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Diamond Training  
Exercises

# **Essential 4 4 2 Diamond Training Exercises**

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***Defending in a 4-4-2  
diamond (variation)***

Defending with a **4-4-2  
diamond** against a  
3-5-2, 4-2-3-1, 4-1-4-1,  
and 3-4-2-1. Former  
assistant DI coach,  
Former assistant HS ...

***How To BEAT  
Solskjaer's 4-4-2  
Diamond | Examples***

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***From The Tactics Of  
Liverpool and***

***Chelsea*** Subscribe - <http://bit.ly/TheNextManager>  
In this video we look at ways in which Liverpool and Chelsea played against Manchester ...

***High Pressing in a  
4-4-2 Diamond,  
Soccer Tactics***

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www.PerfectSoccerSkills.com/PSTM The **4-4-2** is one of the most ...

### ***4-4-2 diamond attacking patterns***

Playing out of the back in a flat **four** in the defensive third, middle third and progression into the final third. Former assistant coach ...

***4-4-2 Diamond Out of Possession*** A look at the key principles of

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the **4-4-2 Diamond**

Formation when  
defending or out of  
possession. For more  
details including a ...

***Atletico Madrid's  
4-4-2 pressing and  
defensive  
movement***

***4-4-2 DIAMOND  
FORMATION TACTICS  
- ADVANTAGES AND  
DISADVANTAGES***

Welcome back  
coaches. If you are new

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to the channel, my  
name is Luis Laureano  
and I am a UEFA B  
Licensed coach from ...

***Introduction to a  
442 Diamond Part1***

Introduction to  
positional  
responsibilities of a  
442 **Diamond**  
Formation (Part 1:  
Defense)

***Tactical Analysis of  
Tottenham v  
Liverpool (4-4-2***



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**Diamond v 4-3-3)** A

Tactical Analysis of  
Tottenham v Liverpool.  
Mauricio Pochettino's  
Tottenham played with  
a **4-4-2 Diamond**  
formation and Jurgen ...

**Diamond Midfield -  
Basic Principles In  
Possession** <http://www.playfromtheback.com>  
[www.soccerschooluk.co.uk](http://www.soccerschooluk.co.uk).

**Defending 4 4 2**

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**Tottenham v**

**Chelsea: (4-4-2**

**Diamond v 4-3-3 )-**

**Pochetino used**

**better tactics than**

**Sarri** Tottenham v

Chelsea: (4-4-2

**Diamond** v 4-3-3 )-

Pochetino used better

tactics than Sarri

Pochetino was

tactically superior to

Sarri ...

**Six Reasons Why**

**Teams Are Using**

**The 4-4-2 Diamond**

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Moanes Dabour, is NOT heading to Sevilla (yet). Just a transfer rumor. Comment, Like, and Subscribe!

***The 4 4 2 Diamond Formation In***

***Possession*** I do not own this video.

***4-4-2 Diamond In***

***Possession*** A look at the key principles of the **4-4-2 Diamond** Formation when In Possession. For more

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**4 4 2 Diamond  
General Tactical  
Shape for Freshman**

**2** Intro to our tactical  
shape and positional  
Responsibilities.

**Wenger's tips: Why  
4-4-2 is the best**

In  
this FIFA Interactive  
World Cup Training  
Camp iconic Arsenal  
manager Arsene  
Wenger explains why

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the **4-4-2** formation is  
the...

***4-4-2 diamond  
soccer formation***

**Basic** of the **4-4-2  
diamond** formation,  
strengths, and  
weaknesses. Former  
Region IV player,  
assistant coach in  
division I college, ...

***Football/ Soccer  
Tactics: 4-4-2 vs.  
4-2-3-1*** GERMAN  
FOOTBALL/ SOCCER

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TRAINING Learn how to  
successfully attack and  
defend in a flat **4-4-2**  
formation against a  
4-2-3-1 ...

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