

SOCCER FUNDAMENTALS

1. DEFENDING
2. PITCH ZONES
3. ZONAL VS MAN MARKING
4. BUILD-UP PLAY
5. THE HIGH PRESS
6. WHY THE HIGH LINE IS CRUCIAL
7. THE 8 WAYS OF SCORING A GOAL
8. THESE TACTICS WILL IMPROVE YOUR GAME
9. OFFSIDE RULE

SOCCER FORMATIONS

1. 4-4-2 DIAMOND FORMATION
2. 4-4-2 FLAT FORMATION
3. WM FORMATION
4. 4-3-3 FORMATION
5. 4-2-3-1 FORMATION
6. 4-1-4-1 FORMATION
7. 3-4-3/3-5-2 FORMATION

A VIDEO FROM SOMEONE MORE EXPERIENCED THAN ME - I PLAYED (+ COACHED) SOCCER FOR 20,000 HOURS TO LEARN 3 LESSONS