



Soccer: 4-4-2 System

By Thomas Dooley, Christian Titz

Meyer & Meyer Sport (UK) Ltd. Paperback. Book Condition: new. BRAND NEW, Soccer: 4-4-2 System, Thomas Dooley, Christian Titz, This is a practical guide to every aspect of the 4-4-2 formation for players and coaches. Written with coaches and players in mind, this brilliantly illustrated volume provides readers with a comprehensive overview of the 4-4-2 system - one of the most popular formations in the game, especially in English football. "The 4-4-2 System" explores every aspect of the formation - from the defensive and offensive options, to how it compares to other tactical formations. This volume also features a whole host of tried-and-tested exercises and training programs, each accompanied by full-colour illustrations, as well as expert hints and tips for both players and coaches.



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