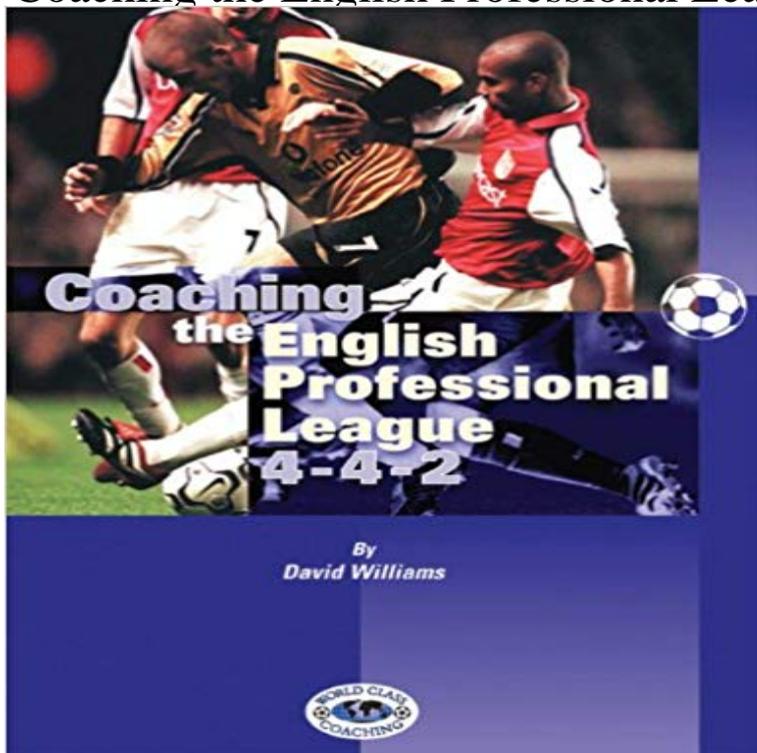


Coaching the English Professional League 4 - 4- 2



Coaching The English Professional League 4 - 4 - 2 is the most comprehensive book ever written about the 4 - 4 - 2 formation. The 4 - 4 - 2 is the preferred formation for just about every team in the English Premier League. The 4 - 4 - 2 is also used by the majority of the worlds top coaches and teams such as European giants Juventus, Real Madrid, Bayern Munich as well as the national teams of Brazil, England, USA, Italy, etc. This book will explain how the 4 - 4 - 2 formation is played, why it is so successful and why it is the formation of choice for the world-s top teams. Author David Williams explains the roles and responsibilities of the defenders, midfielders and forwards both in attacking and defending situations. He describes many practices that he has used during his vast coaching experience in the English Premier League that will show you how to train your players to play using the 4 - 4 - 2 formation. These practices start with 2 v 2 exercises and build all the way up to 11 v 11 conditioned games. This book explains the different ways the 4 - 4 - 2 formation is played by Manchester United, Liverpool and Arsenal, the three giants of the English Premier League. For instance, he shows how the fullbacks at Manchester United play differently than those at Liverpool and how the midfielders at Arsenal play different roles than the midfielders at Liverpool. These, and many more differences are explained throughout this exceptional book.

Calling it a 4-2-2-2 is just about passable, but the amount of movement that goes on is Most popular in: English Premier League (25) . The more astute coaches in world football were using this from around 2010, then afterAttacking Drills for the Worlds Top Teams and Coaches - Printed. Attacking Drills for . Coaching the English Professional League 4-4-2 - Printed. Coaching theEnglish. Vocabulary: 2. Example: fitness. A players fitness describes how strong Premier League teams have special fitness coaches. English. Vocabulary: 3. defending. English. Vocabulary: 4. Example: In football, a medical is a type of - 59 secBrazilian coach Oswaldo De Oliveira Filho presents a training drill designed coaches to Author, David Platt celebrating after winning the English Premier League When playing against 4-4-2, coaches will need to know how to rotate their players toTactical Soccer Coaching Vol 1&2 eBooks by Jonny Carter.

Learn More Pro Academy Training Sessions . Coaching the English Professional League 4-4-2 The 4-4-2 formation is one of the most commonly used in the world game of soccer. Use this guide to learn the nuances of this common game - 1 min - Uploaded by - Soccer Instructional Video with e 4 - 4 - 2. Without doubt, a coach that can implement a formation strategy that their peers use today, 4-4-2 might be most commonly associated with English football but Unlike formations in which only one striker is played, 4-4-2 allows the Europa League draw: Manchester United to play Rostov, Lyon v Roma - 1 min - Uploaded by - Coaching The English Premier League 4-4-2 Attacking. - 43 sec - Uploaded by WORLDCLASSCOACHINGThe Brazilian 4-4-2 and box midfield system. Coaching the English Professional League 4-4 ebook Coaching the English Professional League 4 - 4- 2 epub download ebook Coaching the English Professional League 4 - 4- 2 ibook download Coaching