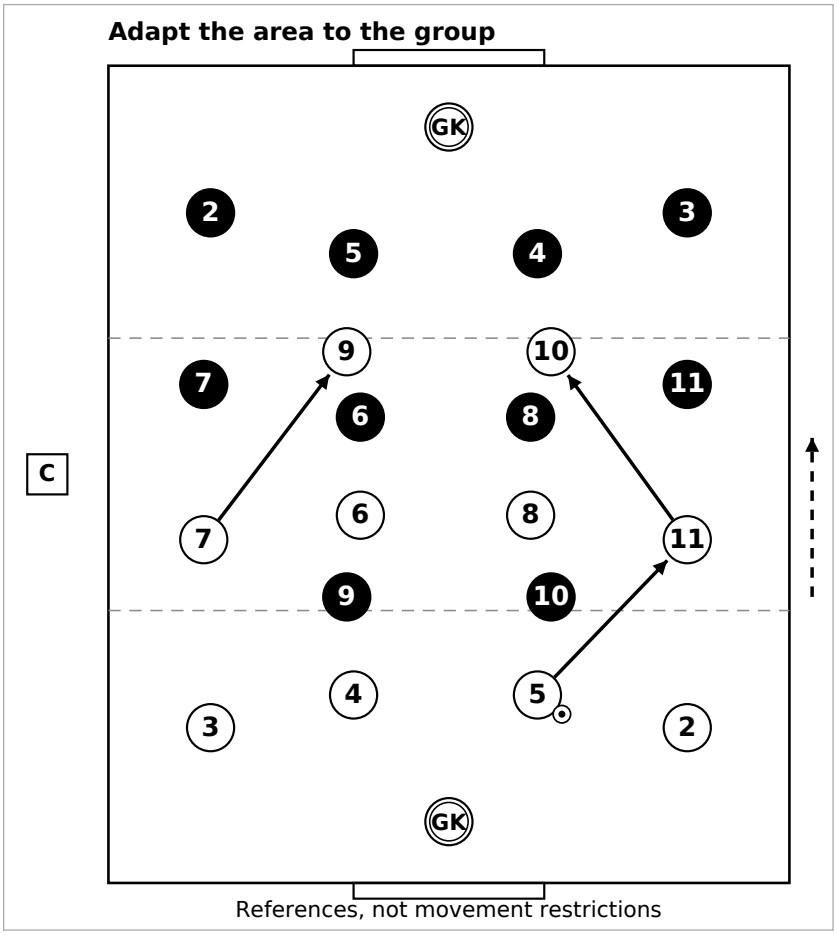
4-4-2 game - Transfer

Full-pitch practice | 20 min | 67-87 min

11v11 reference; adapt to attendance | Adaptable



Outlined circle: coached team. Filled black: opposition. Double ring: common player / GK. Square C: coach, outside the player total.

Coached team attacks up; opposition attacks down. Common players support whichever team has the ball.

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

20 minutes · 11v11 reference on a suitable pitch, or an adapted representative game that preserves the positional relationships. Use a coached block of 8-10 minutes followed by 10-12 minutes of free play, keeping the total at 20 minutes.

Coached game

- Centre-backs recognise when to carry or play through, around or over.
- Central midfielders find space beyond first pressure and connect to the next line.
- Full-backs provide the route around pressure and support balance.
- Wide players provide width, move inside when appropriate and threaten beyond.
- Forwards pin, connect, create space for one another and threaten behind.

• The team maintains balance behind the ball while supporting forward progression.

Manage the opposition to protect central space, discourage split passes, force play outside when appropriate, protect space behind and transition positively after regaining possession.

Free game and transfer test

Remove bonus scoring and most conditions. Coach mainly through observation and concise concurrent information. Do the breaking-lines behaviours remain when they are no longer explicitly rewarded?