

DEFENSIVE ORGANISATION

Defensive organisation in 4-4-2 — roles and structure

CATEGORY All categories	DURATION 75 min	PLAYERS Minimum 14	INTENSITY 3/5	EQUIPMENT Balls, cones, bibs and 2 goals
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1AQUECIMENTO - DEFENSIVE 4-4-2 SEM PRESSAO 12 MIN

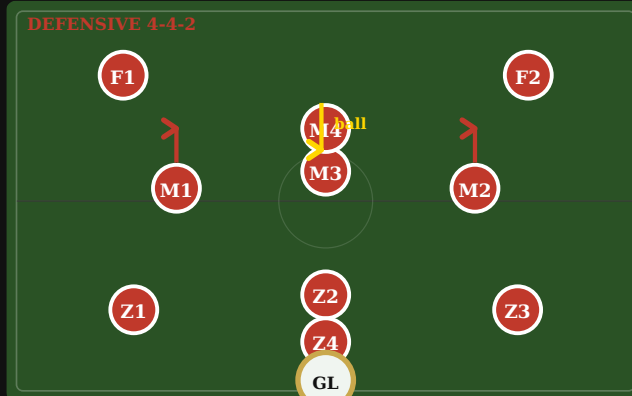
DESCRIPTION: Equipe aprende posicionamento defensivo do 4-4-2: 2 pontas closesm o meio, linha de 4 medios closes o corredor central, linha de 4 zagueiros closesm a profundidade. GL comanda. Sem adversarios.

FOCUS

- F1/F2: closesm o espaco entre medios — nao vao ao portador
- Medios de fora (M1/M2): coversm a lateral quando ball vai ao lado
- M3/M4: always protect central corridor
- Linha de 4 zagueiros: profundidade behind dos medios

PROGRESSION:

1. Treinador indica posicao da ball — equipe ajusta.
2. Coach changes position quickly — adaptation speed.



DEFENSIVE 4-4-2 = 2 pontas + 4 medios + 4 zagueiros - posicionamento por zona da ball

COACHING POINT

In defensive 4-4-2, each position has 1 zone to protect. F1/F2 protect the central corridor, M1/M2 protect the wide areas, centre-backs protect depth.

2DRILL 1 - 4-4-2 AGAINST BUILD-UP 18 MIN

DESCRIPTION: 4-4-2 defensivo completo reage a saida de 3 atacantes. F1 closes a saida curta ao GL. Linha de medios closes o corredor central. Quando a ball vai lateral, M1 ou M2 presses e a linha shifts. Linha de 4 mantem profundidade.

FOCUS

- F1 closes GL adversario — channels para a lateral
- M1/M2 presses o lateral que recebe
- Linha de medios shifts com cada passe
- Line of 4 doesn't advance — maintains depth

PROGRESSION:

1. Add 4th attacker — more exit options.
2. F1/F2 podem pressesr em dupla — mais intensa.



BOLA = posicao · closes/channels = F1 · shifts = linha de medios · linha de 4 fixa behind

COACHING POINT

F1/F2 no 4-4-2 defensivo tem 1 missao: closesr o corredor central e channels para a lateral. Quem nao channels deixa o centro aberto.

COMMON ERRORS

- ✗ **F1/F2 going to ball carrier without cover**
F1/F2 channelsm — nao vao ao portador diretamente.
- ✗ **Linha de medios nao shifts**
Medios shiftsm com cada passe. Linha estatica = espacos.
- ✗ **Centre-backs advance with midfielders**
Linha de 4 mantem profundidade. Subir cria espaco behind.
- ✗ **Space between lines open**
M3/M4 sempre closesm o espaco central.

GENERAL COACHING POINTS

- ✓ F1/F2 closesm o corredor central — channelsm para a lateral
- ✓ M1/M2 pressesm o lateral quando ball vai ao lado
- ✓ M3/M4 always protect central corridor
- ✓ Line of 4 maintains depth — doesn't advance with midfielders
- ✓ GL comanda a linha de 4 behind
- ✓ Solid 4-4-2 = 2 cohesive lines — not 8 loose defenders

SESSION SUMMARY	
Phase Name Description	Duration
Warm-Up 4-4-2 Posit. Defensive 4-4-2 positioning — roles by zone	12 min
Drill 1 4-4-2 Build-up 4-4-2 reage a saída — F1 closes GL, M shifts	18 min
Drill 2 4-4-2 Press 4-4-2 pressing with block — F1/F2 lead	20 min
Match 8v8+GK Solid 4-4-2 — win back in structure = 1 point	25 min