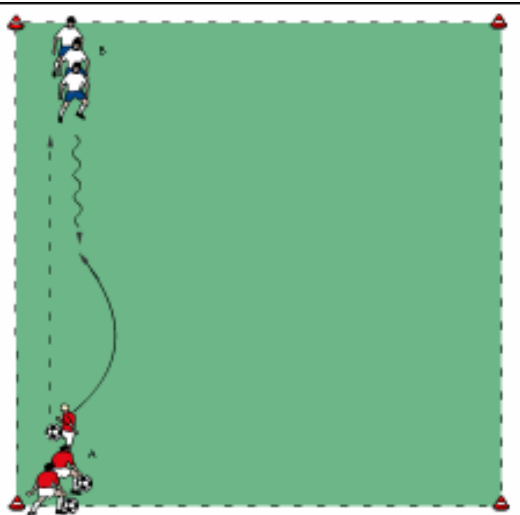
<b>1 v. 1 Defending</b>	51 – 53
<b>2 v. 2 Defending</b>	53 - 60
<b>3 v. 3 Defending</b>	61
<b>4 v. 4 Defending</b>	62 - 68
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<b>6 v. 6</b>	72 – 83
 <b>Midfield Players Roles</b>	
<b>1 v. 1</b>	85 - 86
<b>Central Midfield Role</b>	87 - 90
<b>Centre Forwards Role</b>	92 - 95

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>1 v. 1 defending</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• 15 x 10 yard area</li> <li>• divide 2 groups into equal size</li> <li>• B must try and dribble across the line past A</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• A passes to B and pressures the ball</li> <li>• Move quickly as the ball is travelling</li> <li>• Slow down on touch</li> <li>• Steady, sneak steal – be patient just hold the player up and don't dive in</li> </ul>	




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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>1 v. 1 defending</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> <hr/> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• 15 x 10 yard area</li> <li>• divide 2 groups into equal size</li> <li>• B must try and dribble through A's goal</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• A passes to B and pressures the ball</li> <li>• Move quickly as the ball is travelling</li> <li>• Slow down on touch</li> <li>• Steady, sneak steal – be patient just hold the player up and don't dive in</li> <li>• Focus on transitions – when B loses ball B then becomes the attacker</li> </ul>	

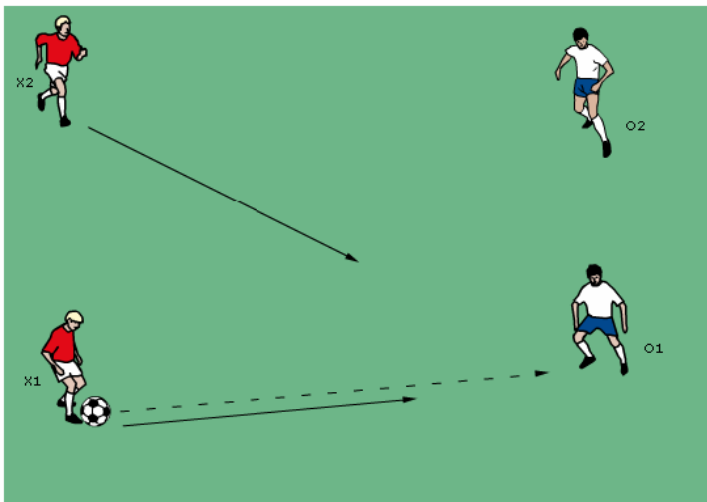
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>2 v. 2 Defending</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• X1 and X2 defend against O1 and O2.</li> <li>• X1 passes ball to O1 and closes down O1</li> <li>• O1 must close down the space and prevent O1 moving towards the end line.</li> <li>• X2 provides cover and balance</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Move as ball is travelling</li> <li>• Get side on – touch tight</li> <li>• Good supporting angle from x2</li> <li>• Communication – ‘I’ll go ball’ or ‘show inside’</li> </ul>	

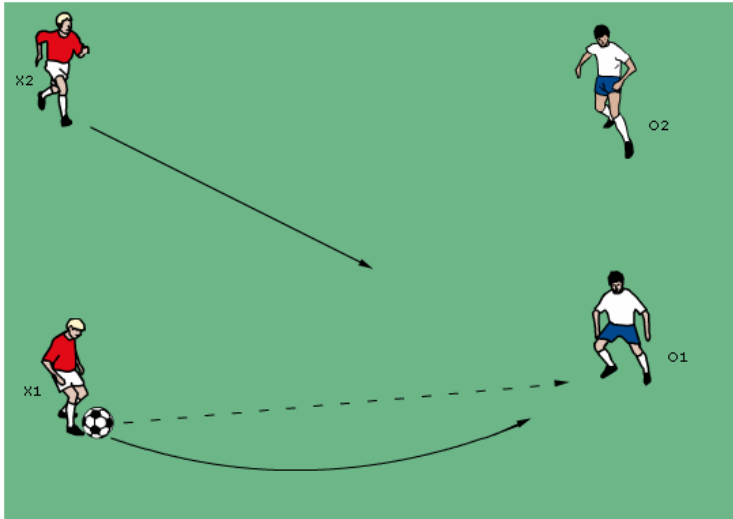
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>2 v. 2 Progression</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• X1 and X2 close down O1 and O2</li> <li>• X1 plays ball to O1 and play starts</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• X1 should try to angle his approach so that O1 is encouraged to move inside towards X2</li> <li>• X1 needs to get close enough to O1 so that O1 has to look down at the ball</li> <li>• If X1 is able to turn O1 back towards his own line, then he should move in quickly, maintain the pressure, and keep forcing him back</li> </ul>	

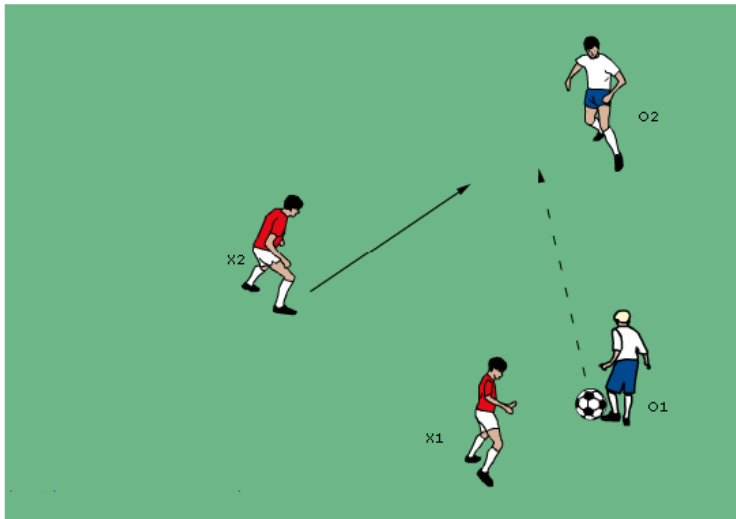
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>2 v. 2 Progression</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>As x1 plays ball to O1 both X's close down space</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>X2 also moves quickly and looks to position himself in a covering position. His covering position is shown in the diagram (behind and inside X1)</li> <li>X2 needs to be able to see O2 and, should a pass to O2 be made, be ready to move quickly to intercept, tackle O2 or snap up a poor touch</li> </ul>	

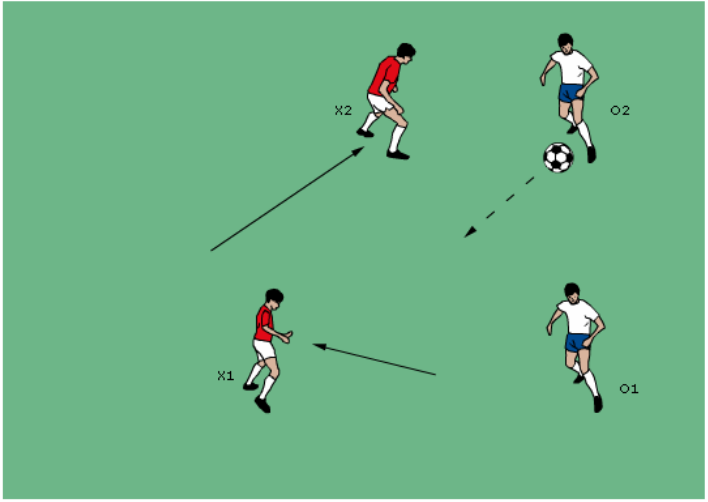
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>2 v. 2 Progression</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> <div style="text-align: center;">  </div>	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>As x1 plays ball to O1 both X's close down space</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>If X 2 is not able to intercept or steal the ball, he should position himself so that O2 is encouraged to move inside rather than outside</li> <li>In doing so this, X1 should have taken up a covering position</li> </ul>	

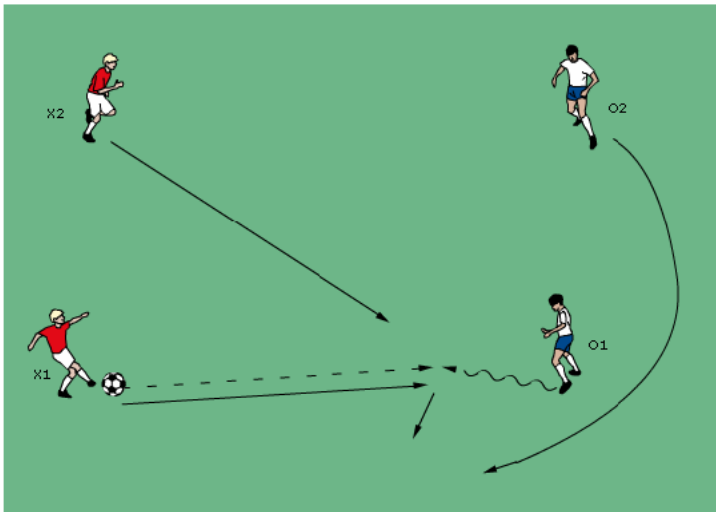
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>2 v. 2 Overlap</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>As x1 plays ball to O1 both X's close down space</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>If O2 makes a run/overlap behind O1, the correct movements for the defenders are as shown – X1 backs off to track the run of 2, X2 closes in on O1</li> <li>The result is, X2 confronting O1 and forcing him towards X1, the covering defender</li> </ul>	

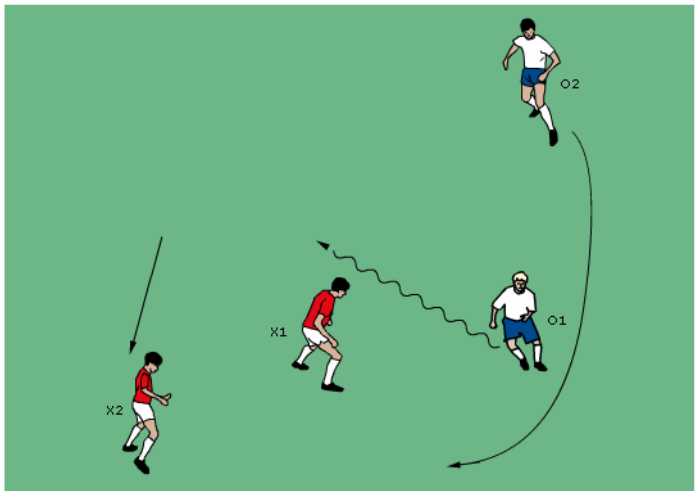
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>2 v. 2 Defending Overlap (incorrect)</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>As x1 plays ball to O1 both X's close down space</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>The mistake which is generally made by defenders is for the support player (x2) to follow the overlap run.</li> <li>This enables the player with the ball to come inside and exploit the space vacated by x2.</li> </ul>	

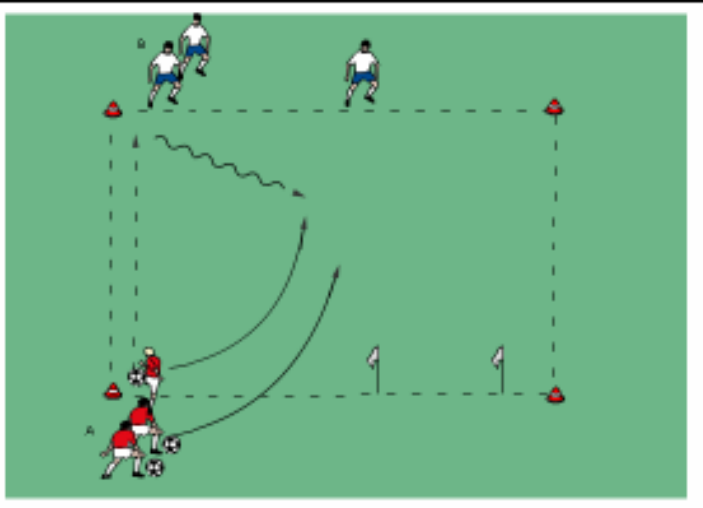
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>2 v. 2 defending+ support player</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• Set up 15 x 10 yard grid with one goal</li> <li>• A plays to B and B then attacks the goal</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• The mistake which is generally made by defenders is for the support player (x2) to follow the overlap run.</li> <li>• This enables the player with the ball to come inside and exploit the space vacated by x2.</li> </ul>	



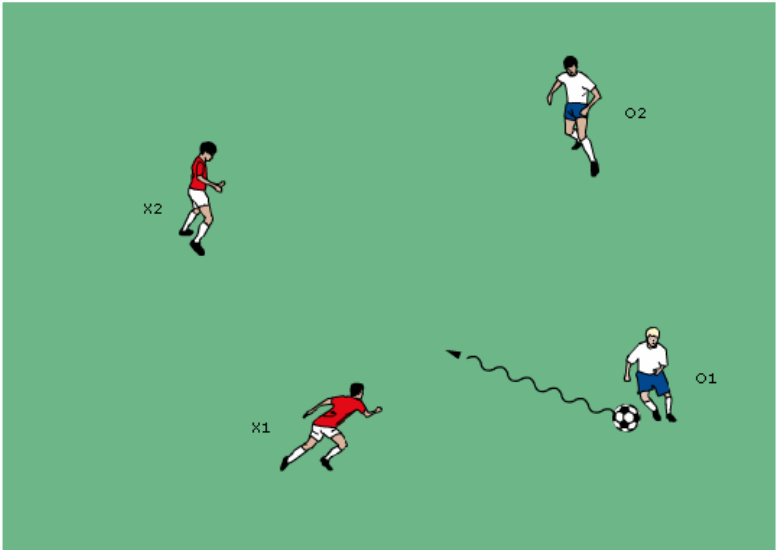
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>2 v. 2 Progression (Large Space)</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• Set up 15 x 10 yard grid with one goal</li> <li>• A plays to B and B then attacks the goal</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Slowing the attacker down – move quickly as the ball is played</li> <li>• Closing down too quickly and diving in will allow the attacker to beat the defender</li> <li>• Backing off in a slow controlled manner (jockeying) will enable the supporting player to cover</li> </ul>	

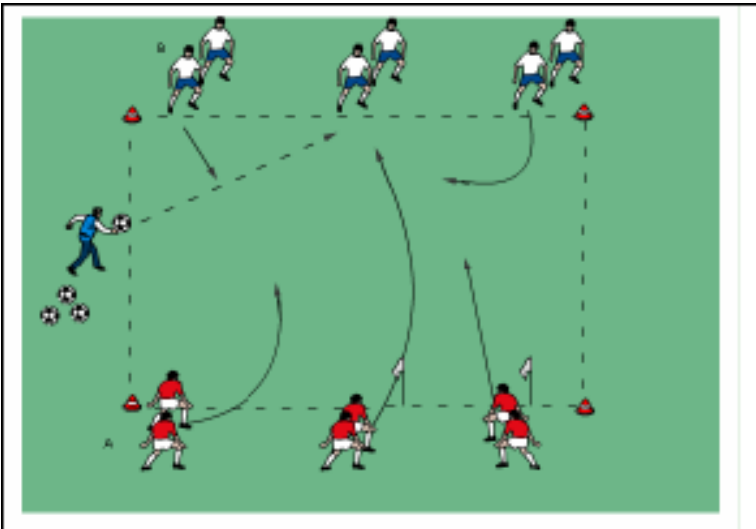
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>3 v. 3 defending with one goal</b>		

### Session Planner

### Timings

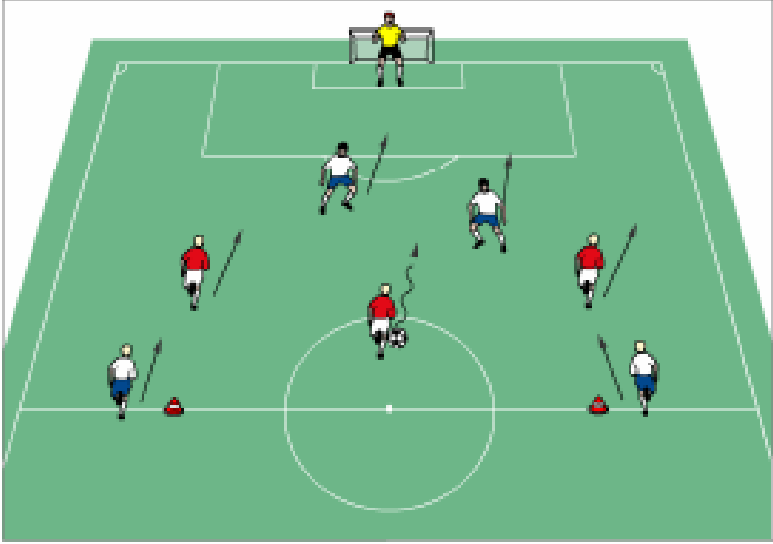
<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>25 x 25 yard grid with one goal</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>using all previous defending notes</li> </ul>	

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Defending in a 4 v. 4</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• set up one goal on half a field</li> <li>• two defenders</li> <li>• 3 attackers</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• when outnumbered – slow attackers down, winning the ball is a low priority</li> <li>• prevent shots</li> <li>• force attackers to play square passes</li> <li>• be patient – cover each other, communicate</li> </ul>	

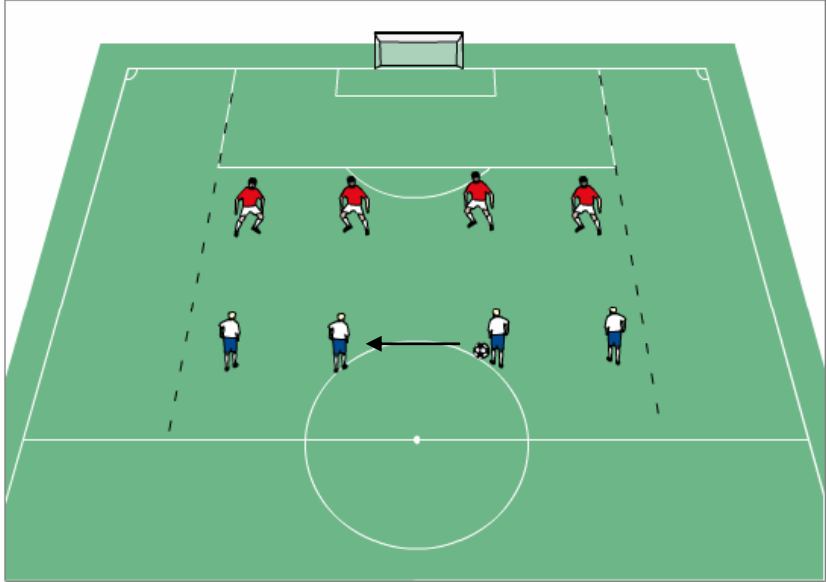
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>4 v. 4 Defending</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> <div style="text-align: center;">  </div>	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• Width of 18 yard box</li> <li>• 4 defenders v. 4 attackers</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• This practice enables defenders in a back 4 to understand their roles and responsibilities when matched up</li> <li>• This practice starts as a passive practice and the attackers just move the ball round</li> </ul>	

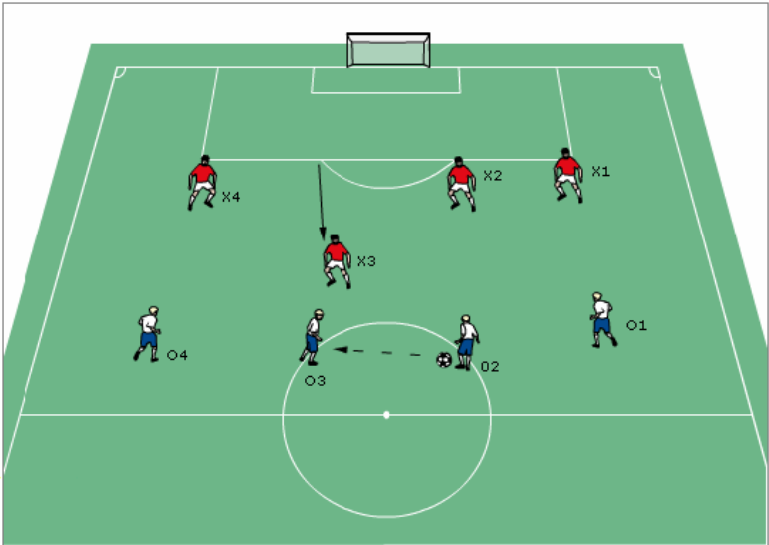
and defenders adjust their shape accordingly	
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>4 v. 4 Defending (ball in central area)</b>		

### Session Planner

### Timings

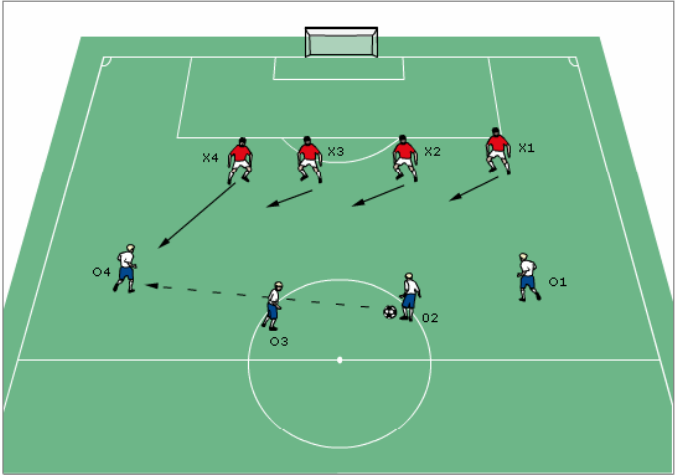
<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• Width of 18 yard box</li> <li>• 4 defenders v. 4 attackers</li> <li>• Ball is played to central player</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• X3 applies pressure</li> <li>• X4 and x2 tuck in and create a defensive triangle</li> </ul>	

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Defending in a 4 v. 4 Ball in wide area</b>		

### Session Planner

### Timings


<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• Width of 18 yard box</li> <li>• 4 defenders v. 4 attackers</li> <li>• Ball is played out wide</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• if the ball is passed out wide to O4, X4 should pressure the ball and the other three defenders should slide over to that side of the field</li> <li>• X4 should try and position himself so he forces O4 inside toward X3</li> </ul>	

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>3 zone defending</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• Divide pitch as above in 2 outside zones (20 yards) and one inside zone 10 yards</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Red v. White</li> <li>• If attackers attack on one wing, all defenders must leave the other, otherwise the attacking team scores a point</li> </ul>	

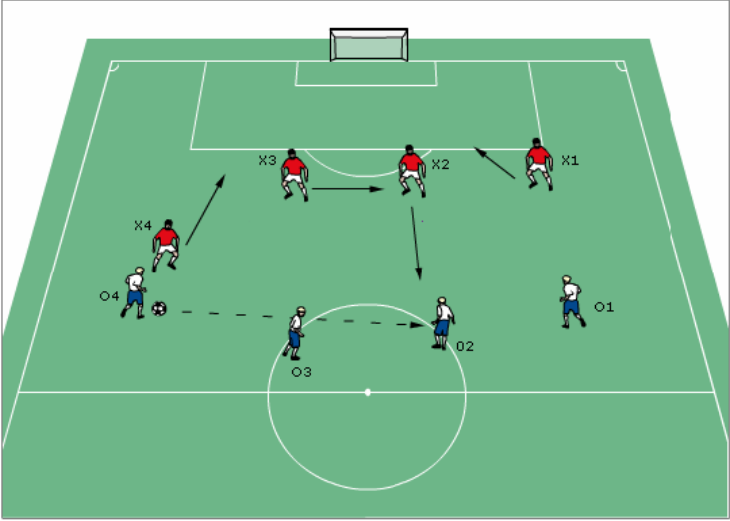
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Defending in a 4 v. 4</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• Divide pitch as above in 2 outside zones (20 yards) and one inside zone 10 yards</li> <li>• Ball played wide then back inside</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• if the ball is passed out wide to O4, X4 should pressure the ball and the other three defenders should slide over to that side of the field</li> <li>• X4 should try and position himself so he forces O4 inside toward X3</li> </ul>	



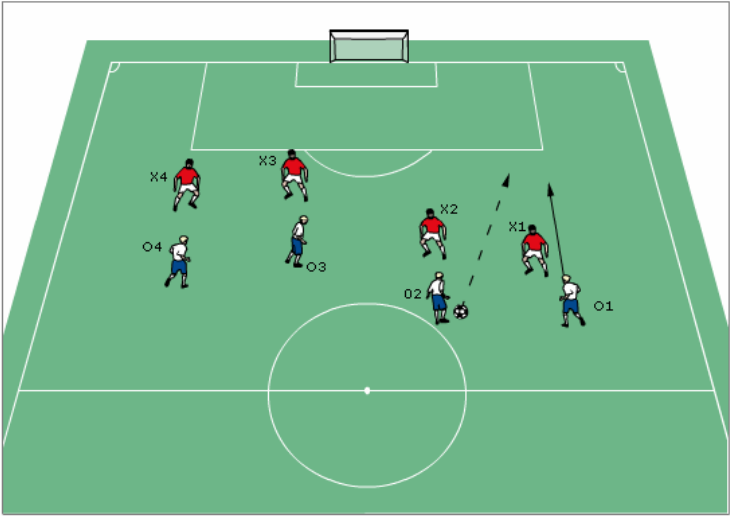
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Caught out of position</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• Divide pitch as above in 2 outside zones (20 yards) and one inside zone 10 yards</li> <li>• Ball played to O2</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• X1 is in a poor position. He has pushed up too far on O1, leaving space behind him that could be exploited by the through ball</li> </ul>	

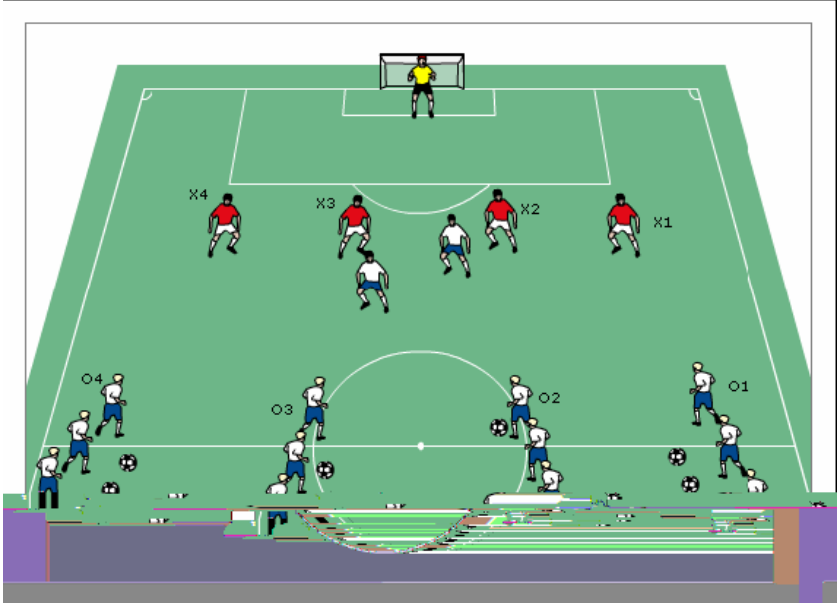
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>6 v. 4 + GK</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>4 defenders + GK vs. 4 midfield players + 2 strikers</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>Playing a 6 v. 5 enables the coach to overload the attackers and concentrate on the shape of the back 4</li> <li>If the ball is played backwards by the attackers then the back 4 must step up</li> </ul>	

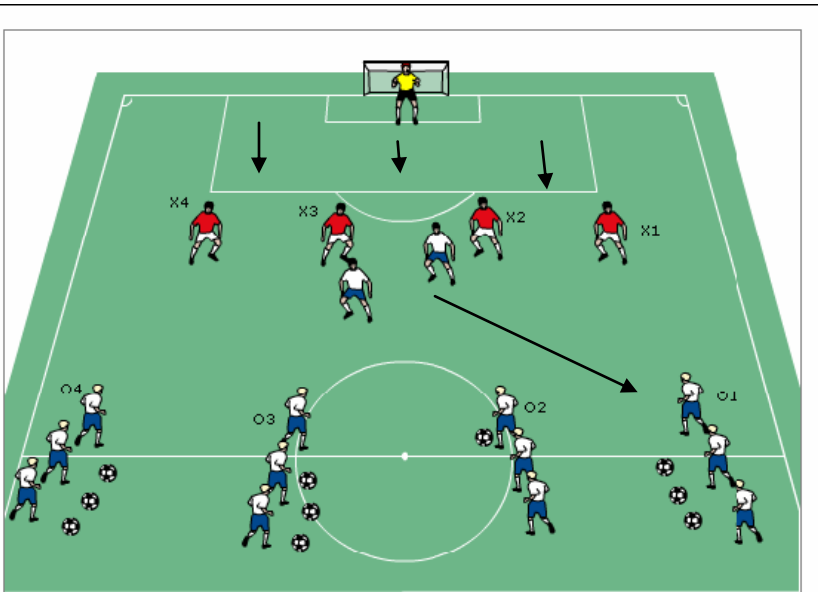
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>6 V 4</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>4 defenders + GK vs. 4 midfield players + 2 strikers</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>Back 4 step up as a unit</li> <li>Gk must communicate 'get out' or 'squeeze'</li> </ul>	

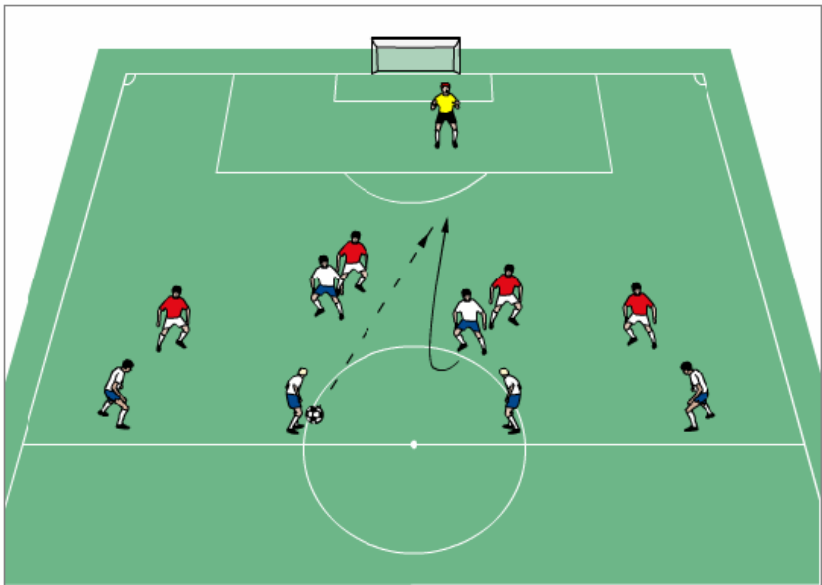
<ul style="list-style-type: none"> <li>Gk must move out and act as sweeper</li> </ul>	
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>6 v 4</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 		
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>4 defenders + GK vs. 4 midfield players + 2 strikers</li> </ul>		
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>the distance from the goal and the GK need to be explained</li> <li>if back four drop too deep, they encourage shots</li> <li>push too far up, as shown, they can be exploited by a through pass or ball in behind</li> <li>the GK also has a role , he has to act as a 'sweeper keeper' where he pushes</li> </ul>		

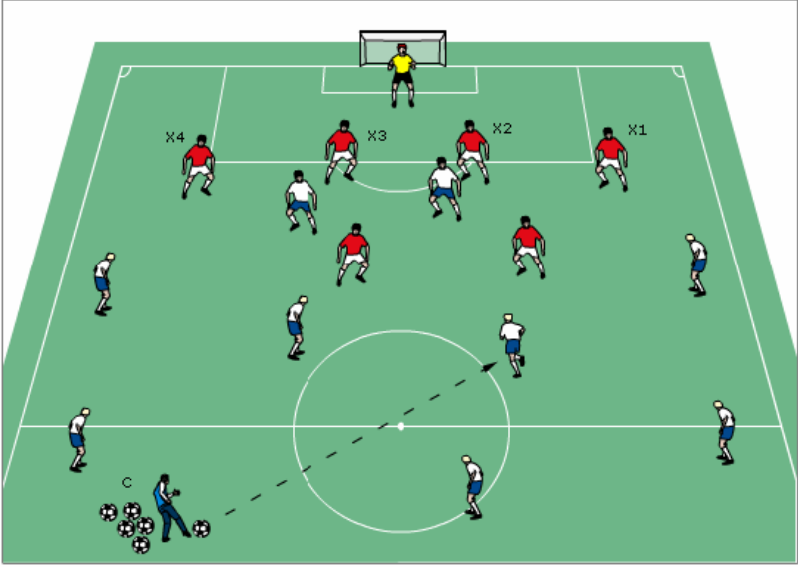
up to intercept any through balls	
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>6 v 6</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• 4 defenders + GK vs. 4 midfield players + 2 strikers</li> <li>• this time add 2 central midfield players to help the defending team</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Functional Practice with an overload against the back 4 and the introduction of 2 midfield players to assist in the defending</li> <li>• Coach controls the start by playing balls to any of the attacking players</li> </ul>	

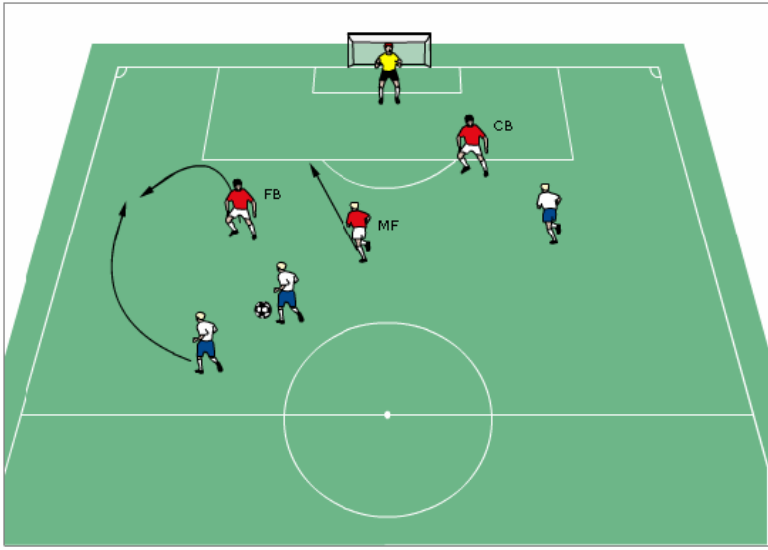
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>6 v 6 progression</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• 4 defenders + GK vs. 4 midfield players + 2 strikers</li> <li>• this time add 2 central midfield players to help the defending team</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• To avoid the full back being exposed, players around him need to provide cover and balance</li> <li>• Ideally the midfielder will help the full-back. If the midfielder can provide support, then the back four remains intact</li> </ul>	

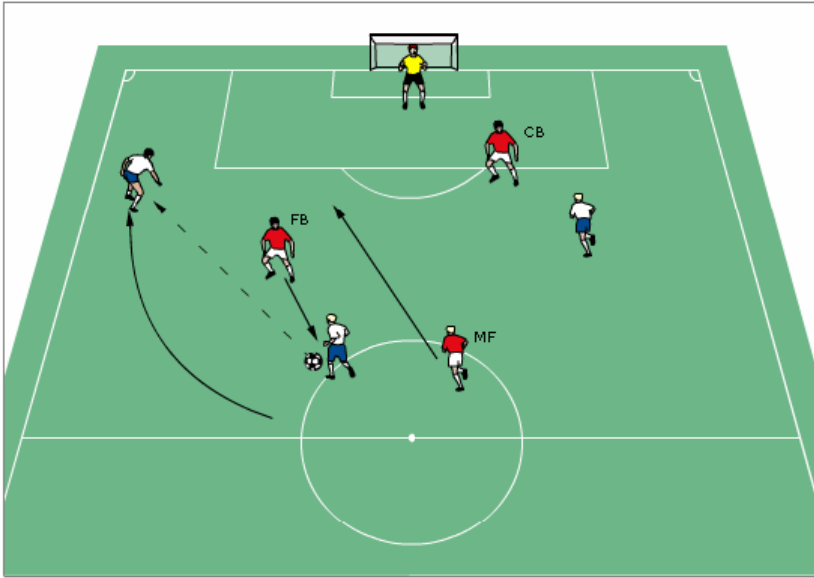
- In this situation the full-back attempts to slow down the forward movement of the player with the ball. This enables the midfielder to get back and help.

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Incorrect positioning of full back</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 		
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• 4 defenders + GK vs. 4 midfield players + 2 strikers</li> <li>• this time add 2 central midfield players to help the defending team</li> </ul>		
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• If the full-back pressures the ball, this leaves the overlapping player free to make his run and receive the ball</li> </ul>		

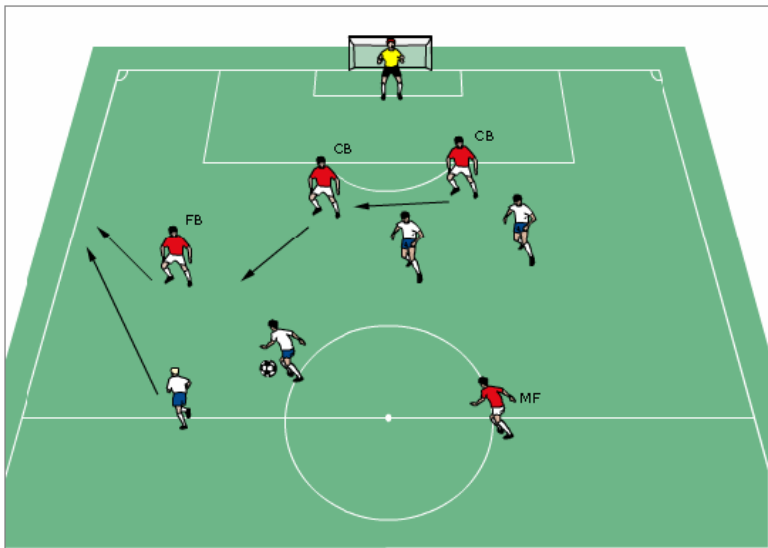
<ul style="list-style-type: none"> <li>• This situation makes it practically impossible for the midfielder or centre-back make a recovery run and be able to pressure the overlapping player once he has received the ball</li> <li>• The circle shows the area where the winger can exploit the space</li> </ul>	
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Midfield player unable to support</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• 4 defenders + GK vs. 4 midfield players + 2 strikers</li> <li>• this time add 2 central midfield players to help the defending team</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <p>If midfielder player isn't in a position to run back and help the full-back, then the inside centre back needs to be ready to provide cover. This should produce a chain reaction where the other CB and FB slide across</p>	



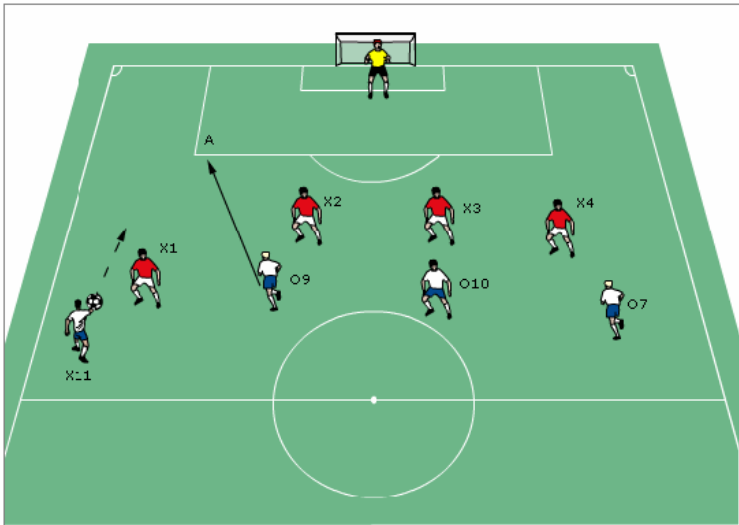
Very often the back four can be described as being 'tied together' by an imaginary rope. Thus the movement of one of the four defenders causes the movement of the other three  
! It is vital that the FB does not allow the overlapping player to go free

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Diagonal Run by Attacker</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 		
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• 4 defenders + GK vs. 4 midfield players + 2 strikers</li> <li>• this time add 2 central midfield players to help the defending team</li> </ul>		
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• if O9 makes a 'bad run' into space A, BEFORE O11 passes the ball, X2 has the option to maintain his position and allow O8 to run past him as O9 will be offside</li> <li>• in this example, X3 and X4 are in the correct position by staying level with X2</li> </ul>		

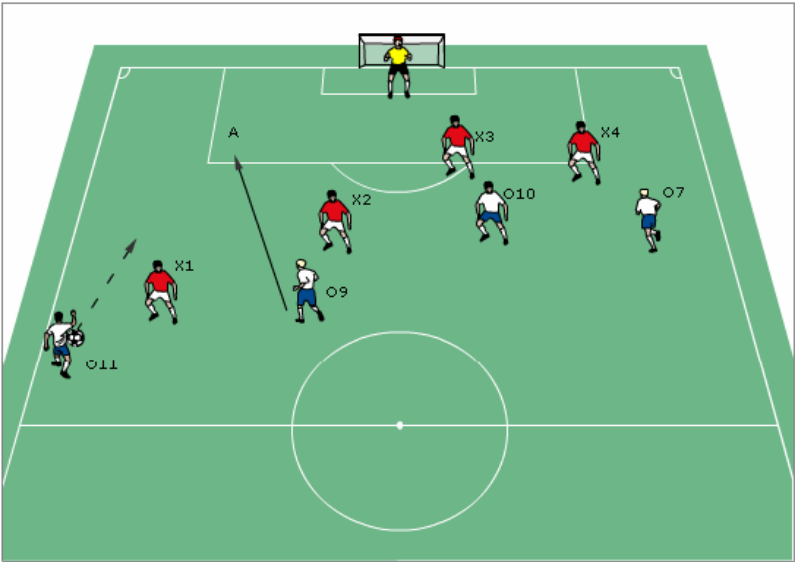
- it is critical that X2, 3, 4 all communicate, hold their line and understand that its okay to allow O9 to run past them as long as he does so before the ball is passed to O11

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>			

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 		
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• 4 defenders + GK vs. 4 midfield players + 2 strikers</li> <li>• this time add 2 central midfield players to help the defending team</li> </ul>		
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <p>X3 and X4 are NOT in a good position as they are deeper than X2 O9 can run behind X2 before the ball is passed and still be in an onside position</p>		

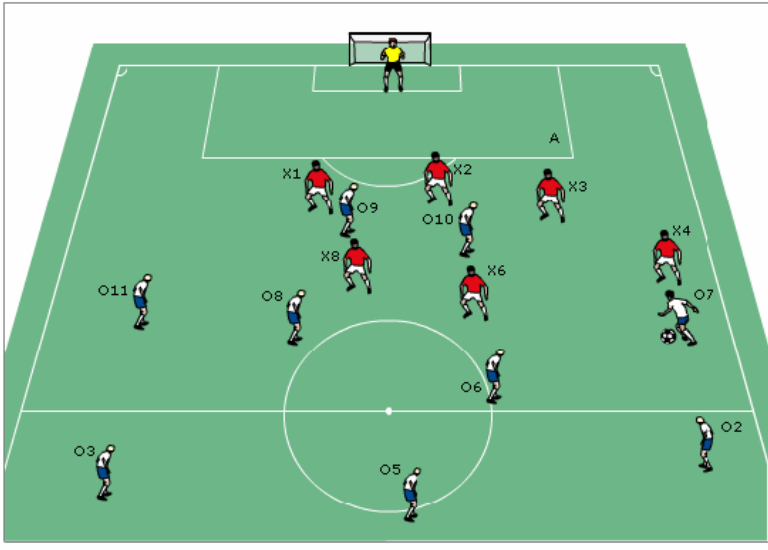
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Forcing Play</b>		

**Session Planner**

**Timings**

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• The 'Line' is now set by X3 who needs to position himself close enough to X4 so that a pass into space A, in order to get past him, has to be so firm and straight that it will run out of play or through to keeper</li> <li>• Because of X3's positioning, which makes it extremely difficult for o7 to pass behind the defence into space A</li> </ul>	

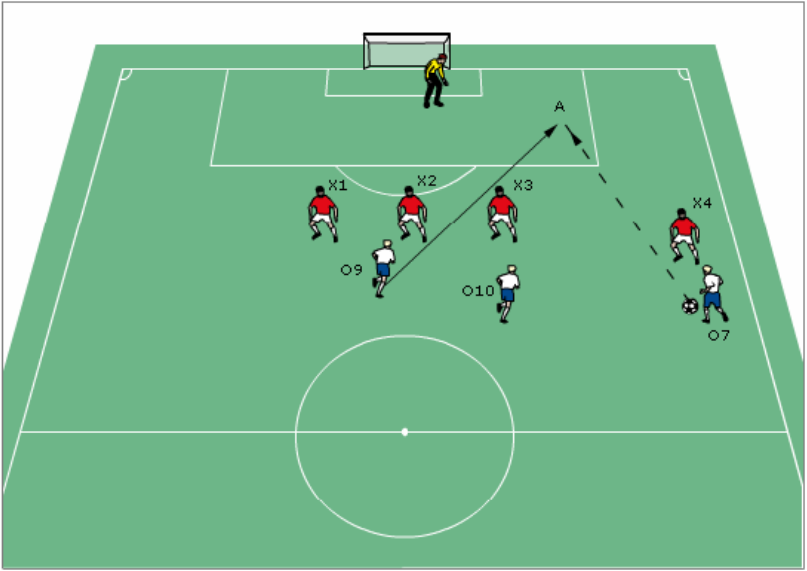
- O7 is more likely to play a pass to the feet of O10 or O9, which invites X3 and X2 to come forward to make a challenge and not find themselves turned and facing their own goal

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Forcing Play Progression</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 		
<p style="text-align: center;"><b>Organisation</b></p>		
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• If X3 does not move far enough across, then a pass played into space A becomes a real possibility and a well timed run by an opponent (O9) puts them through on goal</li> </ul>		

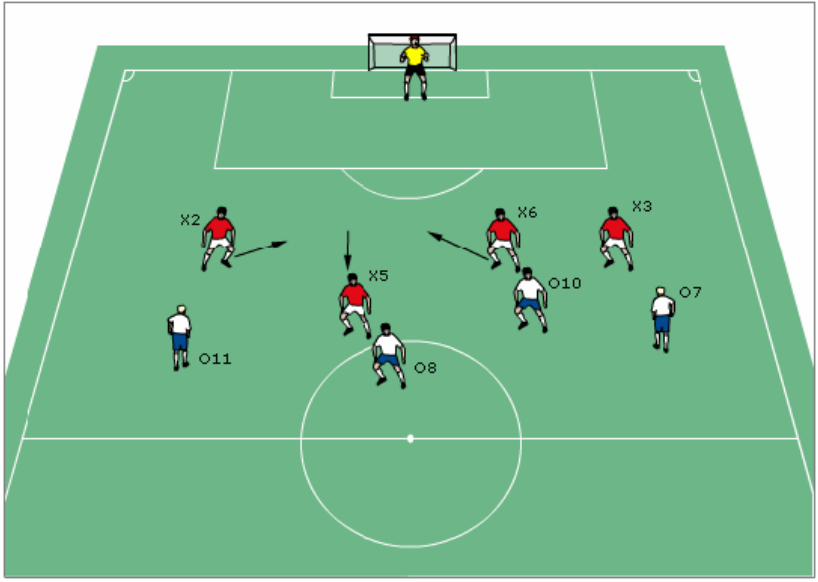
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Defending High Balls</b>		

**Session Planner**

**Timings**

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• X5 is challenging O9 in the air.</li> <li>• X2 tucks in to cover the space behind X5 and so does X6</li> <li>• X3 also adjusts his position sensing that X6 has moved</li> <li>• In this way, if O9 wins the header and flicks it on, one of the covering</li> </ul>	

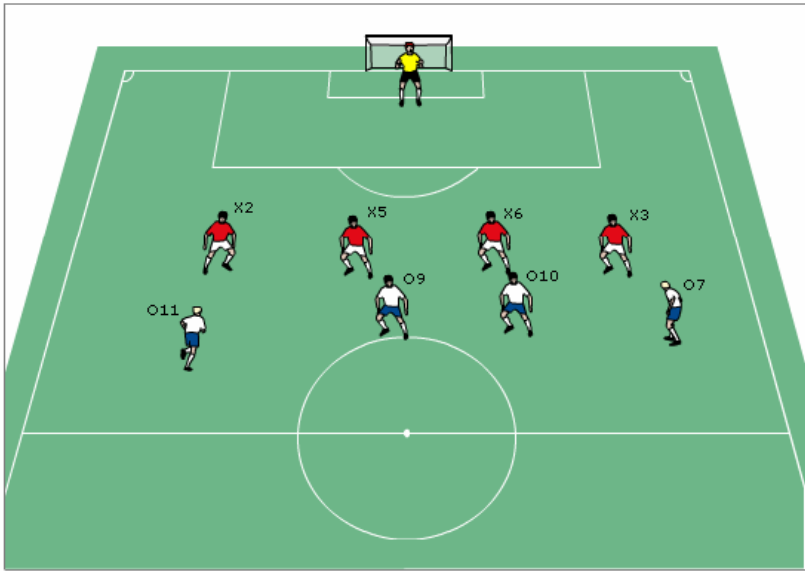
defenders should get to the ball first	
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Defending High Balls (Incorrect)</b>		

**Session Planner**

**Timings**

<p style="text-align: center;"><b>Main Content</b></p> 		
<p style="text-align: center;"><b>Organisation</b></p>		
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• if back 4 stay flat as shown, they can get caught out by a quick attacker who has won a flick on for a team-mate</li> <li>• if X5 now challenges O9 and O9 is successful, O11 and O10 may reach ball first</li> </ul>		

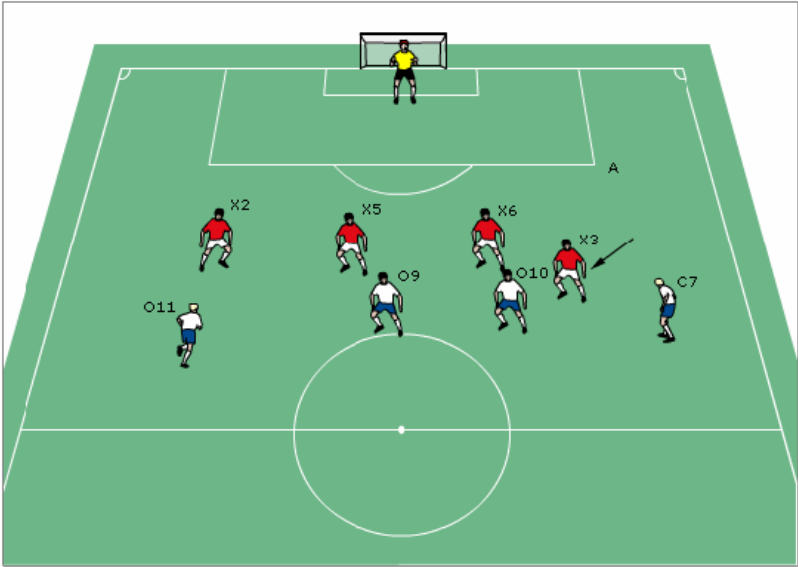
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# Academy Football Coaching Session Plan

Coach		Session Date	
Session Aim	Defending High Balls Shape		

Session Planner

Timings

<p><b>Main Content</b></p> 	
<p><b>Organisation</b></p>	
<p><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>In this instance X3 has moved to close down O10 leaving a large space</li> </ul>	

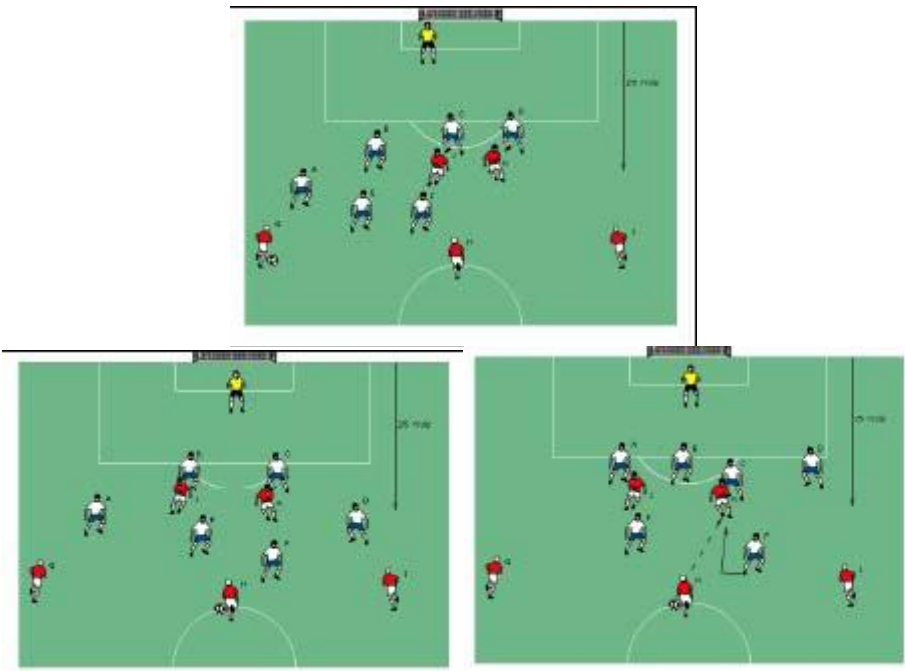
behind X3 for O7 to exploit. • If O10 wins the header then O7 will be 'in-behind' the defence	
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>4+2 v 5</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> <div style="text-align: center;">  </div>		
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• Top – Ball on Wing</li> <li>• Ball in Middle (left)</li> <li>• Ball in Middle (right)</li> </ul>		
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p>		




## **Midfield Players Roles**

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>1 v 1 in midfield/on wing</b>		

### Session Planner

### Timings


<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• Place 2 goals 60 yards apart</li> <li>• Divide players into 2 pairs (ball between two)</li> <li>• Pairs line up at starting cones</li> <li>• Attackers try to beat defenders</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Block the inside path to goal (show outside)</li> <li>• Concentrate on the ball, weight on balls of feet, concentrate, body position (diagonally /side-on)</li> <li>• Be ready to pounce on any bad touches by the attacker</li> </ul>	

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Attacker with back to midfield player</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• Place 2 goals 60 yards apart</li> <li>• Divide players into 2 pairs (ball between two)</li> <li>• Pairs line up at starting cones</li> <li>• Attacker receives with back to goal and attempts to turn and score</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Don't get too tight – side on and not flat footed</li> <li>• Attempt to intercept initial pass (only if attacker isn't on toes)</li> <li>• Keep eyes on ball – stay touch tight and force attacker backwards</li> </ul>	

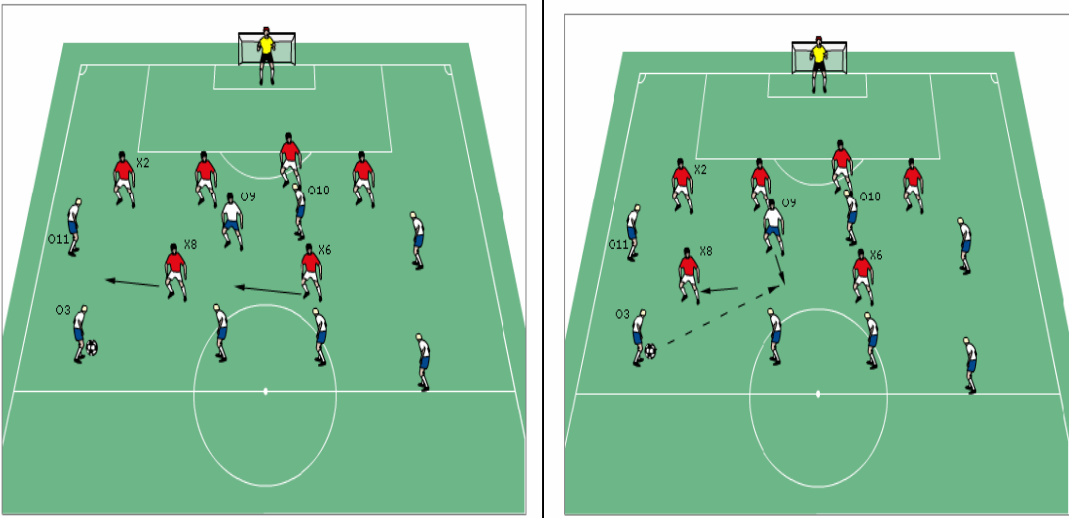
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Central Midfield Players movement</b>		

### Session Planner

### Timings

Main Content		
		
Organisation		
<ul style="list-style-type: none"> <li>Set up one goal on half a pitch</li> <li>Red (defending team) are in a 4 – 2 formation</li> <li>Whites (attackers) are in a 4 – 4 formation</li> </ul>		
Key Factors/Coaching Points		
<ul style="list-style-type: none"> <li>O3 has the ball</li> <li>This requires X8 and X6 to move across to that side of the pitch. They must move as <b>one unit</b> or they will be ineffective</li> </ul>		

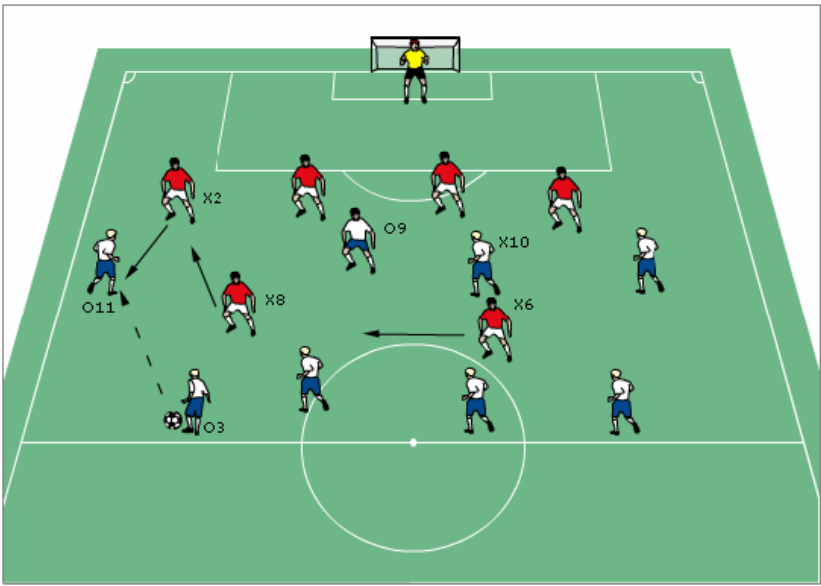
- If X8 moves alone and X6 stays, that leaves a gap that can be exploited with a pass into the forwards

## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Midfield player + fullback</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 		
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• Set up one goal on half a pitch</li> <li>• Red (defending team) are in a 4 – 2 formation</li> <li>• Whites (attackers) are in a 4 – 4 formation</li> </ul>		
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Ideally, X8 positions himself to block a pass to O9 but accepting that O11 could receive the ball and that he could then support X2</li> </ul>		

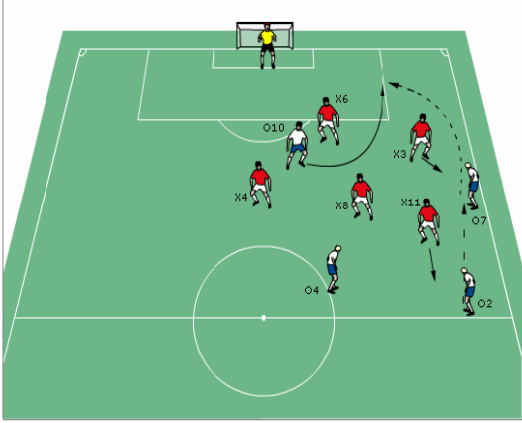
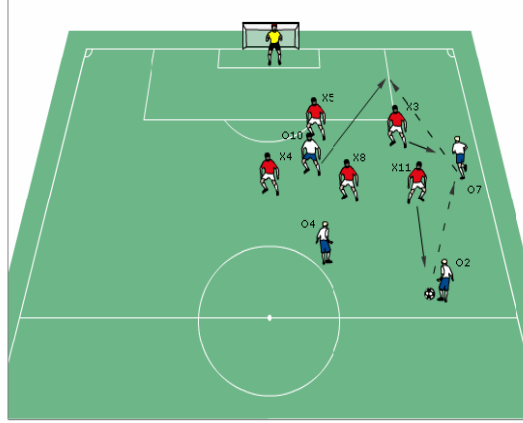
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Defending in Wide Areas</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> <div style="display: flex; justify-content: space-around;">   </div>		
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• Set up one goal on half a pitch</li> <li>• Red (defending team) are in a 4 – 2 formation</li> <li>• Whites (attackers) are in a 4 – 4 formation</li> </ul>		
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• X11 should encourage O2 to play inside by cutting off the pass to O7. If he does not, then a pass to O7 puts the ball behind the midfield four and they all have to turn, which means they lose sight of their opponent</li> <li>• By making O2 play inside, the ball stays in front of the midfield</li> <li>• Forcing O2 to play inside also allows X3 to stay in the 'hole'. If X11 allows O2 to pass</li> </ul>		

wide to O7, X3 then has to leave his position and defend O7. this leaves a hole, which the strikers O9 or O10 might try to exploit	
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## Academy Football Coaching Session Plan

Coach		Session Date	
Session Aim	Central Midfield Movement Progression		

Session Planner	Timings
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<div> <div>Main Content</div> <div> </div> </div>		
<div> <div>Organisation</div> <div> <ul style="list-style-type: none"> <li>Set up one goal on half a pitch</li> <li>Red (defending team) are in a 4 – 2 formation</li> <li>Whites (attackers) are in a 4 – 4 formation</li> </ul> </div> </div>		
<div> <div>Key Factors/Coaching Points</div> <div> <ul style="list-style-type: none"> <li>Left – FB in possession. If the ball is passed put wide, the midfielders should shift sideways to react to the change in point of attack</li> </ul> </div> </div>		

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>• Right – CM in possession. If the ball is passed forward to a midfielder, the closest player should step up and pressure the ball (X8). The other three midfielders should take up the appropriate support positions as shown and described for the back four defenders in diagram 2</li></ul> |  |
|---|--|

## Defending From the Front

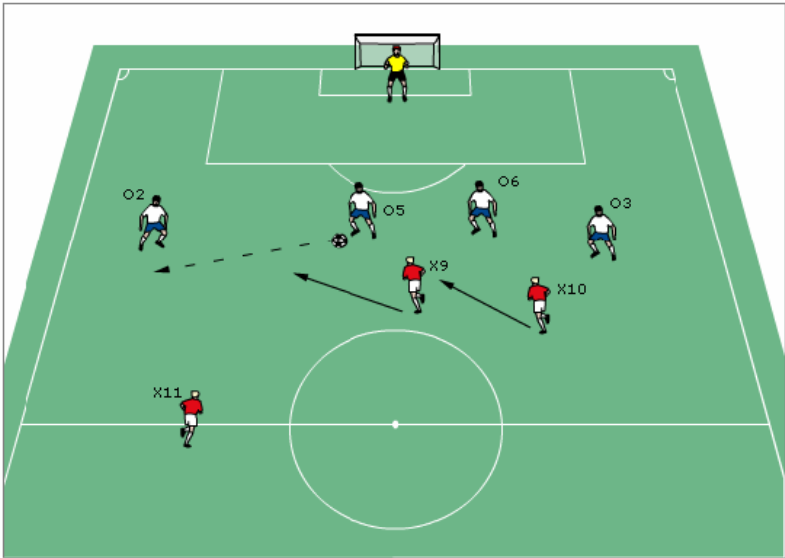


## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Movement of front 2</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• Half field with one goal</li> <li>• 4 white defenders against 2 red attackers</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• X9 allows O5 to pass to O2 and then moves to prevent O2 passing back to O5. this forces O2 to pass to a player on that side of the field</li> <li>• X9 must then pressure O2 forcing him to make the pass up field</li> </ul>	

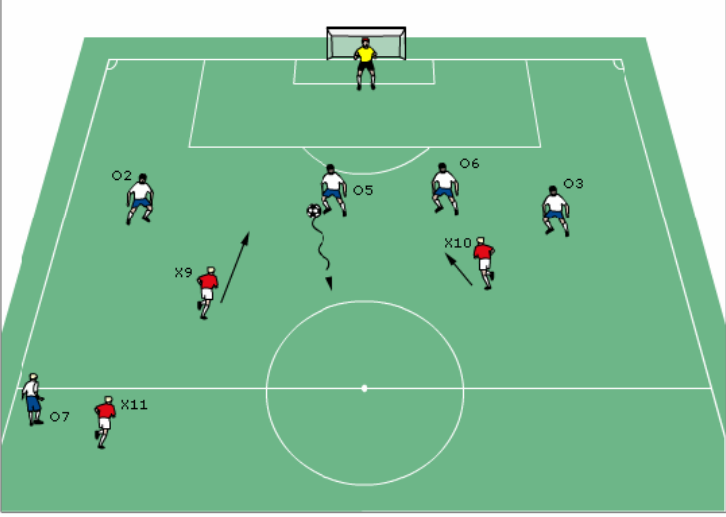
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>Movement of Front 2</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• Half field with one goal</li> <li>• 4 white defenders against 2 red attackers</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• as soon as O5 receives the ball, X9 and X10 should position themselves outside of O5 and O6 and prevent passes to O2 and O3. they then apply a “pincer” movement by pressurising the ball from either side and forcing O5 to play up the middle</li> </ul>	

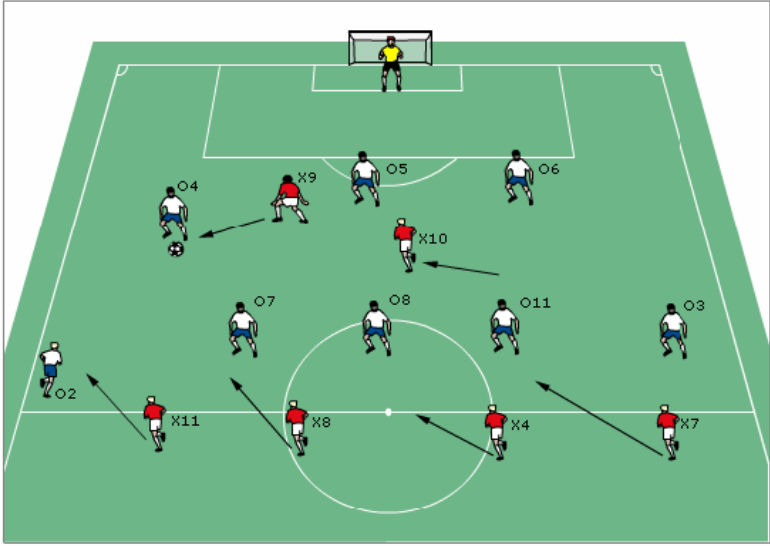
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## Academy Football Coaching Session Plan

<b>Coach</b>		<b>Session Date</b>	
<b>Session Aim</b>	<b>8 v 6</b>		

### Session Planner

### Timings

<p style="text-align: center;"><b>Main Content</b></p> 	
<p style="text-align: center;"><b>Organisation</b></p> <ul style="list-style-type: none"> <li>• Half field, one goal</li> <li>• Whites set up 4 – 4</li> <li>• Reds set up 4 - 2</li> </ul>	
<p style="text-align: center;"><b>Key Factors/Coaching Points</b></p> <ul style="list-style-type: none"> <li>• X11 closes on O2, X8 on O7 and X4 and X7 also slide across to minimise the space in</li> </ul>	

midfield. O3 can be left unmarked as he is a long way from the ball and of least danger	
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