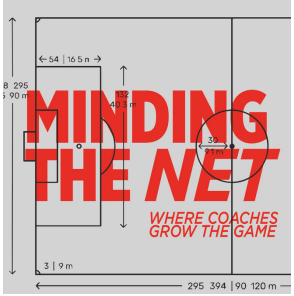

Session Preview: Pressing in the Final Third – Prevent the Build Up

Session Link: [Pressing in the Final Third – Prevent the Build Up]

Objective:

Improve the team's ability to regain possession by applying coordinated pressure to prevent the opponent from playing forward, deny penetration through dribbling, and reduce the opponent's time and space in all areas of the field.

Core Principles:

- Create a compact defensive shape vertically and horizontally.
- Move as a collective unit to make play predictable.
- Initiate pressure at the right moments and provide cover and balance.
- Protect the space behind by anticipating the long ball.
- Adjust line height based on pressure on the ball.

Session Flow:

- 4v2 to 4v4 Pressing Game: Small-sided activity to organize pressing shape and timing. Players learn to move together, cut passing lanes, and direct play into controlled areas.
- 3 Zones / 3 Goals: Focus on defending as a compact block across three channels. Encourages anticipation, line adjustment, and coordinated stepping or dropping based on ball pressure.
- 10v9 Game: Functional phase with a high press against an organized buildup. Reinforces communication, collective movement, and regaining possession in the opponent's half.

Why Run This Session:

This session helps players understand when and how to press effectively in the final third. It develops awareness of compactness, triggers to engage, and unit coordination needed to prevent forward play and regain possession high up the field.