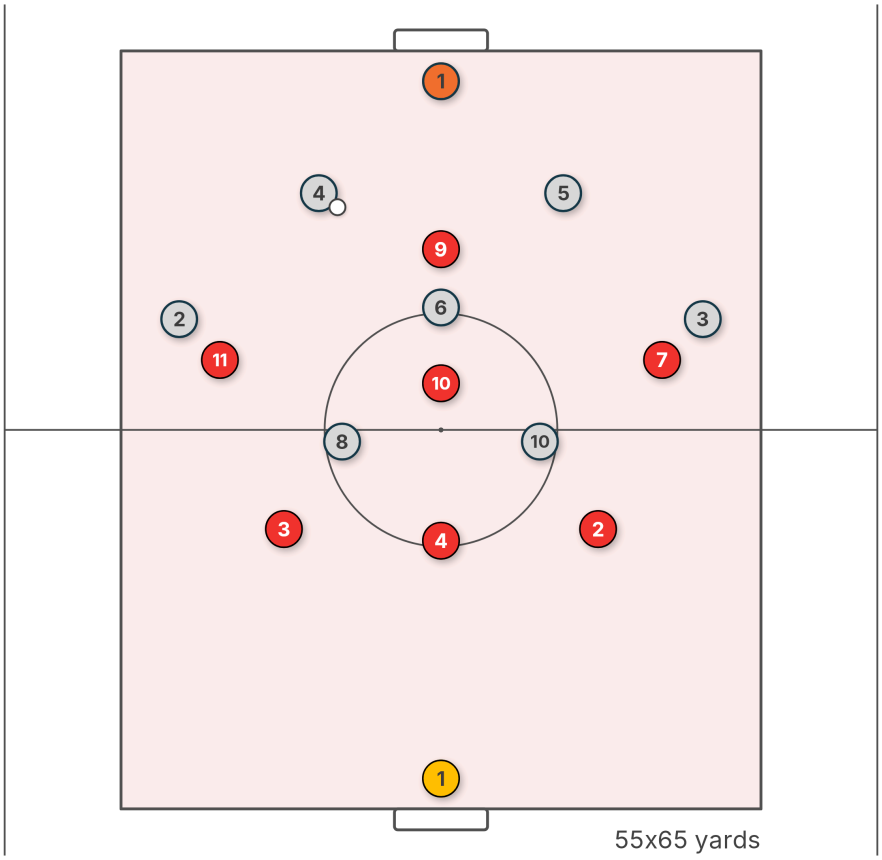
DEFENDING · MIDDLE THIRD · EXERCISE 4

3-3-1 VS 2-3-2 GAME

Session: Pressing CBs with Wingers



SPACE	PLAYERS	SETS	WORK	REST	TOTAL
55x65 yds	8v8	3	6 min	2.5 min	25.5 min

SETUP

Play starts with the 4. The opposing team (2-3-2) and the focus team (3-3-1) play in a 55x65 space with 2 large goals and goalkeepers.

FOCUS TEAM'S OBJECTIVE

Win the ball back as quickly as possible and counter to the large goal. Pay attention to the moments the winger steps to the center back.

WHAT OPPONENT FOCUSES ON

Moving the ball quickly to break the initial press and score in the large goal.

KEY COACHING POINTS

- Timing of press.
- Angle of press.
- Speed of play.

POSSIBLE VARIATIONS

Make the space longer if you need more room to encourage the fullbacks to jump.

Exercise E4 · © 2026 Coaching Football