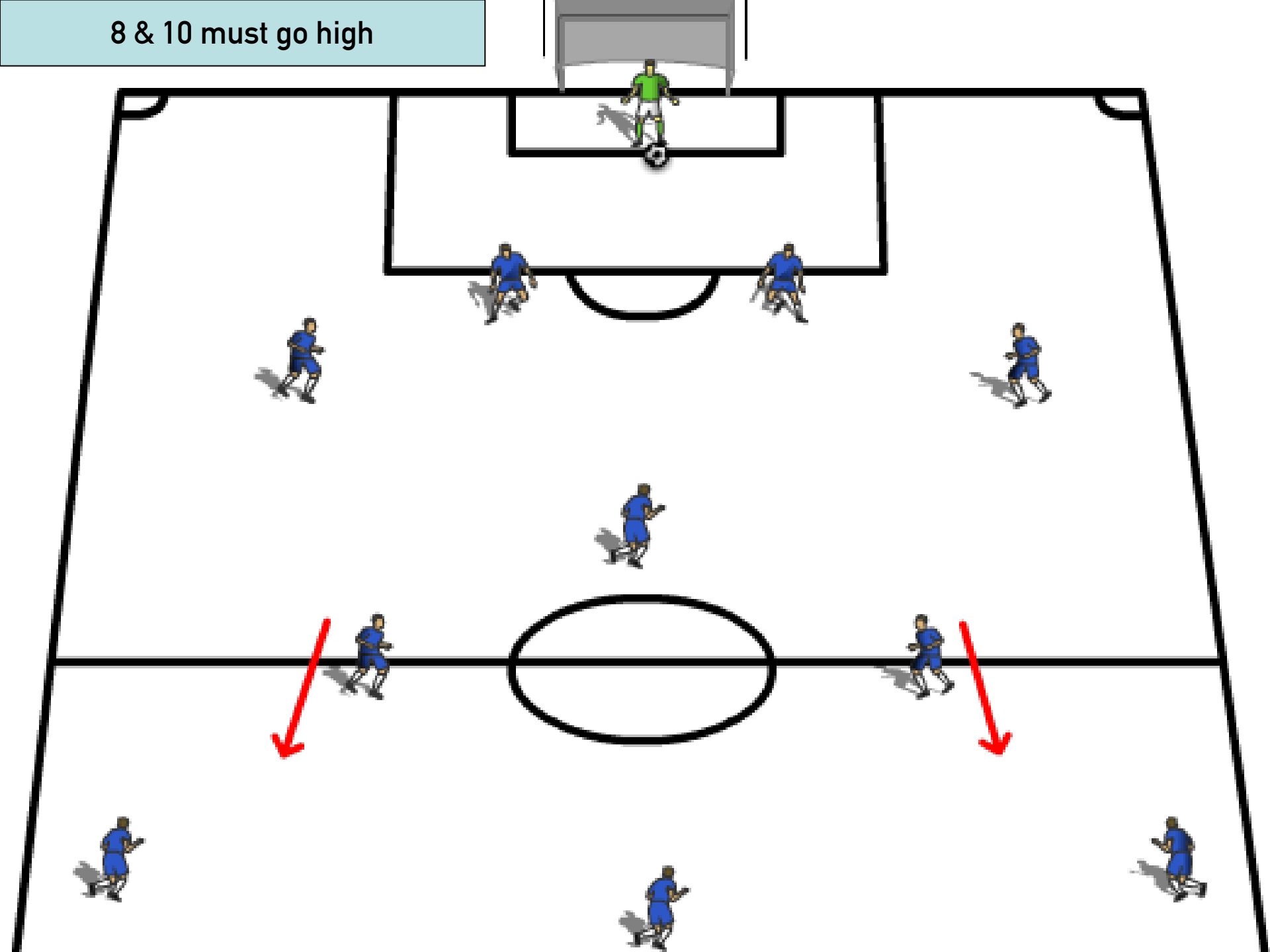


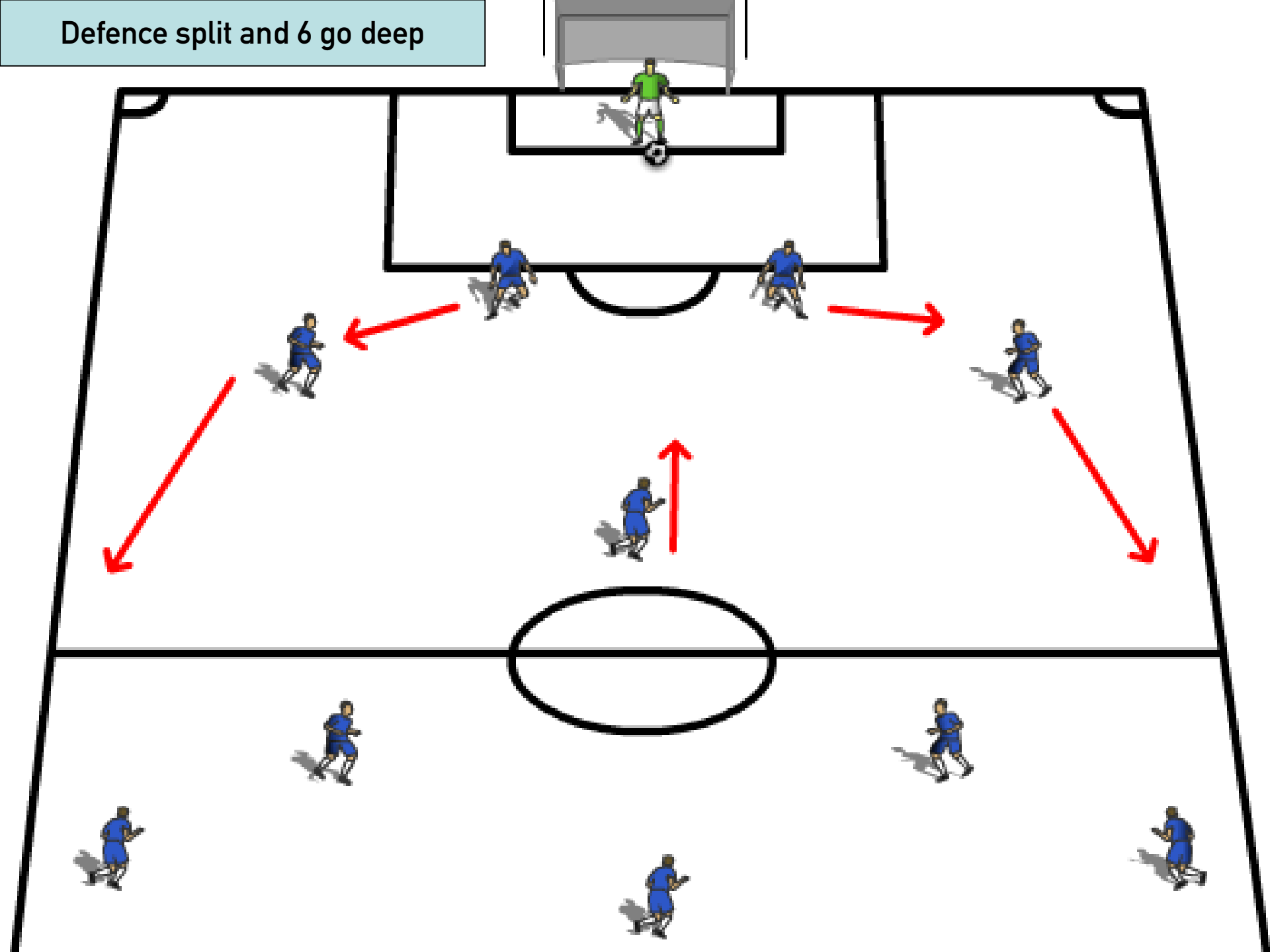
Playing out of defence

Playing against a 4-4-2

8 & 10 must go high



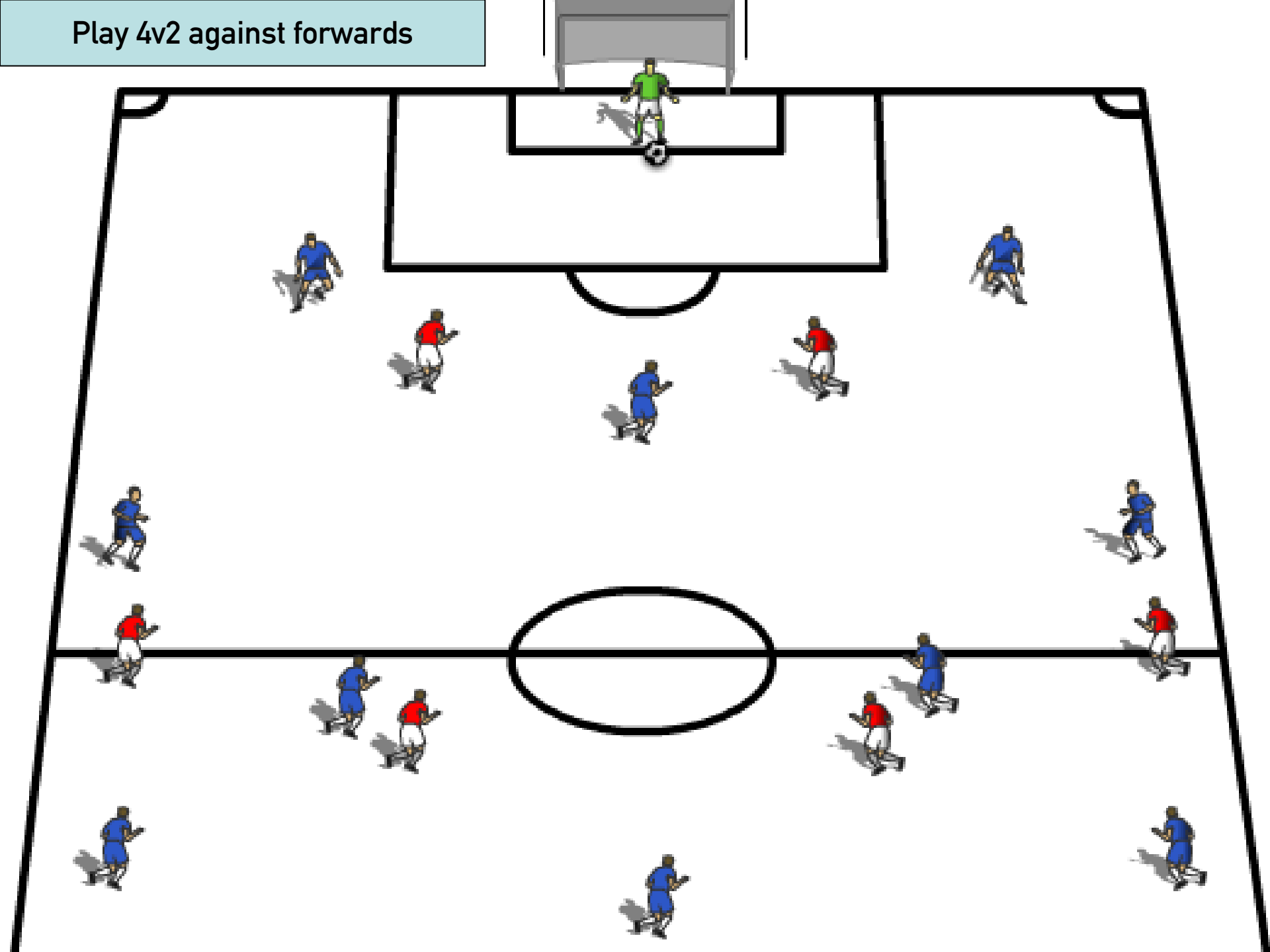
Defence split and 6 go deep



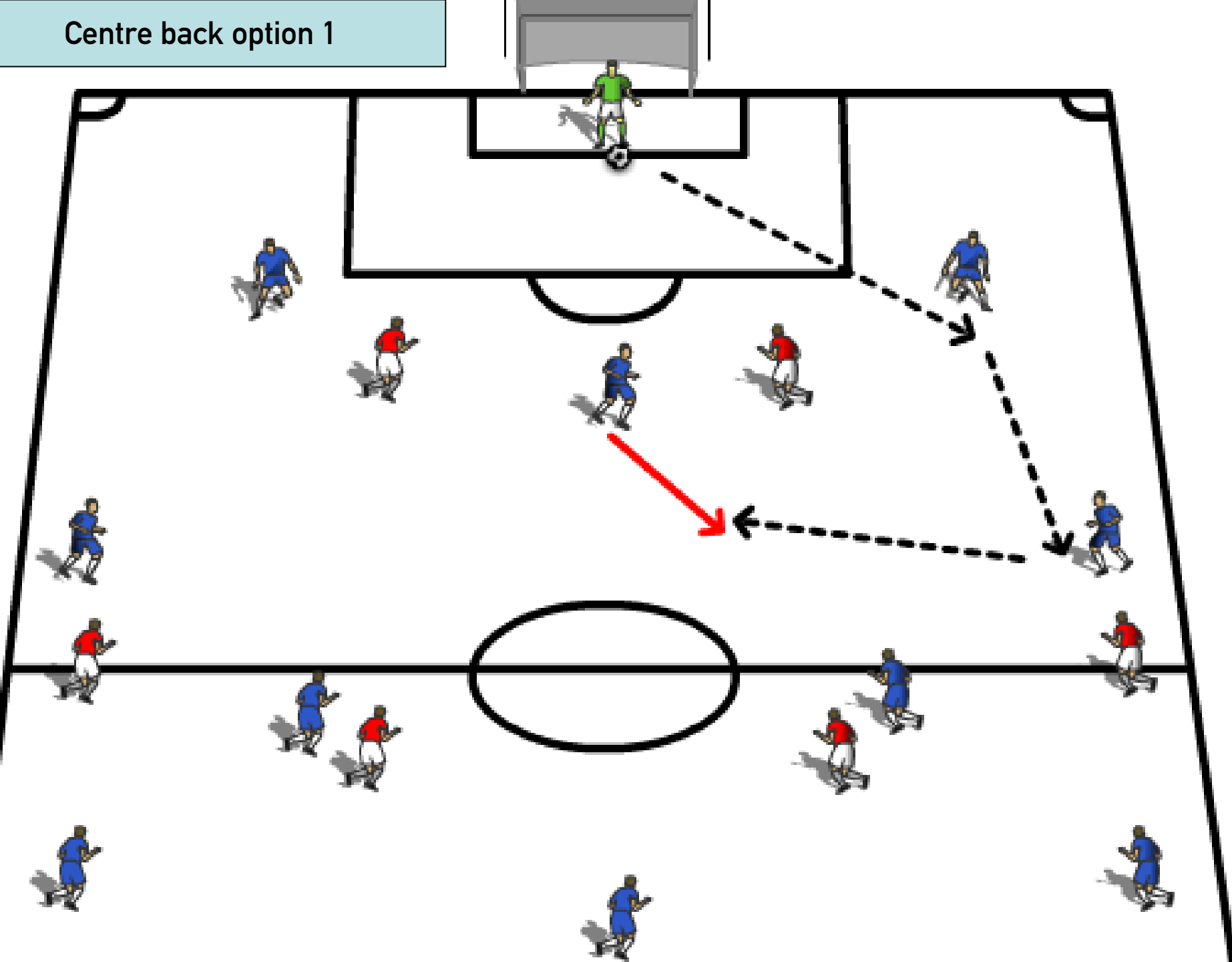
Create diamond with GK



Play 4v2 against forwards



## Centre back option 1

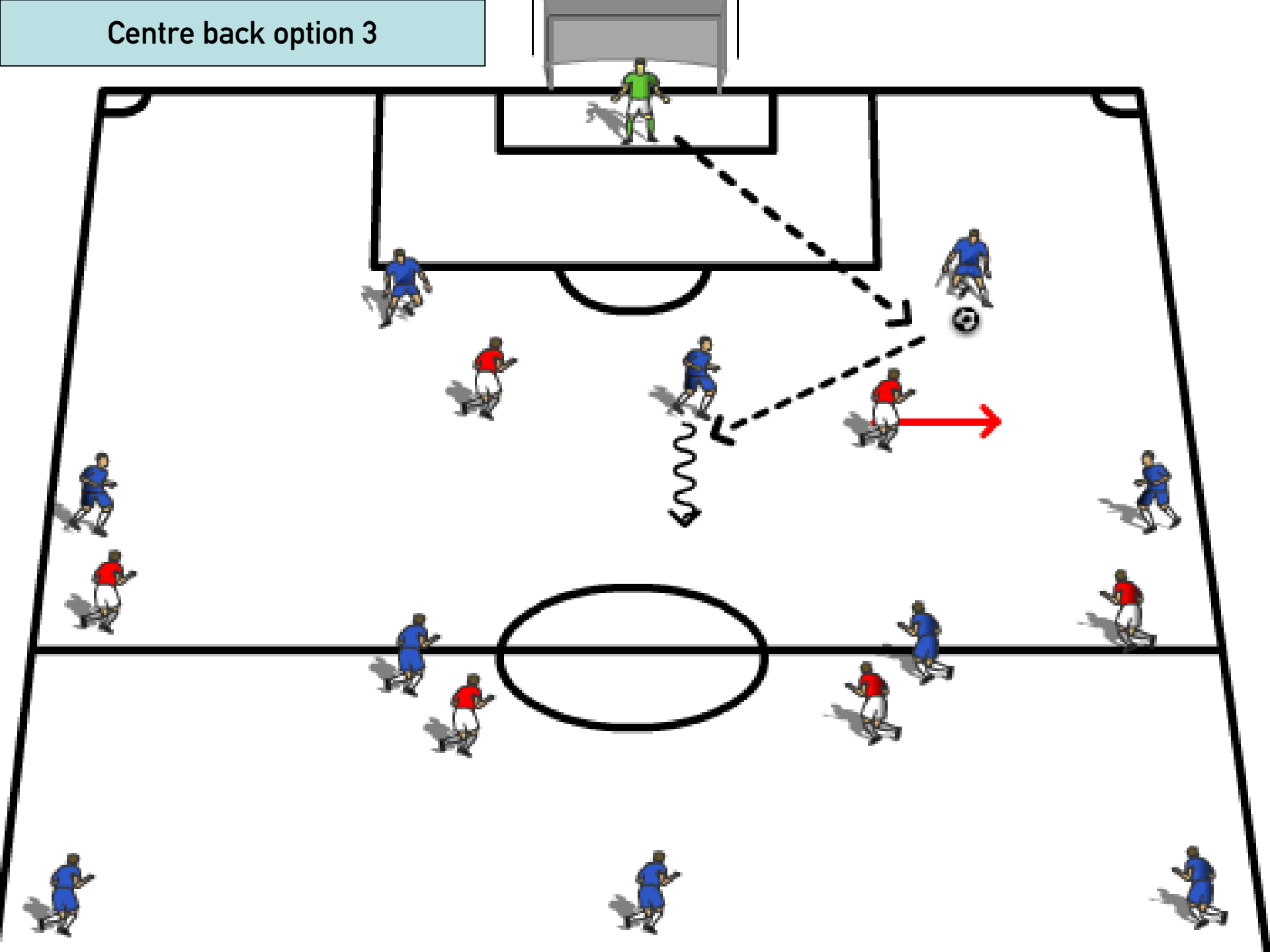


## Centre back option 2

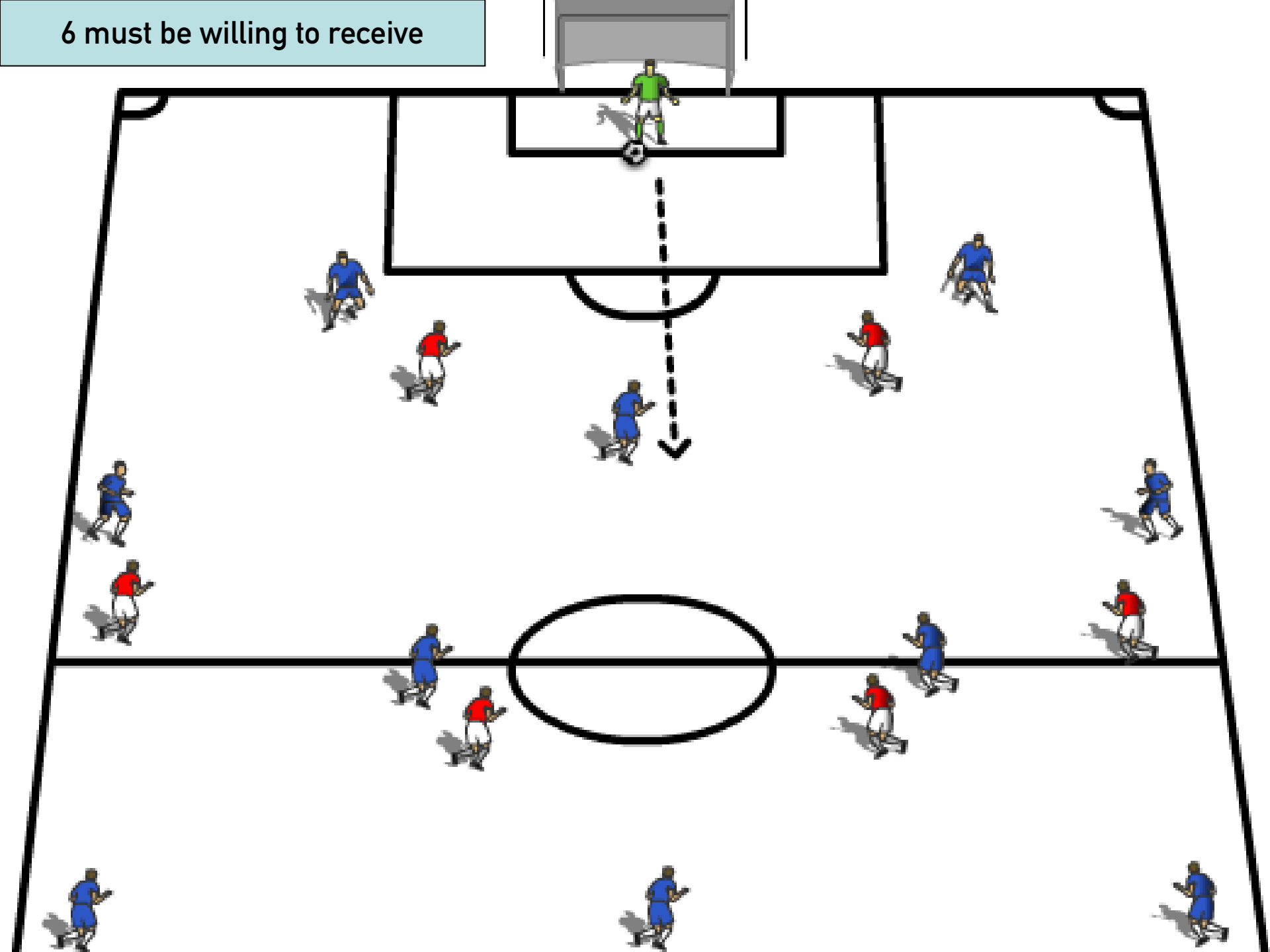




# Centre back option 3

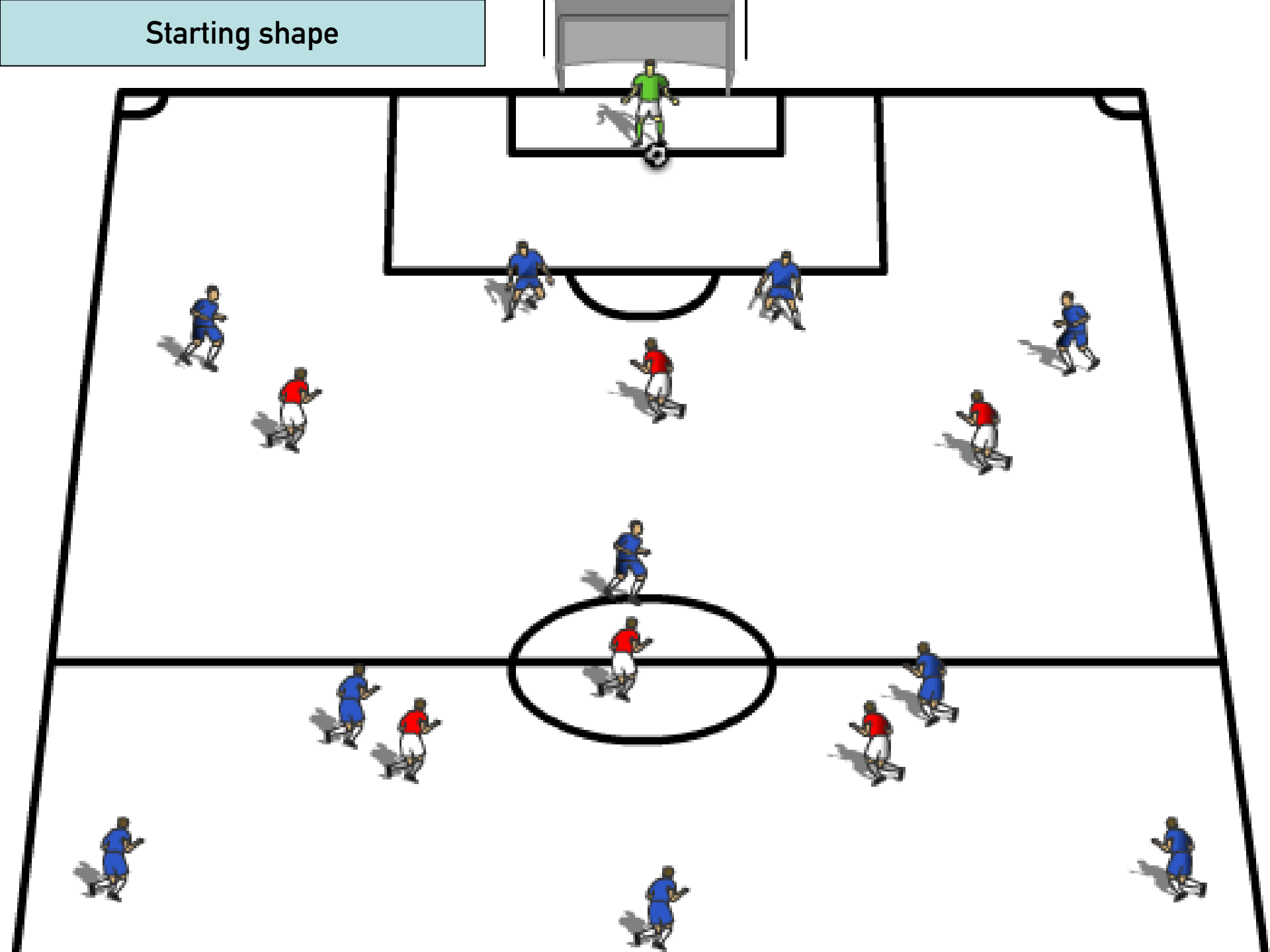


6 must be willing to receive

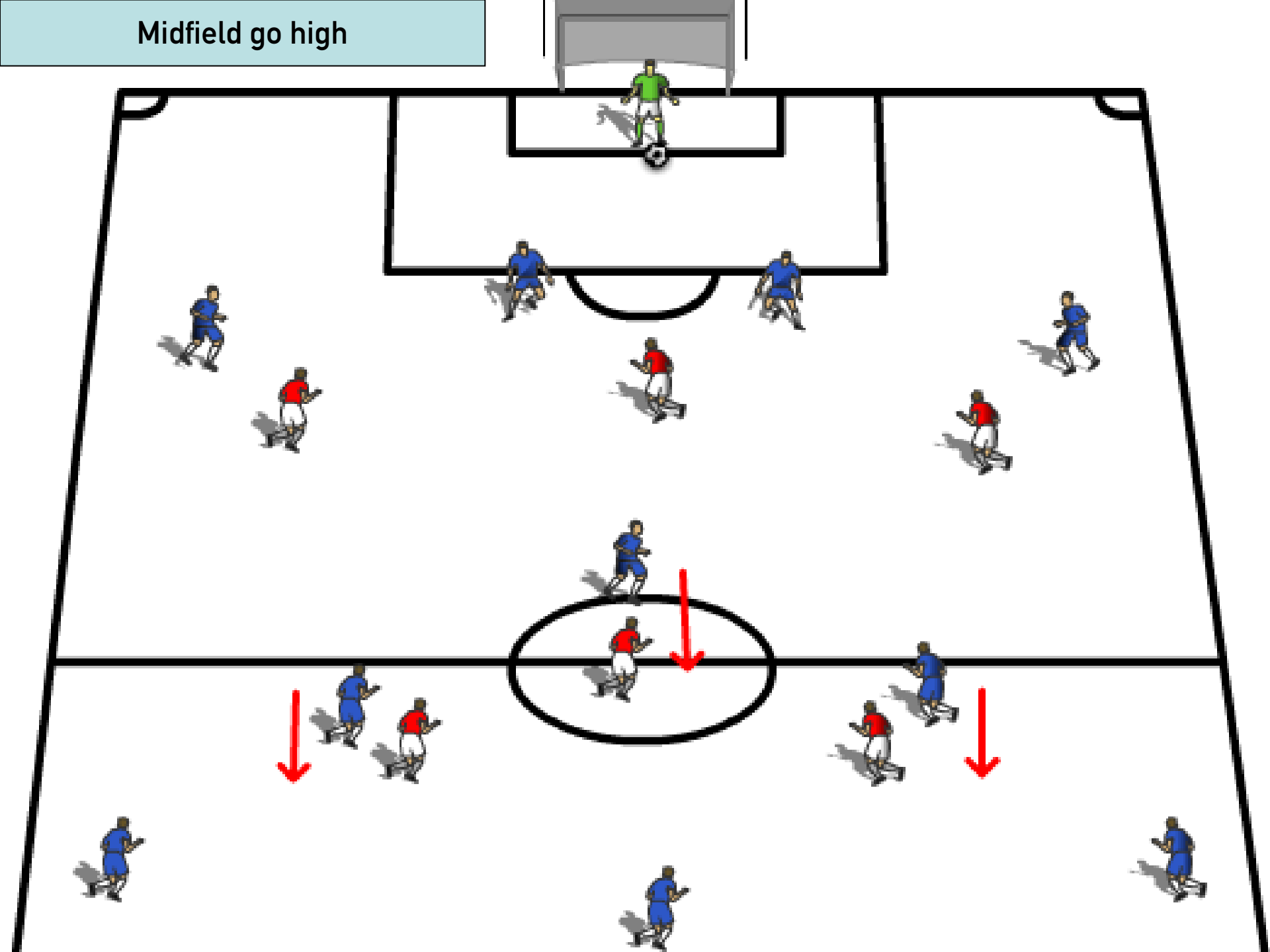


Playing against a 4-3-3 or 4-5-1

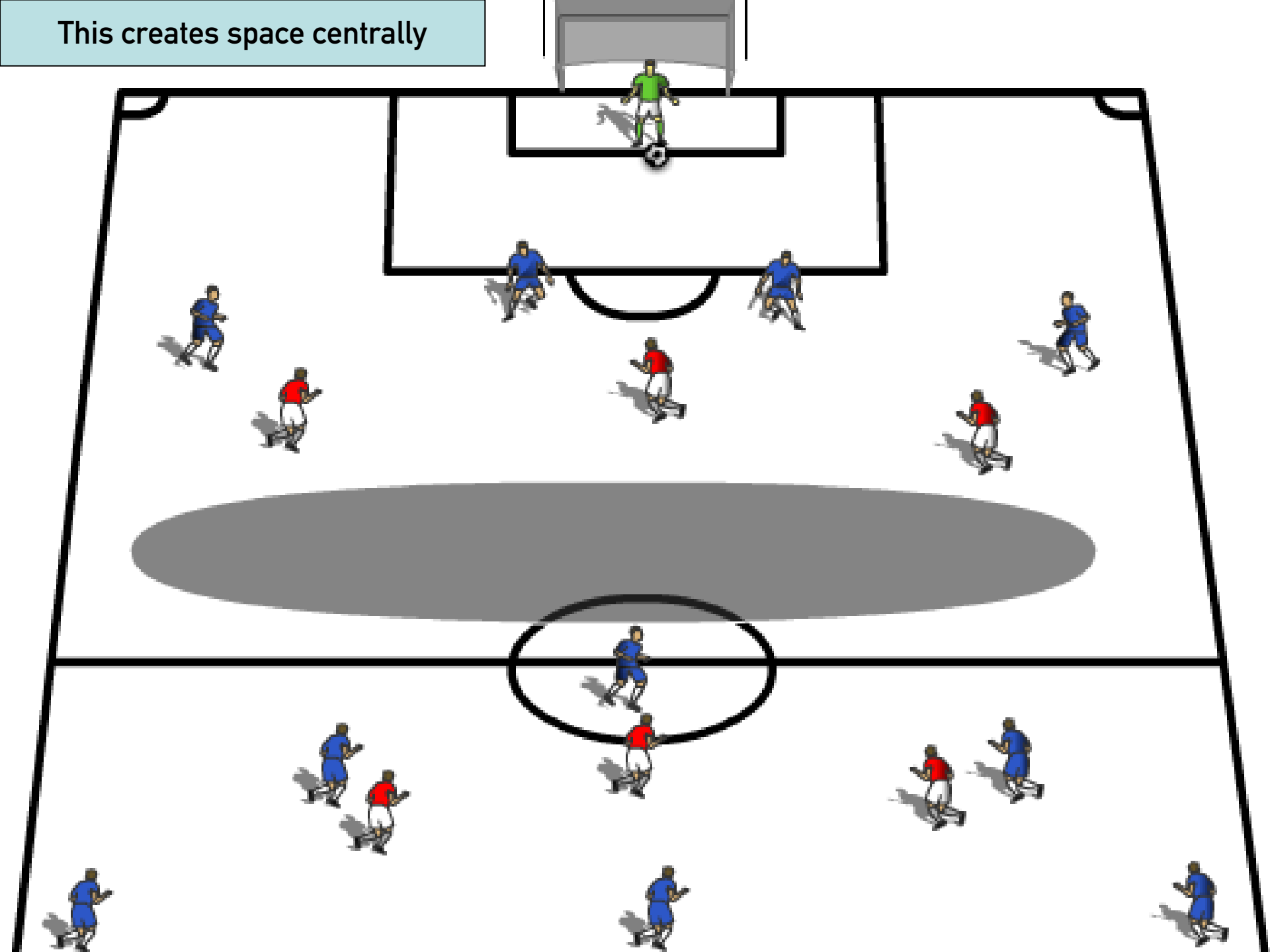
Starting shape



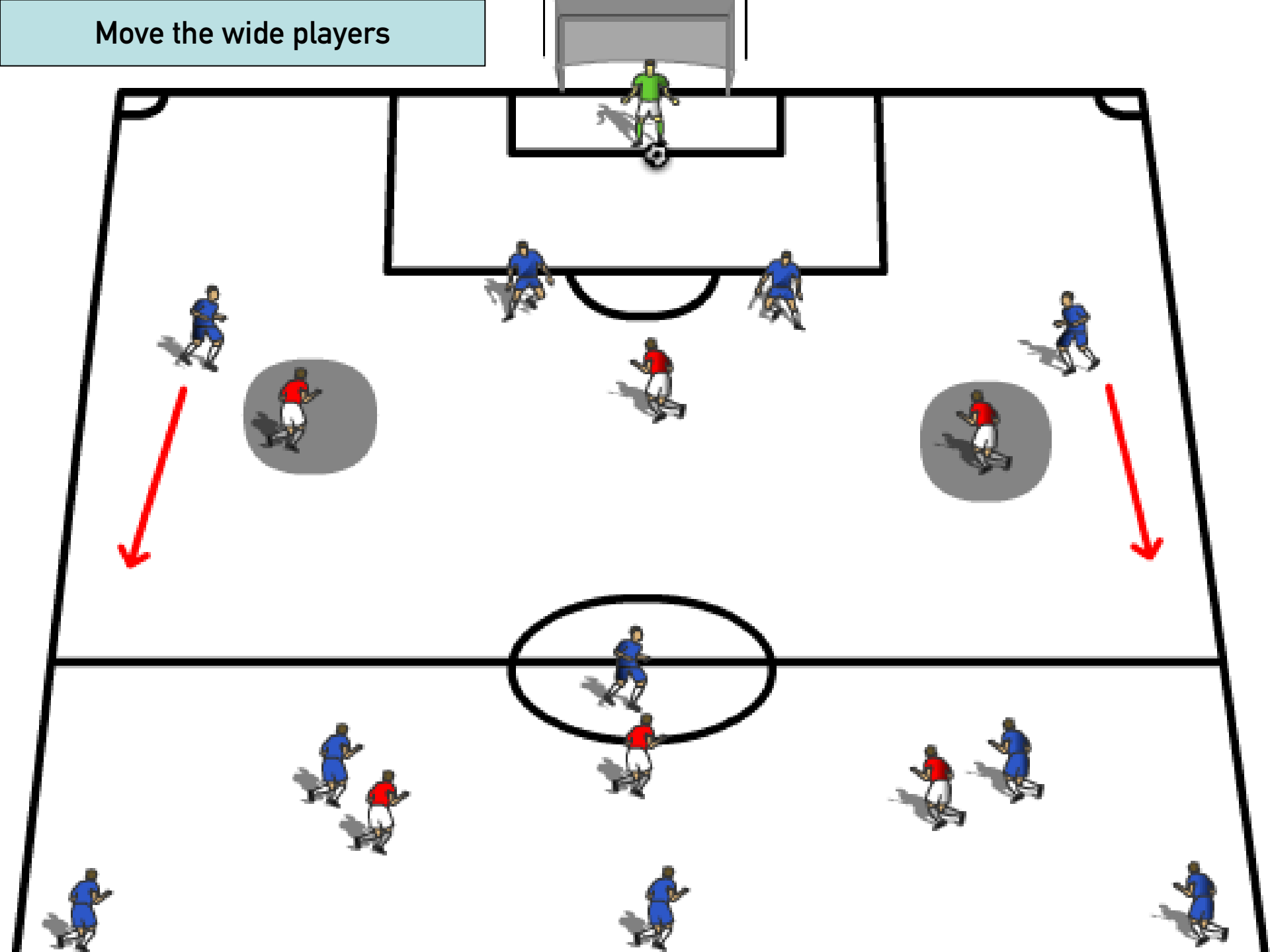
Midfield go high



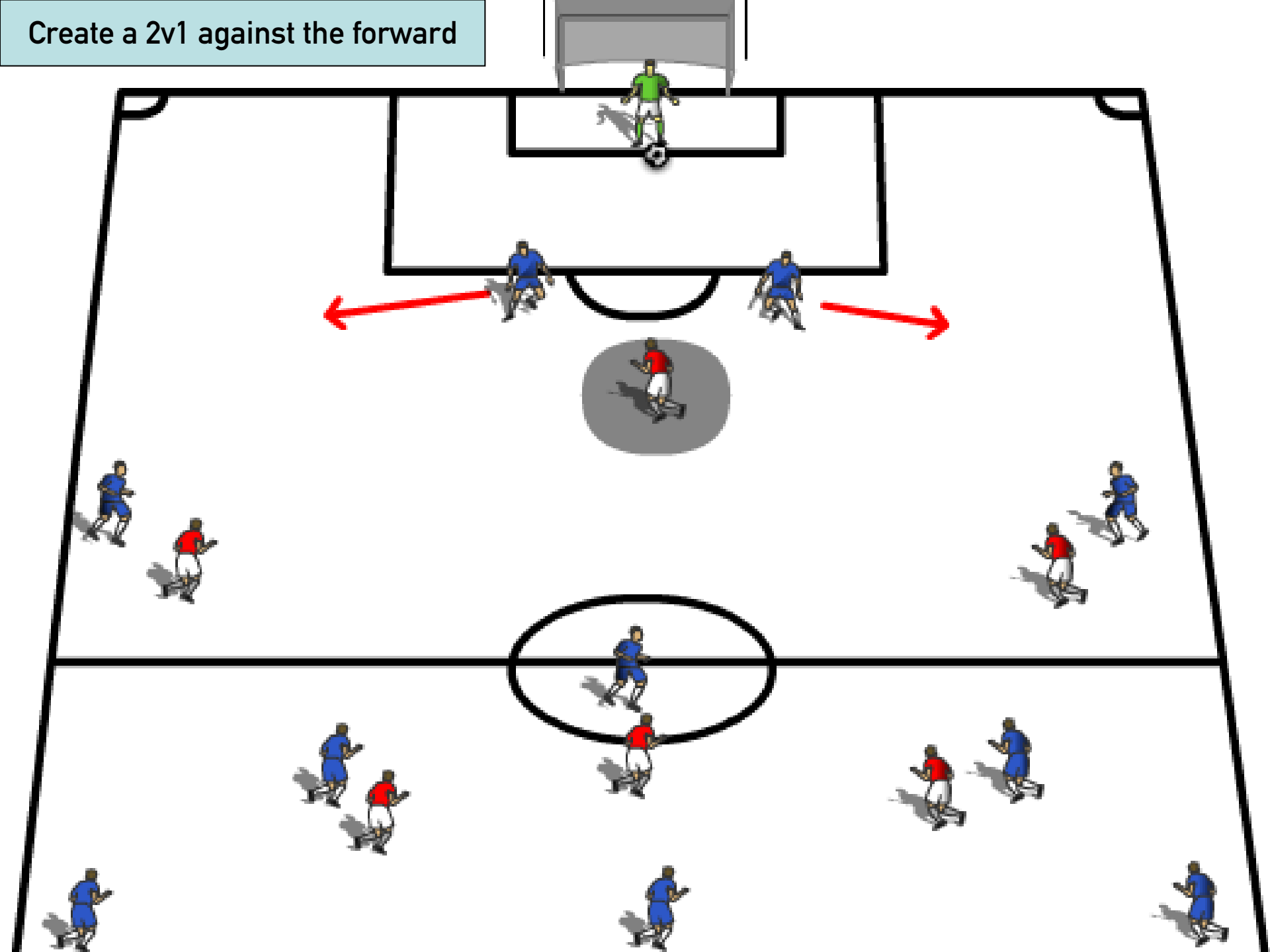
This creates space centrally



Move the wide players

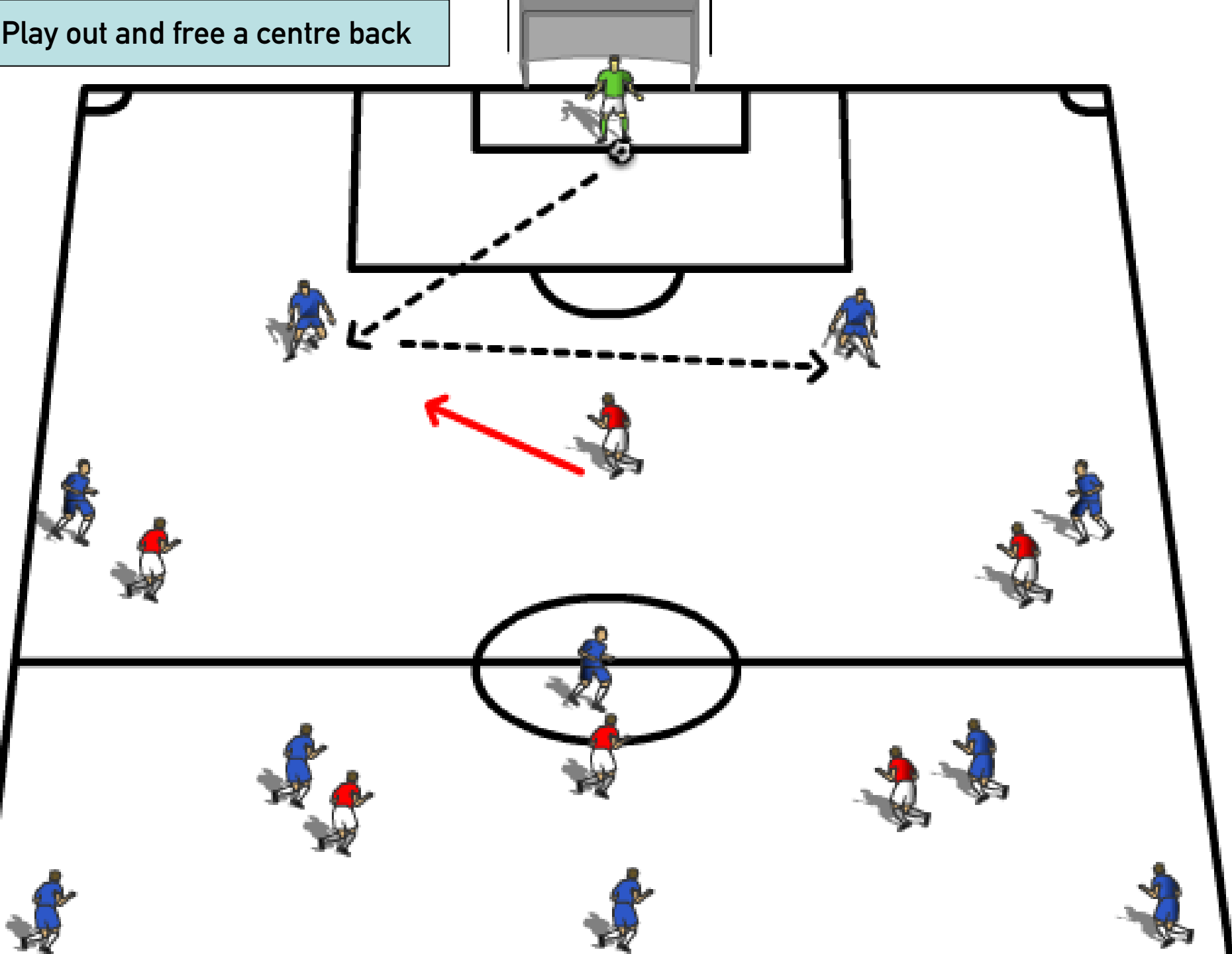


Create a 2v1 against the forward

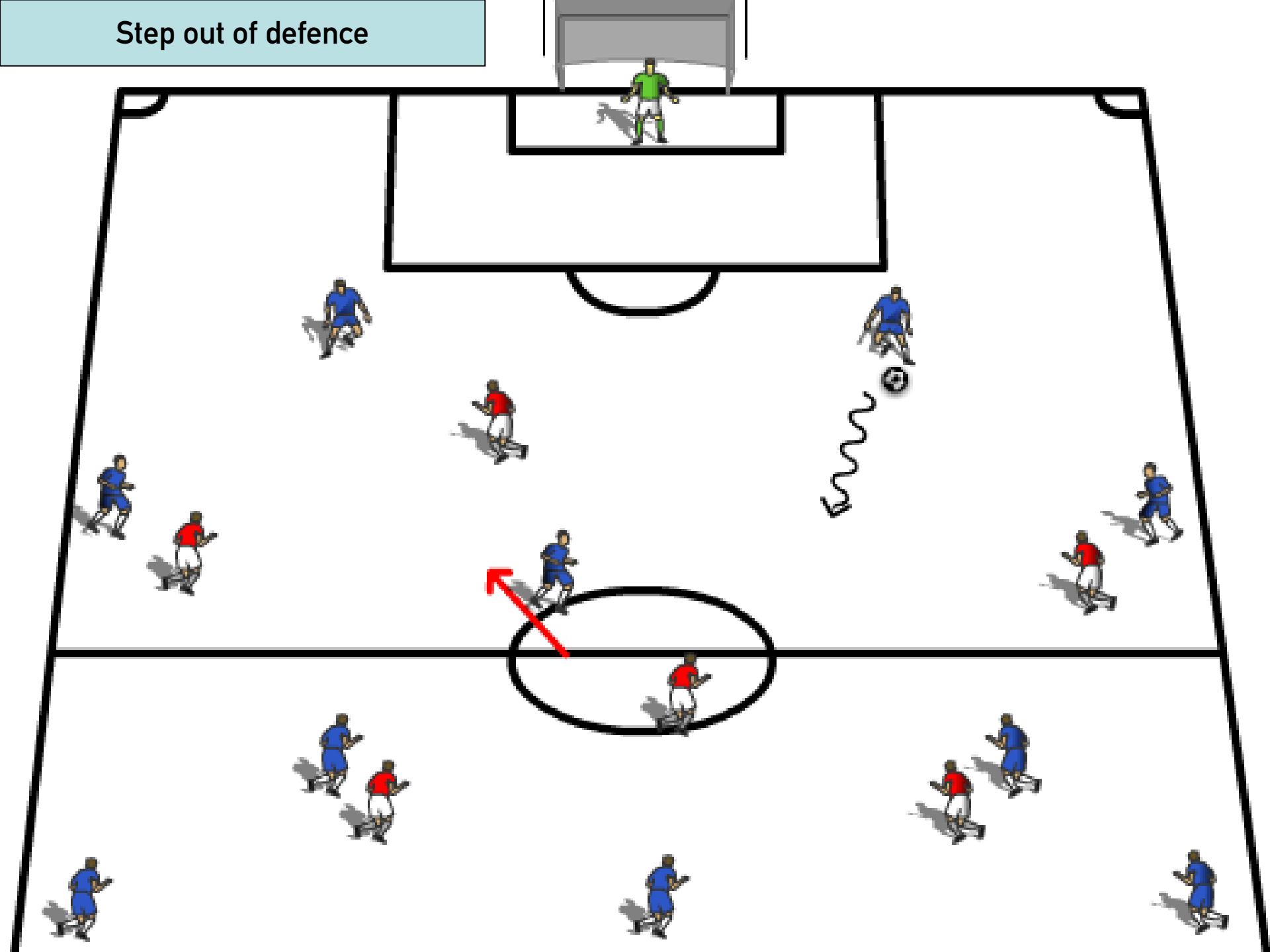




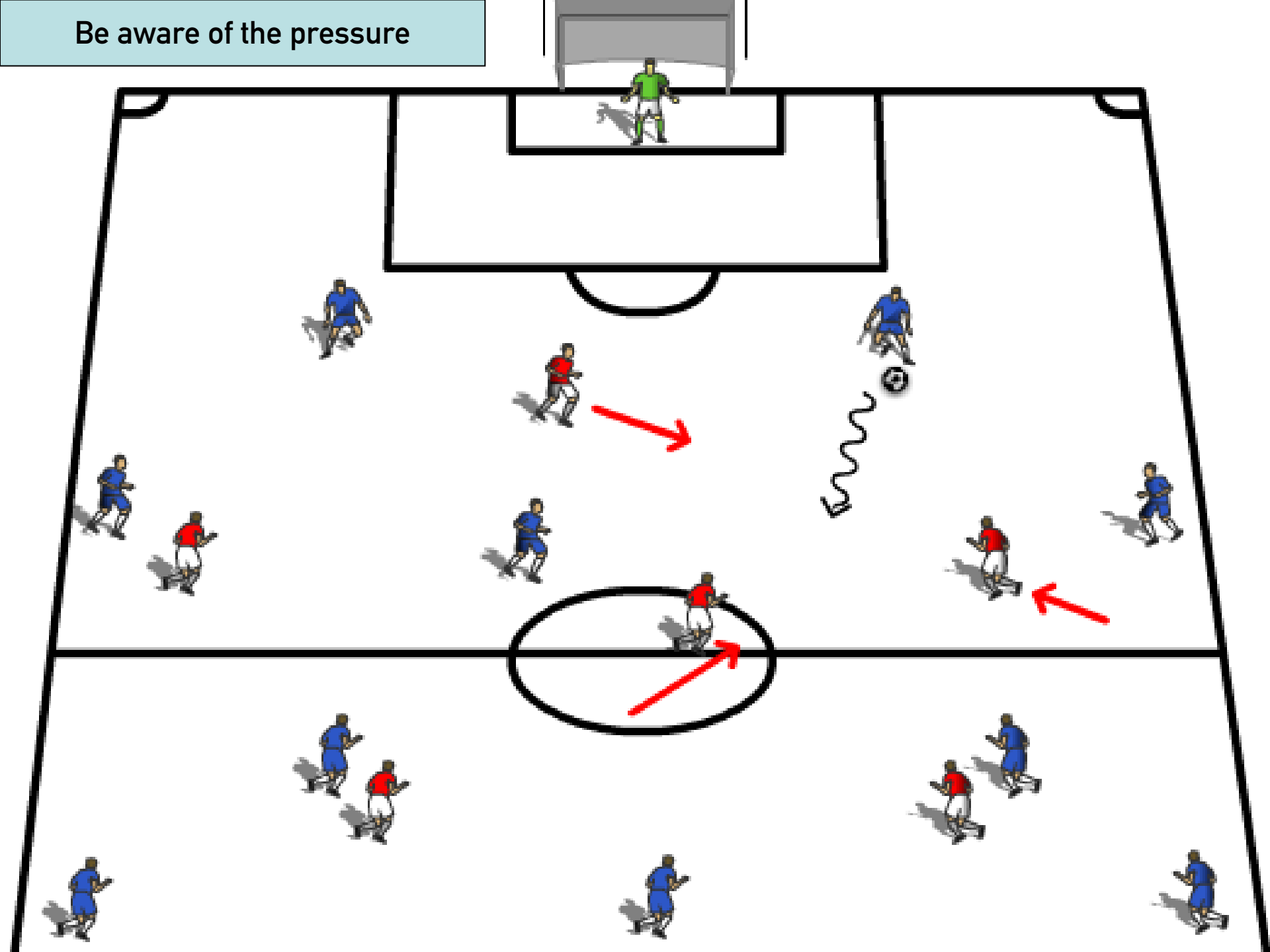
Play out and free a centre back



Step out of defence



Be aware of the pressure



Make a good decision

