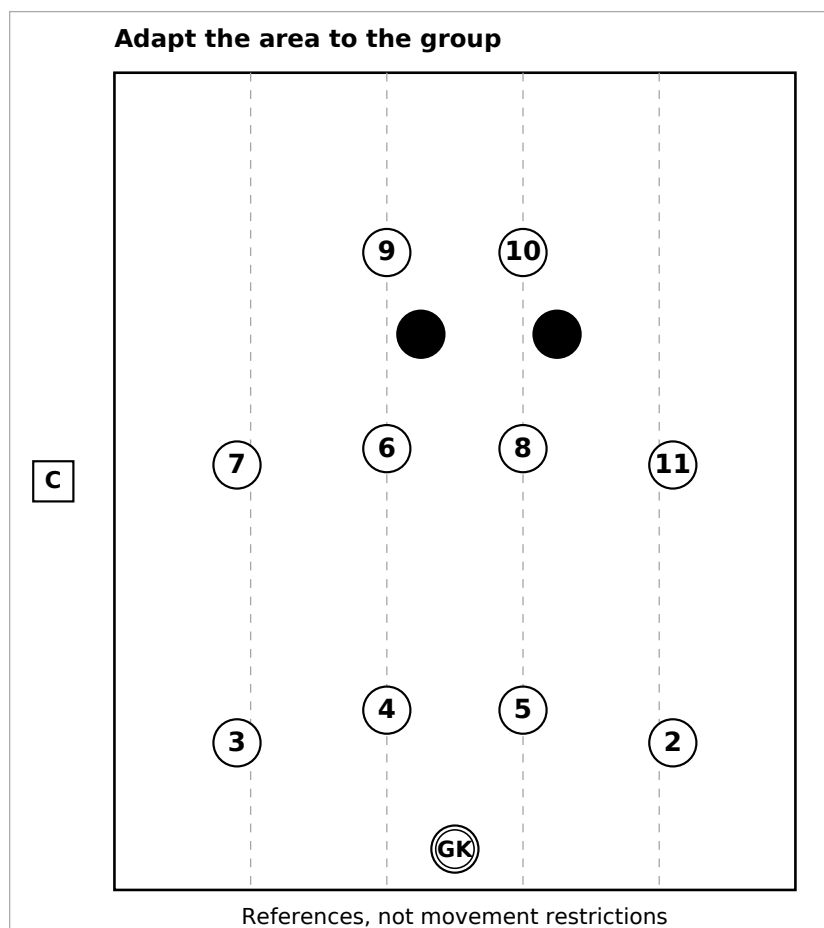




Position-specific work - Connect

Specific practice | 12 min | 10-22 min

4-4-2 positional relationships | Adaptable



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

- Duration: 12 minutes
- Practice Type: Position Specific
- Reference: 4-4-2 wide relationships and five-lane occupation
- Primary Purpose: Connect Build to Attack Around to recognisable 4-4-2 relationships, with width, support and balance.

Organisation: Use both sides where numbers permit. Start from realistic 4-4-2 reference positions, using five vertical lanes to make width and inside access visible. Present a small number of starting pictures, then progress to choice based on pressure.

- **THROUGH** - If the central route is open, do not force the wide solution. CB > CM > forward; 6/8 receives beyond pressure and plays forward.
- **AROUND** - Central route protected. CB > FB > wide midfielder > forward/inside player. The wide player fixes or attracts pressure so the next pass can get back inside.



- **OVER** - If the opposition presses high and space is available beyond, recognise when GK/CB can play over; 7/11 or 9/10 provide appropriate movement.
- **CARRY** - If the defender does not engage, CB/CM/wide player carries to commit pressure before releasing or combining around.

Positional detail: GK: scan/support/pass range. CB: body orientation, carry, disguise, forward pass. FB: width and timing. 6/8: support underneath, scan, receive to play forward. 7/11: hold width, fix defender, combine, move inside/beyond. 9/10: pin, connect, threaten behind and attack the inside return.

Progression (Harder): Move from fixed reference pictures into choice. Change the defensive pressure so players must recognise whether to play through, around, over or carry, then get back inside.

Regression (Easier): Reduce or temporarily remove pressure to rehearse the wide overload and inside return, then reintroduce the decision.

Coach Observation: Avoid making "around" a fixed script. The evidence is whether width, support and timing change the picture and create an inside route.