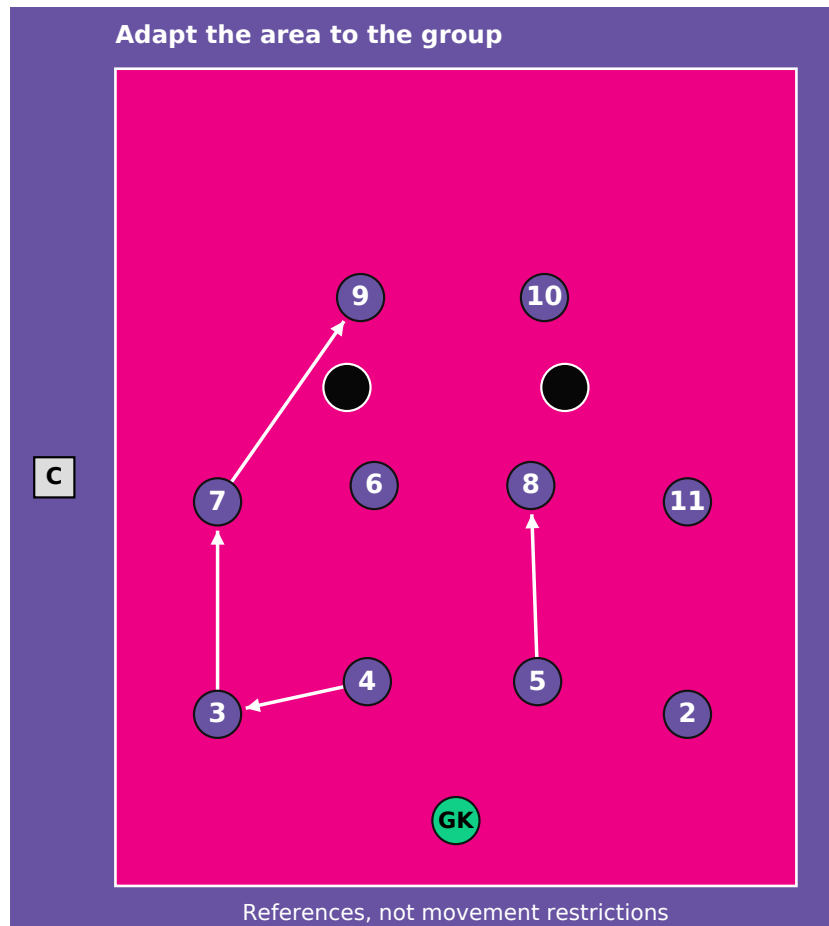




Position-specific work - Connect

Specific practice | 12 min | 10-22 min

4-4-2 positional relationships | Adaptable



Purple: coached team. Black: opposition. White: common player. Green GK: goalkeeper. Square C: coach.

Solid arrows show passing options; dashed arrows show movement. These are examples, not compulsory routes.

12 minutes · 4-4-2 positional relationships. Use both sides where numbers permit. Begin with a small number of realistic starting pictures, then vary defensive pressure so players choose the solution.

- Through: centre-back to central midfielder to forward. The 6/8 escapes first pressure and receives to play forward; the 9/10 provides depth and connection.
- Around: when the centre is protected, use the full-back and wide or central midfielder to reopen forward access.
- Over: high or compact pressure can leave space beyond. The goalkeeper or centre-back reads the opportunity while wide players or forwards time their movement.
- Carry: when nobody engages, the centre-back or midfielder advances to commit pressure and create a spare player.



Positional detail

Goalkeeper: scan, support and vary passing range. Centre-backs: body orientation, disguise, carrying and forward passing. Full-backs: width and timing. Central midfielders: escape cover shadows, scan and receive forward. Wide players: maintain width, move inside or threaten beyond. Forwards: pin, connect, show and threaten behind.

Adapt the challenge

Increase difficulty by changing the defensive picture and asking players to diagnose it. Simplify with reduced pressure to rehearse the relationship, then reintroduce opposition and choice. Observe whether players identify a solution when the picture changes.