



4-4-2 formation with diamond midfield

Category: Tactical: Position specific

Difficulty: Moderate

emily hall



4-4-2



The flat four defenders must communicate well to cover opposing forwards and outside midfielders.

The diamond shape midfielders must maintain their shape even as they shift around the field.

The strikers must shift when the ball switches fields and use the outside midfielders to attack down the flanks. They also must be the first line of defense when the other team counters.