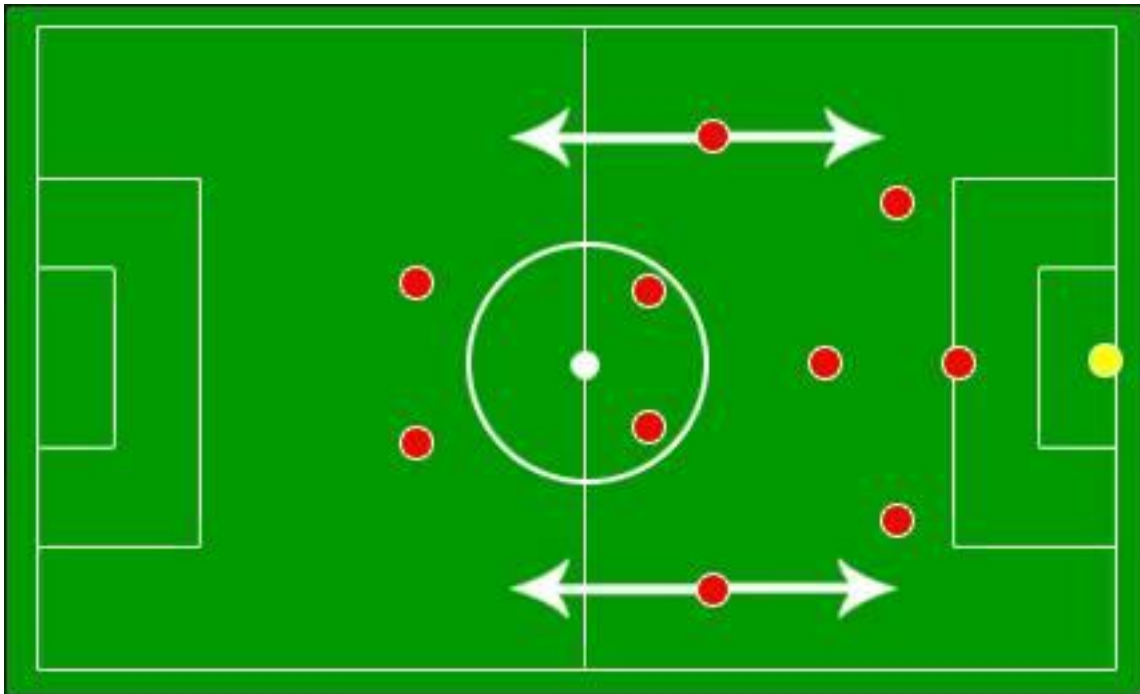




Soccer Tutors : Field Formation



FORMATION TYPE: FOUR-FOUR-TWO

The 4-4-2 formation highlights a strong defense, with four defenders and four midfielders.

In this formation, the defenders place themselves in a "diamond" shape on the field; they won't stand all in a row in front of the goal and should always stay goal-side of their marked players.

The four midfielders in this formation do spread out in a "line" across the field, but this should not be a "static" line throughout the game.

Generally, the outside midfielders should be your fastest players, ready to move up as wings on the attack and fall back as defenders on defense. This formation especially works well if your two forwards have good ball skills and an ability to move well through space.

If you are playing a strong offensive team, the 4-4-2 allows you to stop a lot of movement in the midfield and retain a strong backfield.