

# 4-4-2 Diamond Formation

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## Key Phases of Play

### **With the ball**

- Play from the back & through the 3rds
- Use of width from full backs
- Direct short penetrating passes
- Creativity

### **Without the ball**

- Win the ball back as quickly as possible
- Press high
- Tight & regain shape
- Concentration

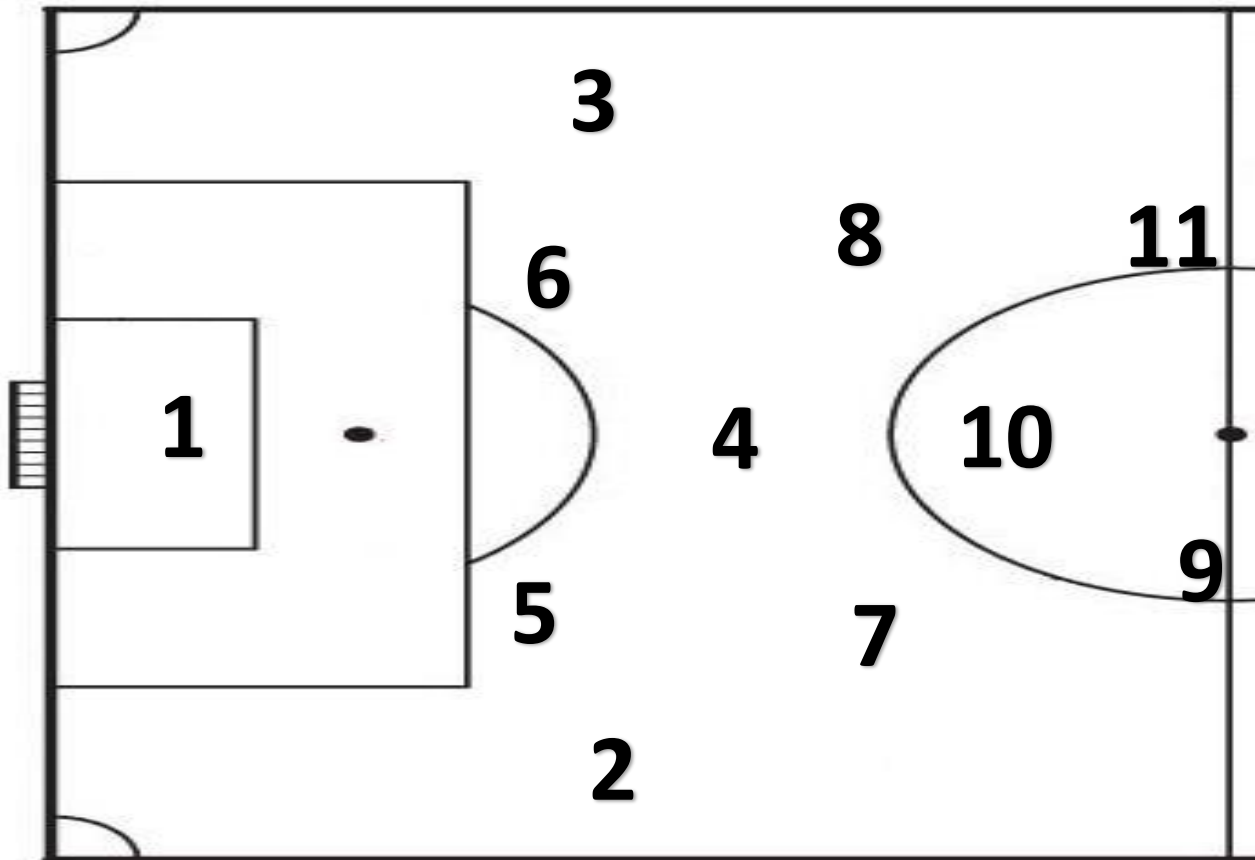
### **When the ball has just been won back**

- Keep possession – minimum 2/3 passes to secure possession again
- Create width & depth
- Change angle of play

### **When the ball has just been lost**

- Win it back close to oppositions goal if possible
- Regain possession quick as possible
- Press high
- Organise defensive shape

## Phase 1 set up 4-4-2 Diamond



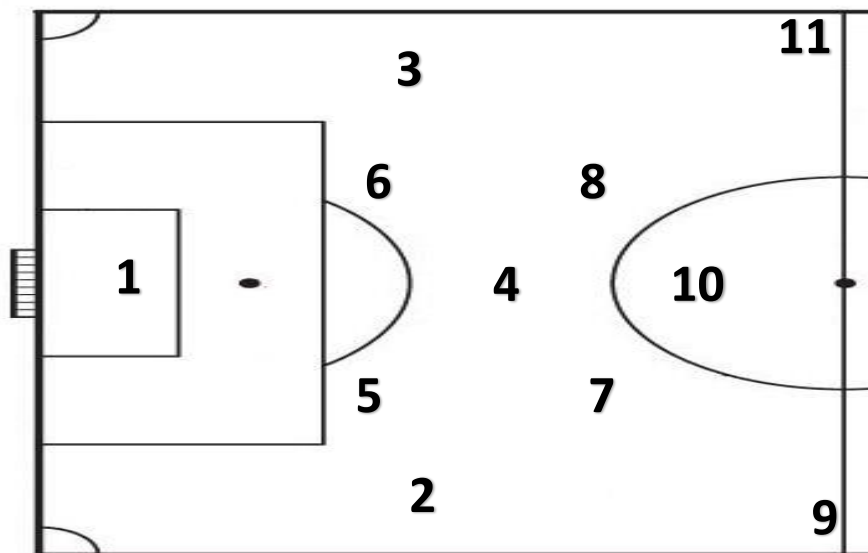
### **Advantages**

- Dominances in midfield
- Strength throughout the middle of the pitch
- Presence of front 2
- Converts easily into 4-3-3 ,4-4-2 split striker & 4-2-3-1 or 4-4-2 flat
- Allows creative no.10 with balance behind
- Allows fullbacks to attack
- Allows two striker combination
- Allows to press high

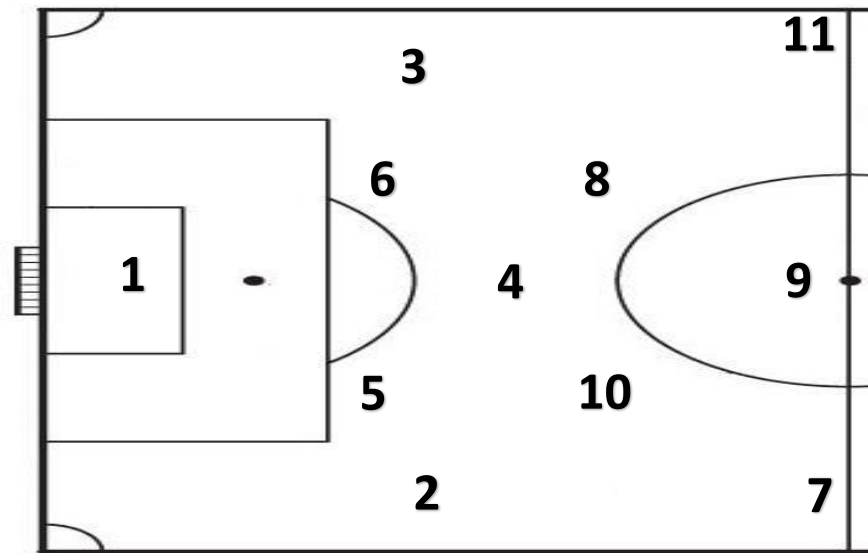
### **Concerns**

- Lack of width in attack if fullbacks don't join in
- Space in wide areas when defending
- Open to quick switch of play counter attacks

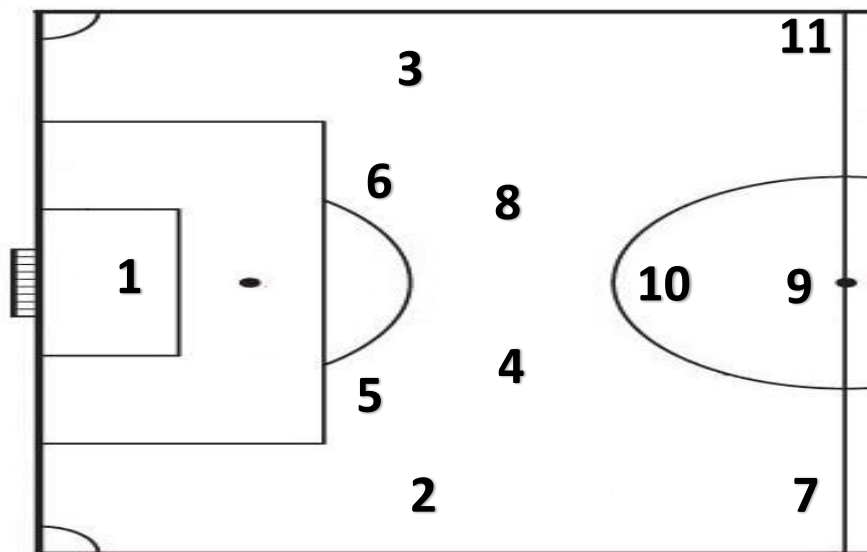
4-4-2 split striker



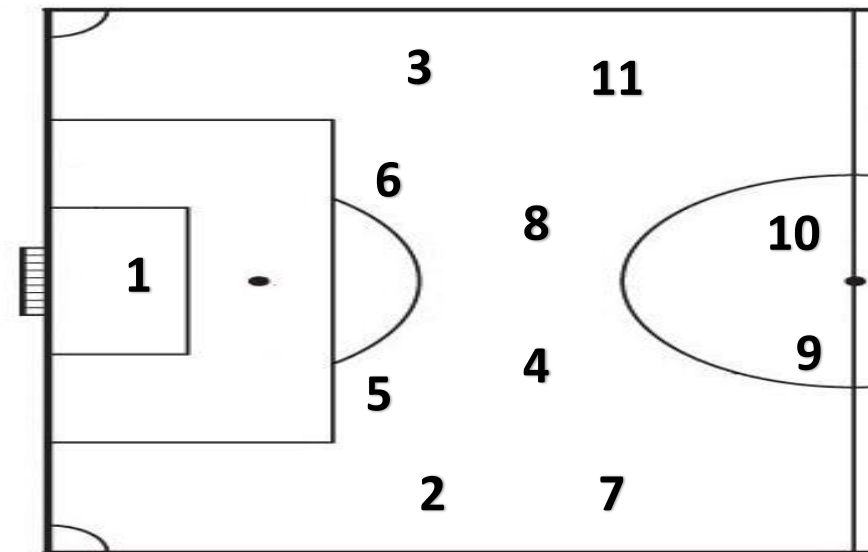
4-3-3



4-2-3-1

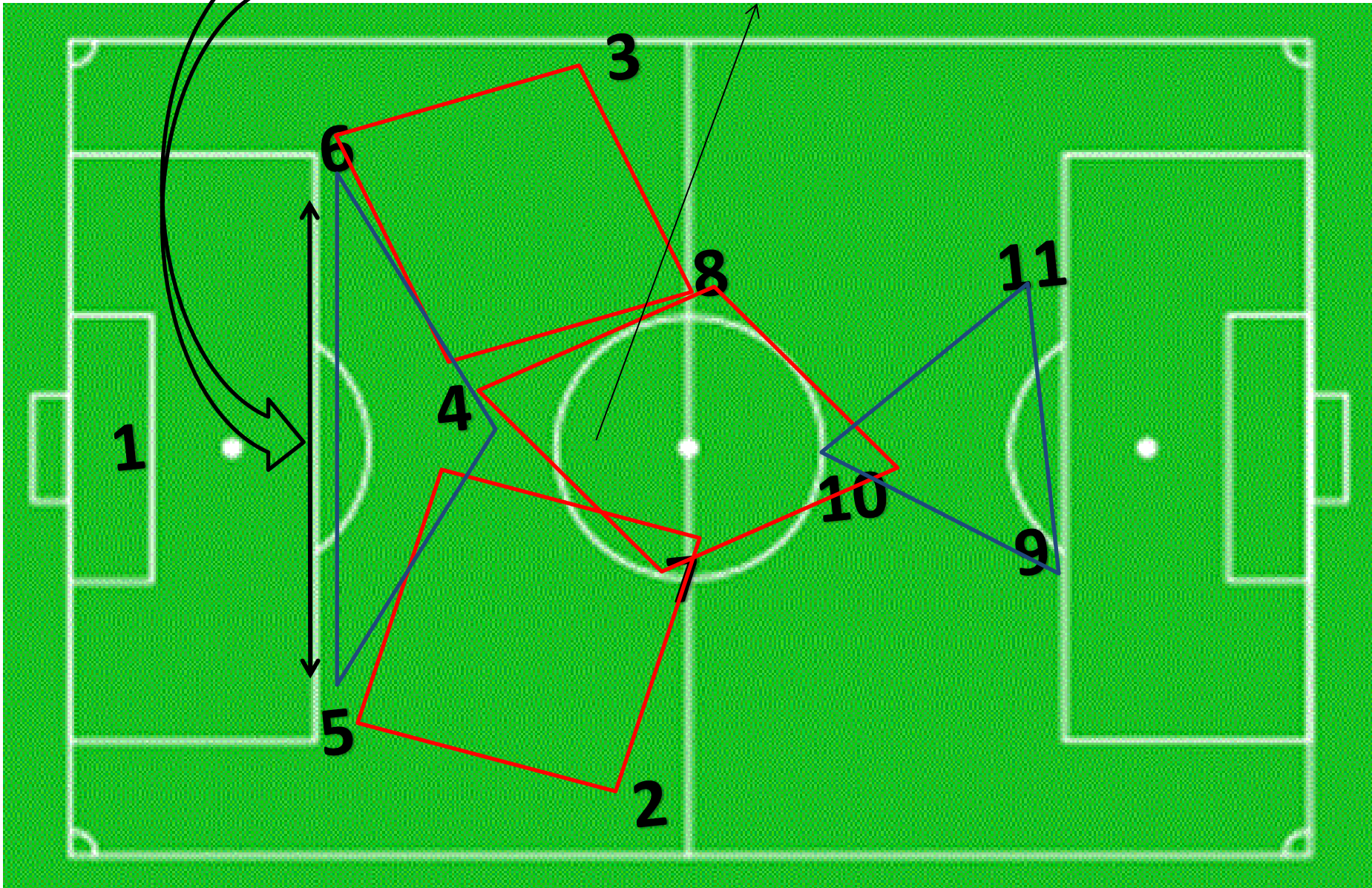


4-4-2 flat



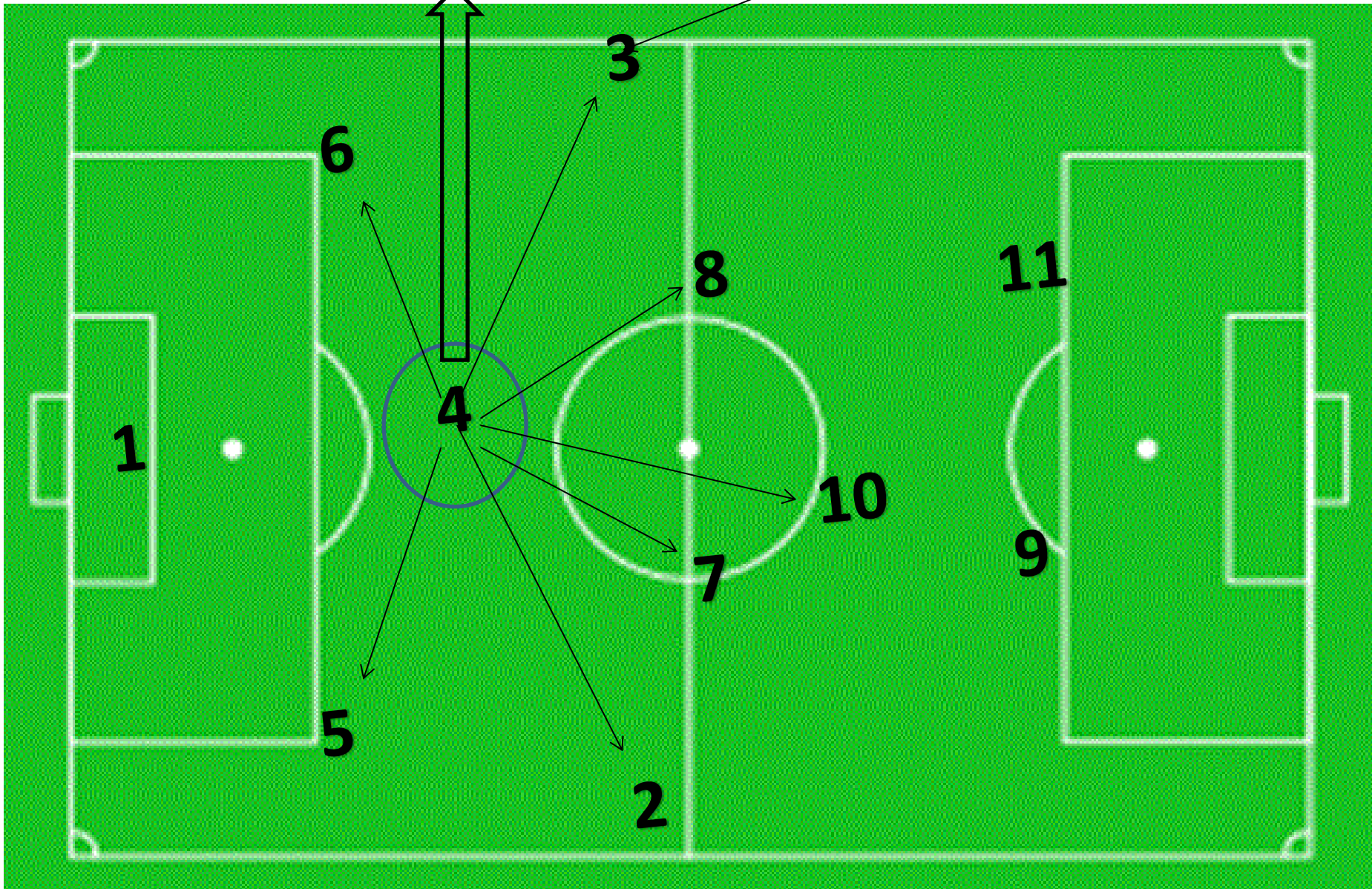
No.5&6 split the width of the box to play from the GK

Players create diamonds (red) & triangles (blue) to always play on angles



Phase 2 – Set up in possession at the back

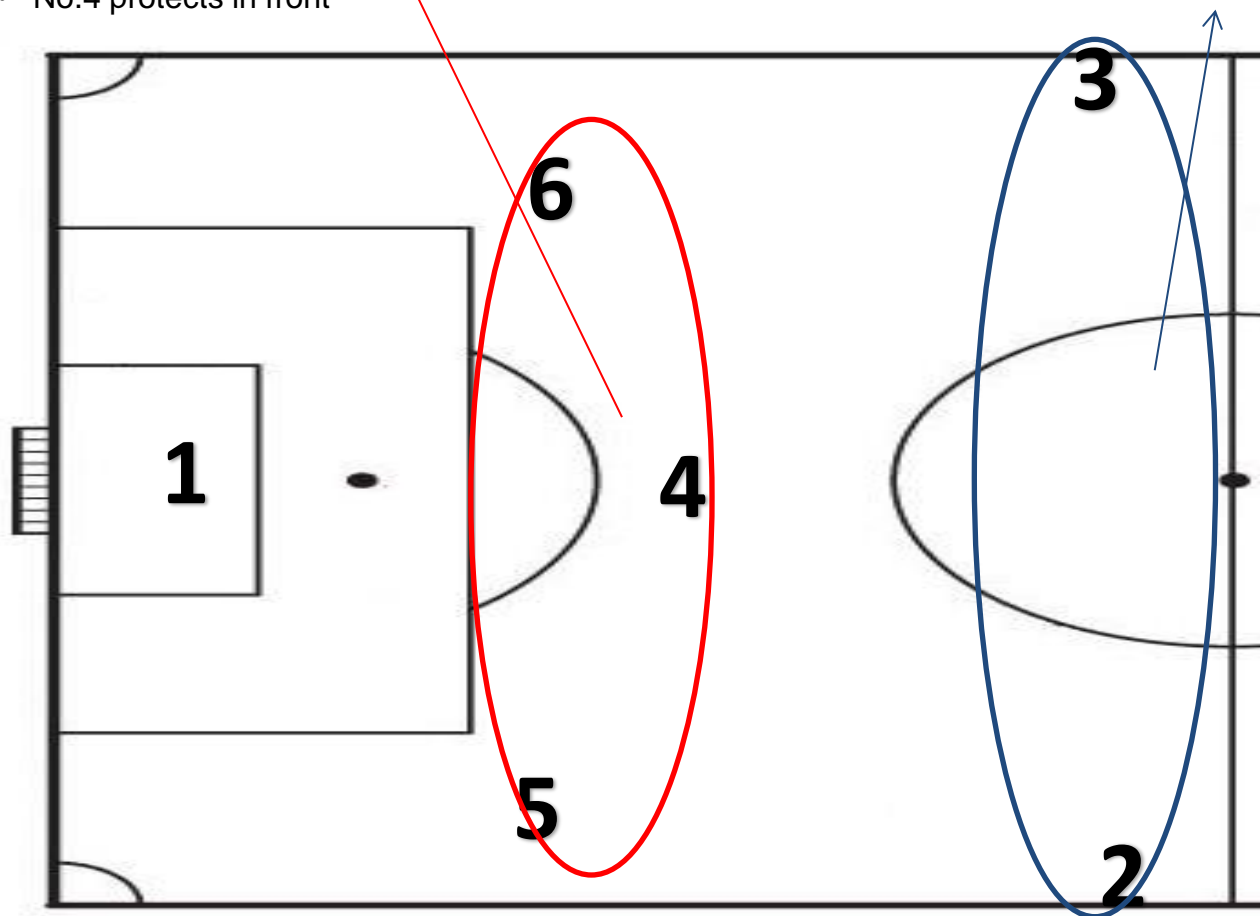
- no.4 has every pass on an angle
- no.4 is always an outlet
- Fullbacks create width



Phase 2 – Set up in possession at the back

- No. 5 - 6 – 4 make back 3 when in possession to keep balance
- No.4 protects in front

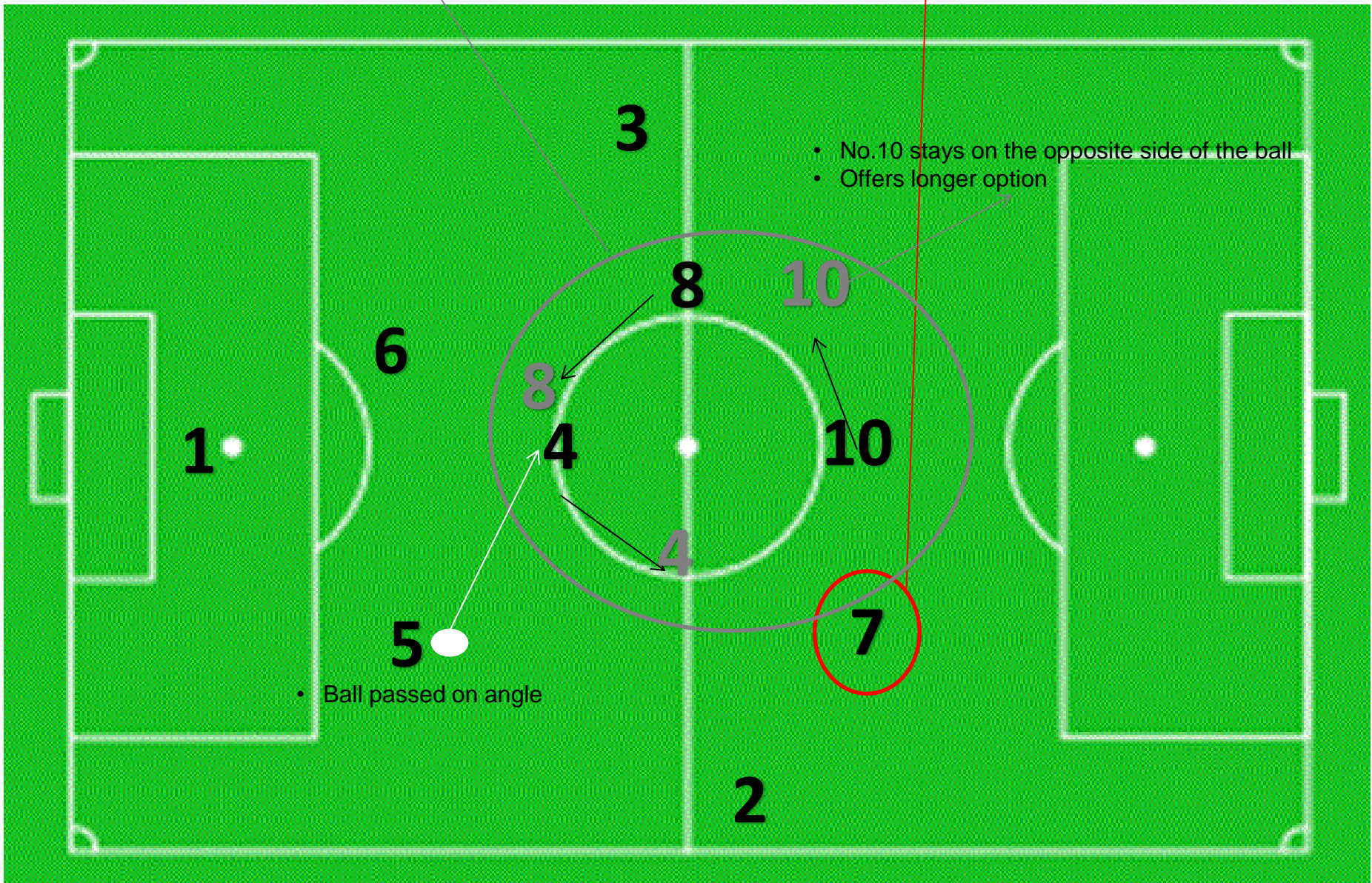
- No.2&3 high & wide to play forward
- Must give 5&6 an option
- Change the angle through 4,5,6



Phase 2 – Set up in possession at the back

- If the ball can't be played into no.4 – rotation of midfield needs to happen

- Player on the side of the ball goes high to create space

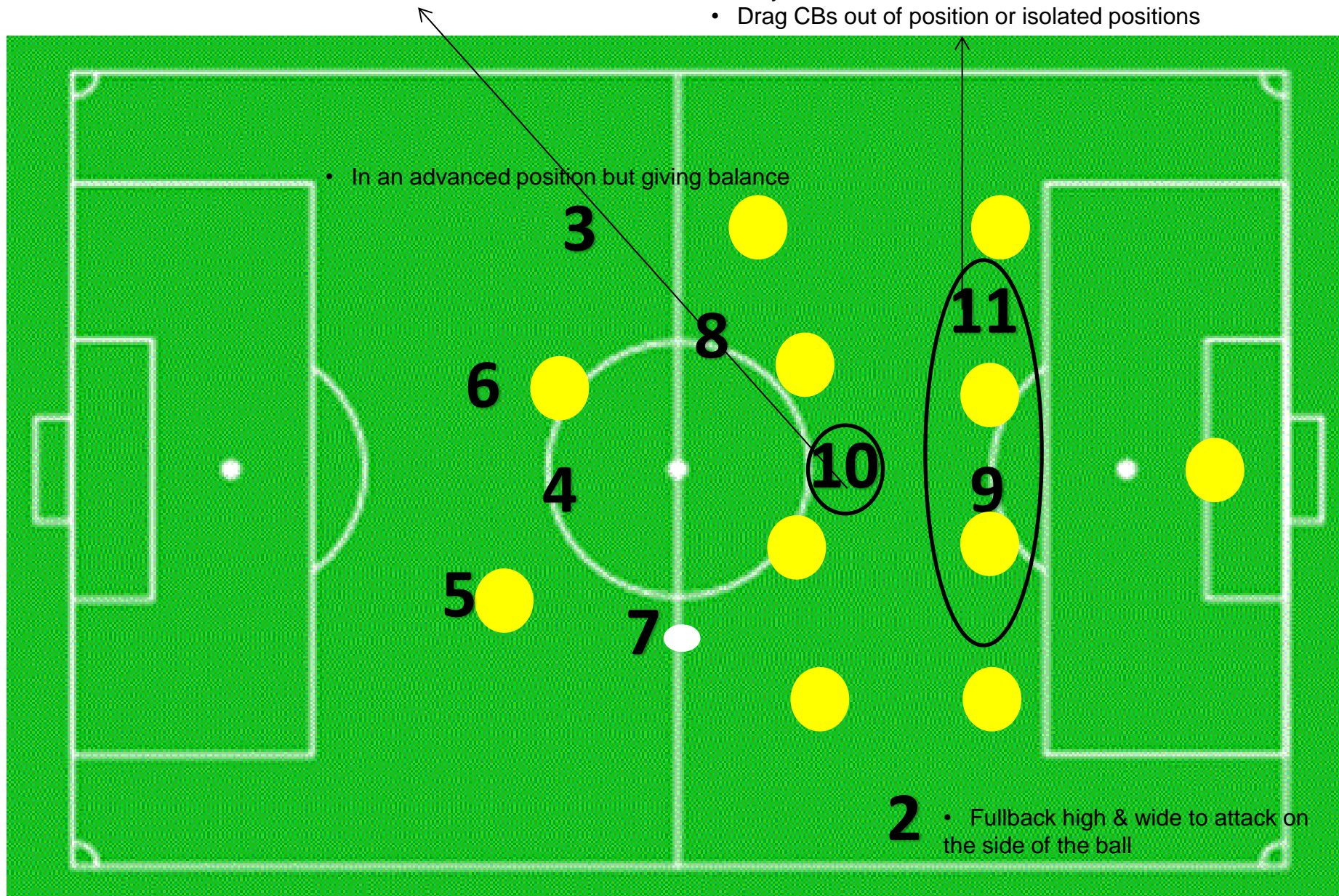


Phase 3 – Playing from back 3<sup>rd</sup> into midfield

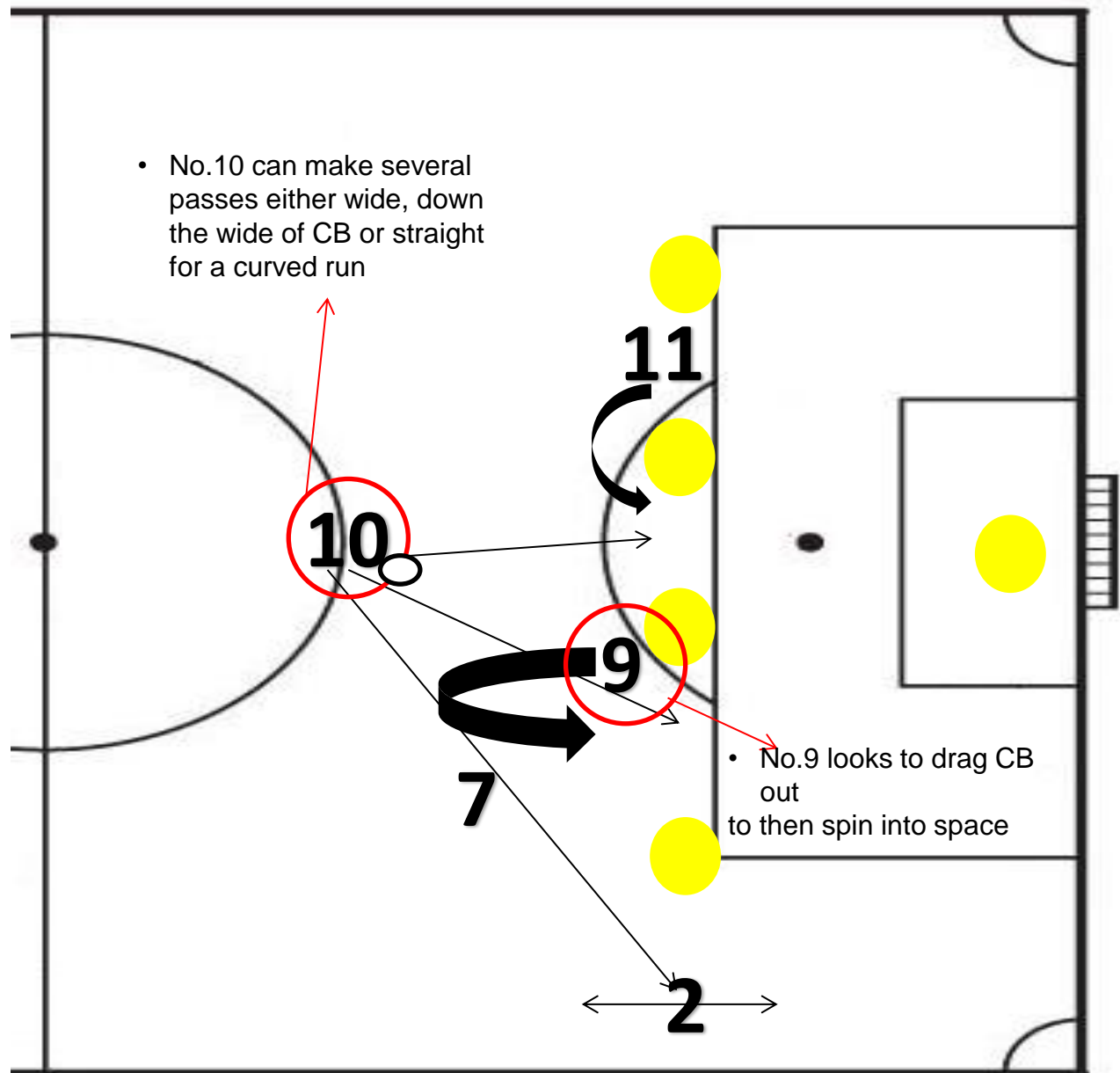


- No.10 looking to receive ball facing forward to play forward

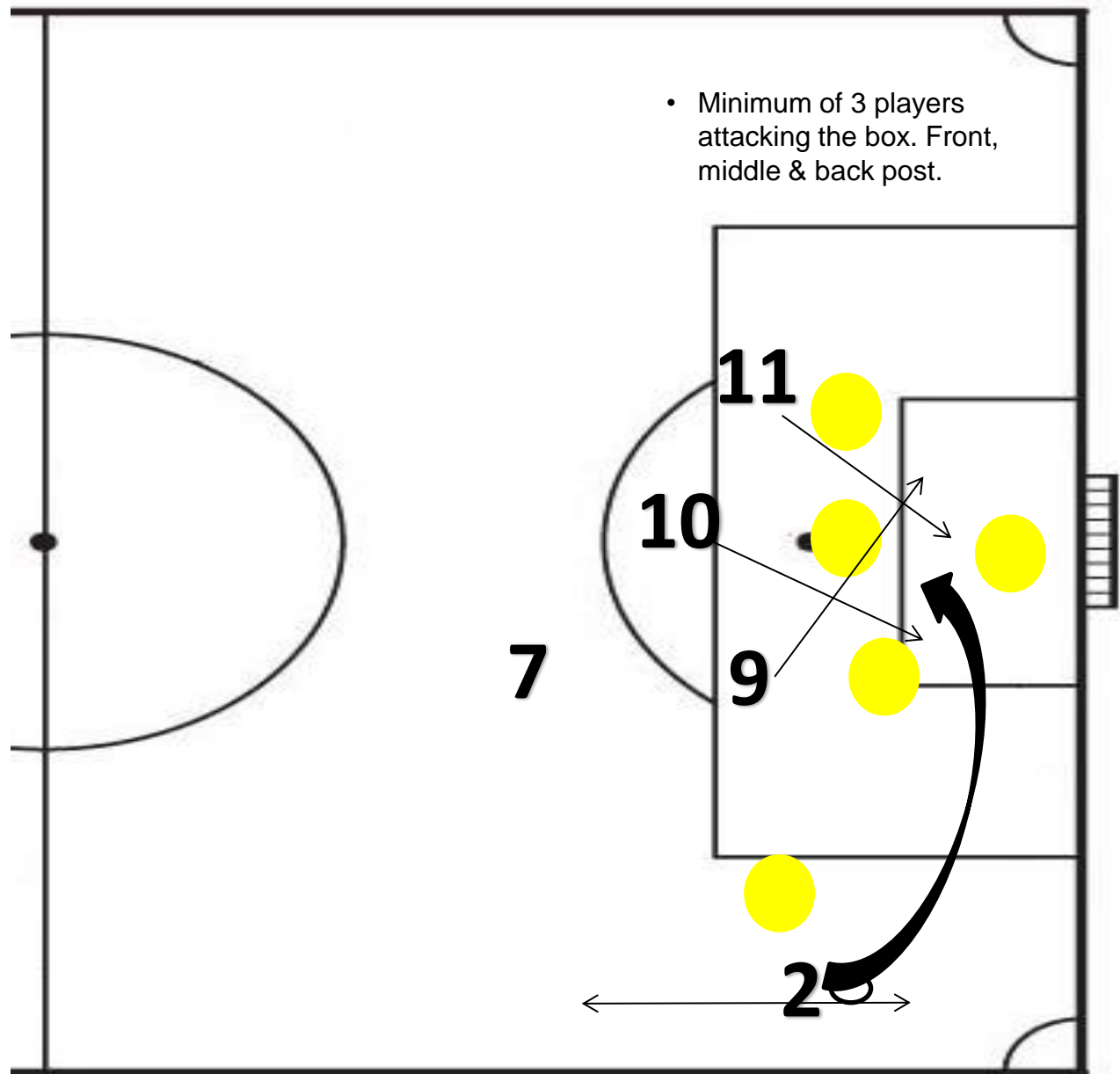
- No.9 & 11 movement away from the ball to check back
- Play on the shoulder of defenders
- Drag CBs out of position or isolated positions



Phase 4 – Attacking play

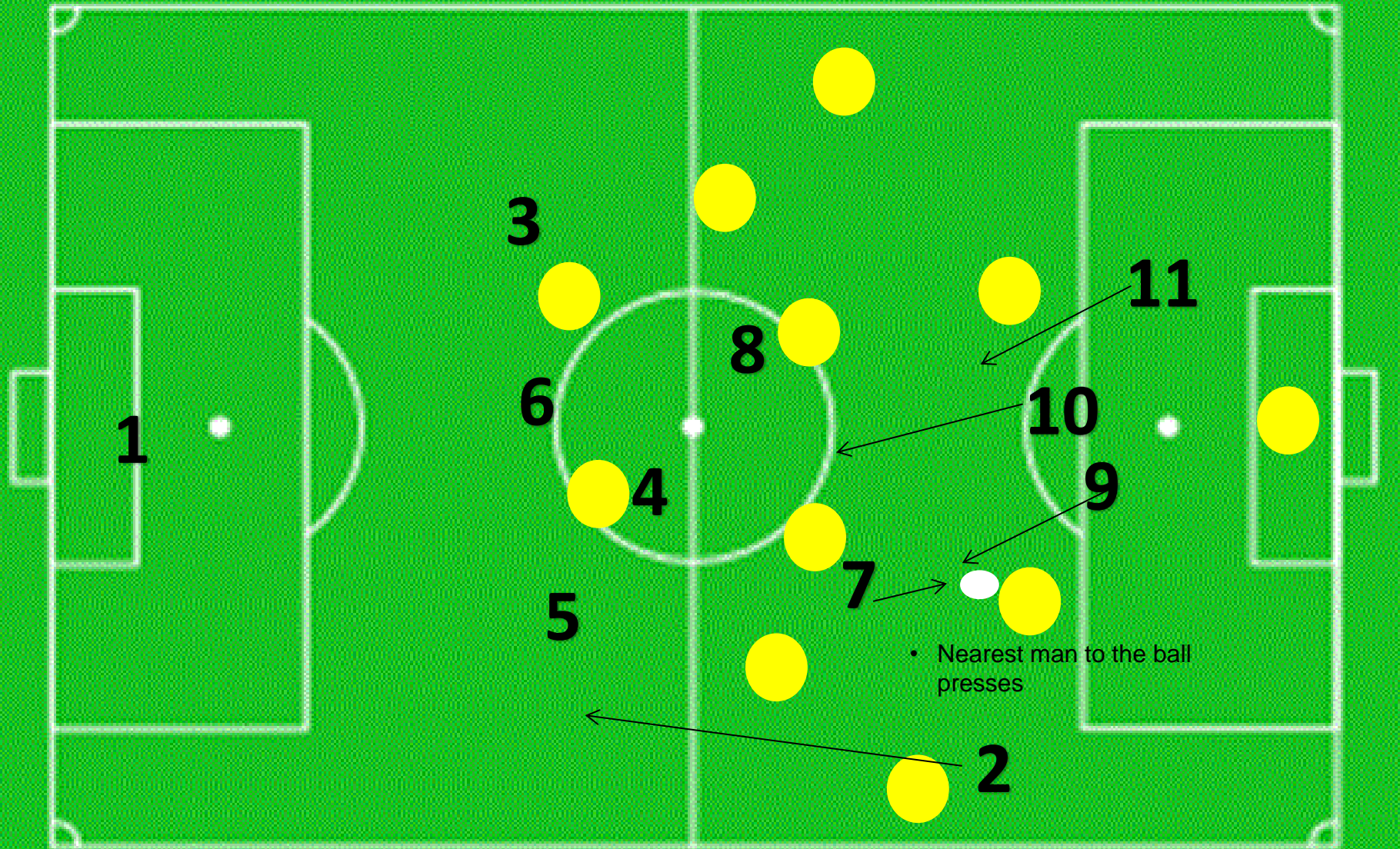


Phase 5 – Attacking play in final 3rd



Phase 5 – Attacking play in final 3rd

- Recover shape
- Press ball high
- Narrow

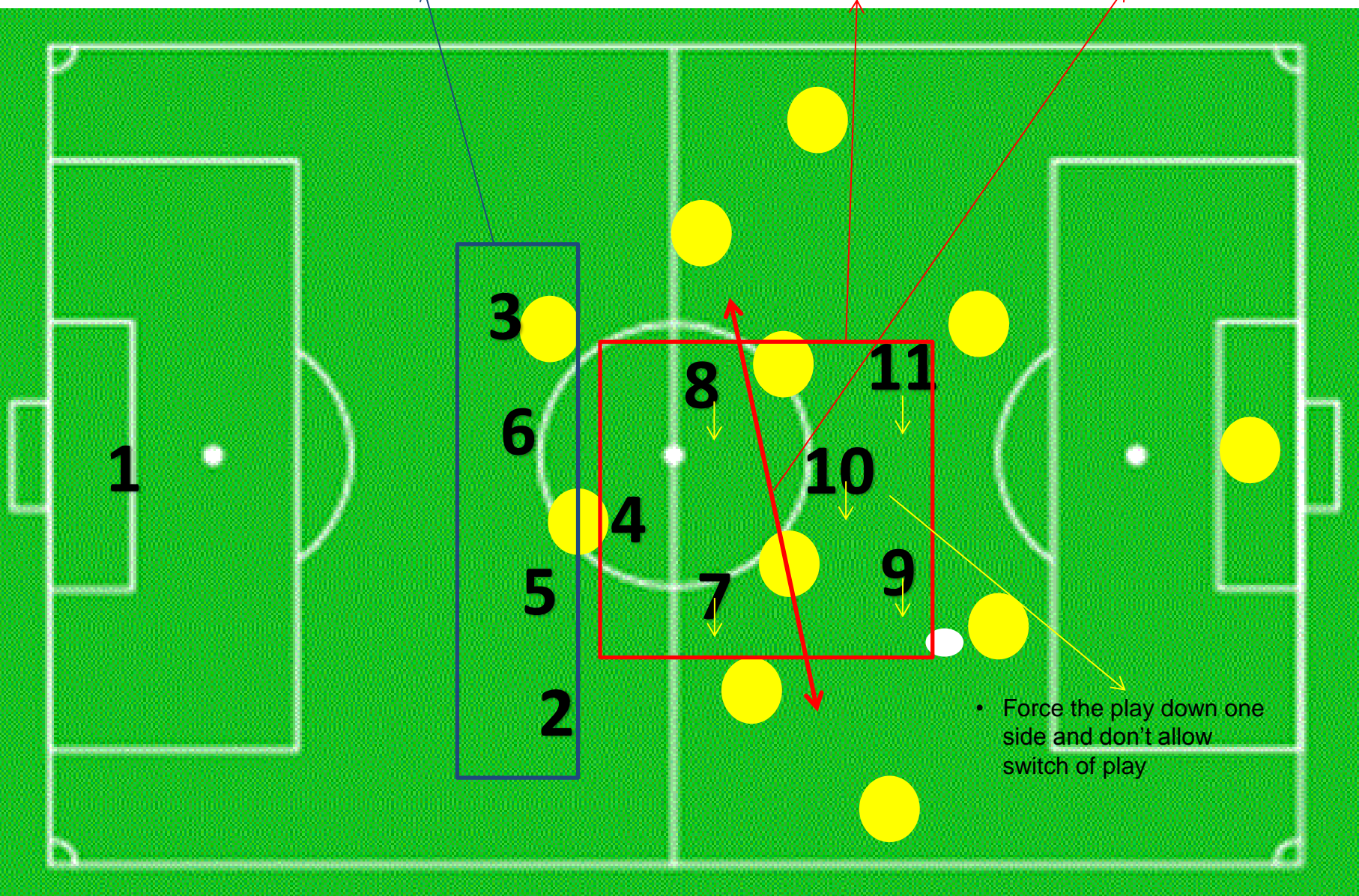


Phase 1 – Defending unorganised

- Narrow back 4
- High line

- Compact to stop playing through the middle
- Press high

- Players shuffle & move with the direction of the ball



- Force the play down one side and don't allow switch of play

Phase 1 – Defending organised

### **No.2 & 3**

- 1v1 vs opposition wingers
- Cover 5 & 6

### **No. 5 & 6**

- Deal with opposition strikers

### **No. 4**

- Block forward passing lines
- Defend in front of 5 & 6 as a screen or pitching the ball from the front

### **No. 7 & 8**

- Match up in midfield
- Force play one way
- Press the ball in wide area on their side of the diamond

### **No.10**

- Press any forward pass from defence
- Force play backwards
- Press wide if closest man

### **No. 9 & 11**

- Make play predictable
- Split 2 CBs to stop switch of play

Attitude - Commitment –  
Achievement

Development & Progression is key to  
the game

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