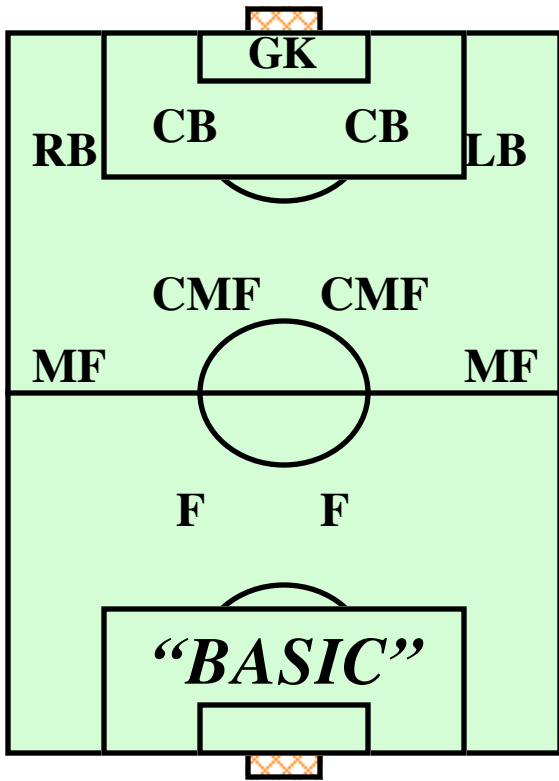
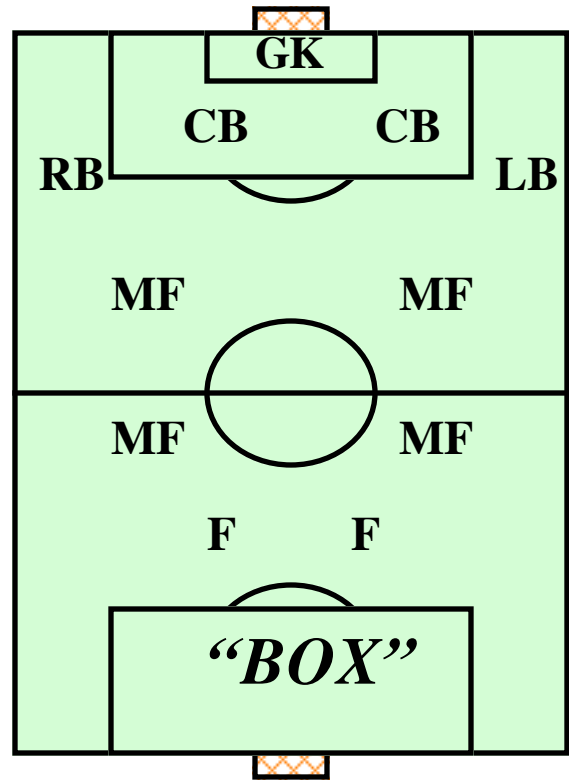


"4-4-2" Formations

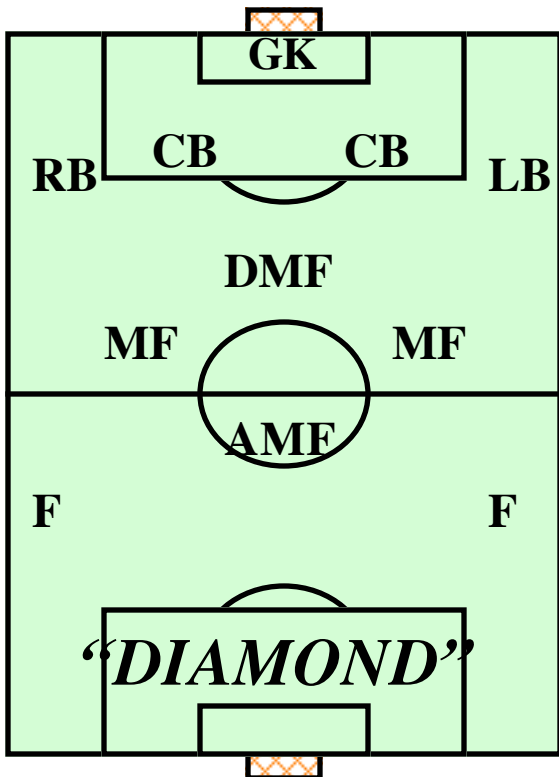


POSITIONS

- GK
Goalkeeper
- CB
Center Back
- RB
Right Back
- LB
Left Back
- DMF
Defensive Midfielder



- MF
Midfielder



- CMF
Center Midfielder

- AMF
Attacking Midfielder

- F
Forward

"BASIC 4-4-2"

Strengths: balanced throughout, easy to teach, recommended for U-14s and older
Weaknesses: CBs have to be compatible, conservative in attack, defenders have to be aware of playing too flat

"BOX MIDFIELD 4-4-2"

Strengths: wreaks havoc on opposing defense as it is tough to zone and man-mark
Weaknesses: too complicated to teach; players must be of high level; midfielders need to constantly rotate both on the attack and when defending

"DIAMOND 4-4-2"

Strength: very attack-oriented; with midfielders pinching in, outside backs have space to move up into the attack
Weaknesses: Fs have to work together; can leave space in middle third of field