

CONTENTS

Meet the Author: Athanasios Terzis	8
Introduction	9
Coaches Studied to Produce the Tactical Analysis for this Book	10
Diagram Key & Coaching Format	12
Build Up Play Factors: Essential Skills and Opposition Pressing	
Tactics with Different Formations	13
Build Up Play Factors	
1. Essential Goalkeeper Skills During Build Up Play	
2. Essential Defender and Defensive Midfielder Skills During Build Up Play	
3. Different Types of High Pressing by Opposition (High or Ultra-Aggressive)	
4. Numerical Situation in the Low Area when Opposition Press High	18
5. Different Types of Defending Used by Opposition During High Pressing	27
Tactical Analysis: Build Up to Beat the Press - Break Lines vs High	1
Press Zonal Defending with a Single Pivot	
Build Up Play from the Back Principles and Objectives	
Build Up Play vs High Pressing and Zonal Defending with a Single Pivot (4-3-3)	
Options for Breaking the First and Second Pressing Lines with a Single Pivot (4-3-3)	36
Drawing Press with a Pass and Exploit Gaps to Play in Between the Lines	39
Goalkeeper Draws Press to Create Space for Centre Backs (4-3-3)	40
Playing Against a Compact Central Block Leaves Space Out Wide (4-3-3)	44
Training Session 1: Build Up to Beat the Press - Break Lines vs Hig	h
Press Zonal Defending with a Single Pivot	46
1. Passing Decisions to Break Lines Depending on Opposition Pressing	47
2. Breaking Lines Based on Opponent Reactions 6 (+GK) v 2 Functional Practice	48
3. Draw the Press and Break Lines Against a High Press 8v6 (+GKs) Positional Game	50
4. Break Lines Through Turning, Recycling the Ball, or Dribbling Forward 3 Zone	52





Tactical Analysis: Build Up to Beat the Press - Break Lines vs High Press Zonal Defending with a Double Pivot
Build Up Play from the Back Principles and Objectives with a Double Pivot (4-2-3-1) 54
Build Up Play Against High Pressing and Zonal Defending with a Double Pivot (4-2-3-1). 5
Drawing Press from Midfielder to Exploit Space Created Between the Lines Behind 5
Goalkeeper Draws Press to Create Space Wide
Training Session 2: Build Up to Beat the Press - Break Lines vs High
Press Zonal Defending with a Double Pivot 6
1. Passing Decisions to Break Lines Depending on Opposition Pressing
2. Breaking Lines Based on Opponent Reactions 6 (+GK) v 2 Functional Practice 6
3. Draw the Press and Break Lines Against a High Press 10v6 (+GKs) Positional Game 6. 4. Break Lines Through Turning, Recycling the Ball, or Dribbling Forward 3 Zone Conditioned Game
Tactical Analysis: Build Up to Beat the Press - Goalkeeper's
Passing Over Pressing Lines68
Goalkeeper's Passing Over Second Pressing Line
Goalkeeper's Passing Directly to Players Positioned Between the Lines
Training Session 3: Build Up to Beat the Press - Goalkeeper's Passing Over Pressing Lines
1. Goalkeeper's Passing Over Pressing Lines and Decisions to Play in Behind
2. Goalkeeper's Passing Over Second Pressing Line Functional Practice with Target Zones
3. Goalkeeper's Passing Over Second Pressing Line 10v8 (+GKs) Functional Practice with Target Zones
4. Goalkeeper's Passing Over Second Pressing Line Conditioned Tactical Game8
Tactical Analysis: Build Up to Beat the Press - Strong Side Advantage vs High Press Zonal Defending
Numerical Situations Against High Pressing with Zonal Defending (Single Pivot) 8
Numerical Situations Against High Pressing with Zonal Defending (Double Pivot) 80
Training Session 4: Build Up to Beat the Press - Strong Side Advantage vs High Press Zonal Defending
1 Exploiting Numerical Advantage to Find Free Player Continuous Possession Game 8





2. Exploiting 4v3 Numerical Advantage 3-Team Small Sided Game	91
3. Build Up with Numerical Advantage on Strong Side Dynamic Split-Pitch Game (Single Pivot)	92
4. Build Up with Numerical Advantage on Strong Side Dynamic Split-Pitch Game (Double Pivot)	93
5. Build Up with Numerical Advantage on Strong Side 11v11 Conditioned Game	94
Tactical Analysis: Build Up to Beat the Press - Strong Side Equality vs High Press Zonal Defending	
Switching Play from Strong to Weak Side with Single Pivot Midfield (4-3-3)	
Training Session 5: Build Up to Beat the Press - Strong Side Equality	-
vs High Press Zonal Defending	
1. Build Up Combinations and Switching Play with Target Areas	
2. Build Up Play with Equal Numbers and Switch Play in a Dynamic 3-Team Game	
3. Split-Pitch Build Up Tactical Game to Beat the Press with Equal Numbers (4-3-3)	. 107
4. Reading the Game Situation (Advantage or Equal Numbers) 11v11 Conditioned 3 Zone Game	. 108
Tactical Analysis: Build Up to Beat the Press Against High Press with Zonal Defending and Man Marking	110
Build Up Against High Press with Zonal Defending and Man Marking (Single Pivot)	
Build Up Against High Press with Zonal Defending and Man Marking (Double Pivot)	
Training Session 6: Build Up to Beat the Press Against High Press	
with Zonal Defending and Man Marking	118
1. Exploit 3v2 Numerical Advantage with Single Pivot Midfield Positional Small Sided Game	119
2. Exploit 3v2 Numerical Advantage with Double Pivot Midfield Positional Small	
Sided Game	121
3. Exploit 3v2 Midfield Advantage Against High Press with Zonal and Man Marking	
Conditioned Game	. 123
Tactical Analysis: Build Up to Beat the Press Against	
Ultra-Aggressive Pressing with Zonal Defending and Man Marking.	
Build Up Against Ultra-Aggressive Pressing with Zonal Defending and Man Marking.	. 125
Build Up Against Ultra-Aggressive Pressing with Zonal Defending and Man Marking	100
(Single Pivot)	. 126





Build Up Against Ultra-Aggressive Pressing with Zonal Defending and Man Marking (Double Pivot)	134
Training Session 7: Build Up to Beat the Press Against Ultra-Aggressive Pressing with Zonal Defending and Man Marking	138
1. Functional Build Up Patterns vs Ultra-Aggressive Pressing to Play Through or Over	
2. Build Up Patterns with Link Player Principles vs Ultra- Aggressive Pressing and Man Marking	
3. Using the Link Player to Move the Ball to the Free Player 8v8 (+GKs) Conditioned Game	141
4. Finding Free Player Against Ultra-Aggressive Pressing Half Pitch Game	144
5. Finding the Free Player Against Ultra-Aggressive Pressing 11v11 Game	146
Tactical Analysis: Build Up to Beat the Press - Exploit Space Out Wide to Bypass Midfield Marking	147
Build Up to Exploit Space Out Wide and Bypass Midfield Marking (Single Pivot)	148
Build Up to Exploit Space Out Wide and Bypass Midfield Marking (Double Pivot)	155
Training Session 8: Build Up to Beat the Press - Exploit Space Out Wide to Bypass Midfield Marking	158
Decision Making to Break Lines in Wide Areas Depending on Opposition Pressing Decision Making to Break Lines in Wide Areas Depending on Opposition Pressing Small Sided Game	
3. Split-Pitch Read the Game Situation Build Up Play Tactical Game to Beat the Press (4-3-3)	
4. Split-Pitch Read the Game Situation Build Up Play Tactical Game to Beat the Press (4-2-3-1)	
Tactical Analysis: Build Up to Beat the Press Against Full Pitch Man Marking	163
Build Up Solutions Against Full Pitch Man Marking (Single Pivot)	
Build Up Solutions Against Full Pitch Man Marking (Double Pivot)	
Training Session 9: Build Up to Beat the Press Against Full Pitch Man Marking	175
1. Beating a Full Pitch Man Marking Press by Finding Free Player Support Play Zones	
2. Beating a Full Pitch Man Marking Press with a Long Pass and Support Runs	177





3. Beating a Full Pitch Man Marking Press with a Single Pivot Build Up Shape in a Half Pitch Game	178
4. Beating a Full Pitch Man Marking Press with the Goalkeeper's Long Pass 6v6 (+GKs) Game	180
5. Reading Tactical Triggers to Beat the Press Against Full Pitch Man Marking Game \dots	182
Final Message for Coaches	183

