

LUIS ENRIQUE

PSG Tactical Analysis and Training Sessions

107 Tactics & Practices



Vaios Stergiopoulos

Luis Enrique

PSG Tactical Analysis and Training Sessions



Vaios Stergiopoulos

UEFA A Licence Coach & Certified Tactical Analyst

Published by



CONTENTS

Meet the Author: Vaios Stergiopoulos.....	7
Luis Enrique's Incredible Success at PSG.....	8
Coach Profile: Luis Enrique	9
Luis Enrique's Trophies and Records at Paris Saint-Germain	10
Luis Enrique's PSG 4-3-3 Formation and Lineup	11
Diagram Key	13
Tactical Situation 1: Asymmetric Build-Up Play with Fluid Structures	14
Asymmetric Build-Up Play with Fluid Structures	15
Defensive Midfielder Drops into Back 3 to Create a 3v2 Overload.....	17
Centre Backs Spread Wide to Stretch the Opposition's Defensive Block.....	18
"Sweeper-Keeper" at Base of Diamond Shape (4v2) to Play Out	19
Defensive Midfielder Drifts Wide to Create Space for Central Midfielders.....	20
Keeping 3 at Back to Provoke Pressing and Exploit Space on Weak Side	21
U-Shaped Build-Up Play to Secure Possession for Forward Passing Options.....	22
Shifting from 3 at the Back to 2 at the Back in Seconds (Dynamic Transition)	23
Midfielders Drop to Create Space Between the Lines for a Long Pass	24
Training Session 1	25
1. 4-3-3 Formation 10v3 Positional Rondo	26
2. 3-3-3 Team Combination Passing Pattern with Player Rotation	27
3. U-Shaped Build-Up Passing Pattern (4-3 Formation) and Positional Width	28
4. 8v6 Build-Up Game with 3 Halfway Line Target Goals	29
5. Build-Up Through Attacking Right Back Conditioned Game (4-3-3 v 4-4-2)	30
Tactical Situation 2: Defensive Midfielder as the Connecting Link	31
Positioning Between the Lines to Receive and Accelerate the Play.....	32
Scanning and Rotating with Central Midfielders to Create Space	33
"Third-Man" Principle with DM as Link Between Defence and Attack	34
Setting the Tempo: When to Hold, Carry the Ball, or Play Forward	35
Line-Breaking (Penetrating) Forward Passes	36
Training Session 2	37
1. 4-3-3 Central Midfielder Support and Switching Play Passing Pattern	38
2. 7v3 (+GK) Positional Rondo with Defensive Midfielder as Central Link	39
3. 7v6 Build-Up and Midfield Rotations Game with 3 Halfway Line Target Goals.....	40
4. Attacking Combination Play with Defensive Midfielder as Playmaker	41

5. 6v6 (+GK) Defensive Midfielder as Playmaker Conditioned Game	42
---	----

Tactical Situation 3: Exploiting Width to Stretch Defences and Create Overloads

Maximising Full Width in a 3-3-4 Shape to Stretch the Defensive Block	44
Wingers Isolating Opposing Full Backs in 1v1 Situations	45
Wingers Drawing Defenders Wide to Exploit the Half-Space	46
Switching Play with a Long Diagonal Pass to Isolate the Weak Side Winger	47
Runs to the Back Post "Blind Spot" to Create Finishing Opportunities	48
Full Back Overlap and Underlap to Overcome Double Marking on Wing	49

Training Session 3

1. Wing Combination Play in Triangle Formations Passing Pattern	51
2. Wing Combination with Switch of Play to Weak Side Passing Pattern	52
3. Wide Attack and Central Midfielder's Half-Space Run Pattern	53
4. Wide Attack with the Full Back's Overlap Run Pattern	54
5. 8v8 (+GKs) Wide Play Game with Wide Gate Bonus Goals (2-3-3 v 4-4)	55

Tactical Situation 4: The Free Central Midfielder's Runs into the Final Third

Central Midfielders Reading the Game to Time Penetrating Runs	57
Central Midfielder Attacks the Channel Between Centre Back and Full Back	58
Exploiting the Blind Spots in Behind Opposition's Lines	59
Central Midfielder's Third-Man Run to Break the Lines	60
"False 9" Drops to Link and Central Midfielder Exploits Space Created	61
Overloading the Box to Score from Cut-Back Crosses	62

Training Session 4

1. Central Midfielder Combination with Third-Man Movement Passing Diamond	64
2. 8v4 Central Midfielders' Third-Man Runs Quick Attack Game	65
3. Forward Creates Space for Central Midfielder's Third-Man Run Pattern	66
4. Central Midfielder's Run in Behind and into Half-Space Pattern	67
5. 8v6 (+GKs) Third-Man Runs to Finish 2-Zone Conditioned Game	68

Tactical Situation 5: Rotations and Unbalanced Attacking Structures

Overload on Flank and Switch for 1v1 on Weak Side: "Overload to Isolate"	70
Both Wingers on the Same Flank to Exploit a 3v2 or 2v1 Overload	71
Disrupting Man-Marking with Rotations (Full Back, Winger & Central Midfielder)	72
Decoy Runs by Full Backs and Central Midfielders to Free the Winger	73
Diamond Shapes Across the Pitch to Always Provide 3 Passing Options	74
Asymmetrical Midfield Positioning to Exploit Space Between the Lines	75
Vertical Rotations to Pull Defenders Out of Zone-14 and Create Space to Shoot	76

Training Session 5	77
1. 10v6 (+GKs) Diamond Connections Possession Conditioned Game	78
2. Wing Rotation Combination with Finish Pattern	79
3. Full Back Overlap and Wing Rotation Combination with Finish Pattern	80
4. Build-Up and Finish with a Vertical Pass into Zone-14 Pattern	81
5. 11v9 Rotations and Zone Defence Conditioned Game	82
 Tactical Situation 6: The "False 9" Attacking Movements of the Forward ...	83
"False 9" Dropping Between Lines to Create Numerical Superiority in Centre	84
"False 9" Drawing Centre Backs Out of Position to Open Space for Wingers	85
Forward Acts as "Wall" to Connect Play and Create Penetrating Combinations	86
"False 9" Receiving Deep Between the Lines as an Advanced Playmaker	87
Late Diagonal Sprints by the "False 9" to Arrive Unmarked in the Box	88
"False 9's" One-Two Combinations with Central Midfielders and Wingers	89
 Training Session 6	90
1. 4 (+1) v 2 Double Rondo with Forward as Central Connecting Player	91
2. Build-Up with "False 9" Creating 3v2 Overload in Attacking Zone	92
3. Build-Up with "False 9" Creating a 4v3 Overload in Middle Zone	93
4. "False 9" Link Play and Through Pass to Winger Pattern	94
5. "False 9" Link Play and Finish with Switch to Wide Winger Pattern	95
 Tactical Situation 7: Immediate Ball Recovery with 5-Second Counter-Pressing	96
Counter-Pressing: Immediate 3-Player Triggers in the Attacking Third	97
Counter-Pressing: The "4th Player" Role to Cut Off the Passing Lane	98
Compact Attacking Shape to Enable Immediate Counter-Pressing	99
High Defensive Line to Maintain Compactness After Losing Possession	100
 Training Session 7	101
1. 5v3 Possession and Counter-Pressing 4-Goal Small-Sided Game	102
2. 4v4 (+2) Perimeter Possession and Counter-Pressing 4-Goal Game	103
3. 6v5 Wide Possession Play and Counter-Pressing Conditioned Game	104
4. 6v6 Central Zone Possession and Counter-Pressing (2-3-1 Shape)	105
5. 8v8 (+GKs) Counter-Pressing Conditioned Game	106
 Tactical Situation 8: Rest Defence Structure and Defensive Transition	107
Rest Defence Structure During the Attacking Phase (Basic 3-1 Formation)	108
Close Marking of Forwards in Attacking Phase and Defensive Transition	109
Defensive Diamond to Protect Centre and Force Counter-Attacks Wide	110
Delaying the Counter-Attack Until Defensive Recovery Support Arrives	111

Training Session 8	112
1. 4-Player Rest Defence Transition and Diamond Positioning Pattern.....	113
2. 4v2 Rest Defence Double Press (DM + Defender) Pattern	114
3. Rest Defence Pattern to Clear the Ball into Wide Target Areas	115
4. Positional Rest Defence and Defensive Transition 2-Zone Conditioned Game.....	116
5. Defensive Transition with Triggered Possession Switch Conditioned Game	117
 Tactical Situation 9: High Pressing with Man-Oriented Triggers and Sideline Traps	118
Intelligent High Pressing to Force Long Balls or Mistakes.....	119
Full Back Hakimi's High Pressing Role and Retaining Balance at the Back.....	120
Strong-Side Press to Trap Opponents Wide and Force Errors	121
Man-to-Man Midfield Press to Block Central Passes and Win Second Balls	122
Defensive Line Pushes Up to Support the High Press.....	123
 Training Session 9	124
1. Team Pressing Shift Pattern with Colour-Coded Mannequins.....	125
2. 5v7 (+GK) High Pressing and Transition to Goal Small-Sided Game	126
3. 6v7 (+GK) Directional High Pressing Small-Sided Game	127
4. Man-to-Man Pressing Pattern with Coach Triggers (4-3-3 v 4-2-1)	128
5. Ultra High Press with Strong-Side Overload Conditioned Game	129
 Tactical Situation 10: Compact Defensive Blocks and Coordinated Defensive Movement	130
Compact Defensive Block with Collective Shifts Towards the Ball	131
Protecting the Central Zone with a Compact Midfield Block.....	132
Compact 4-4-2 Mid-Block to Force Play Wide	133
4-1-4-1 Low Block with Defensive Triangles to Block Passes into the Box	134
 Training Session 10	135
1. Compact Defensive Block with Collective Shifts Against a Back 4	136
2. Midfield Three Compactness and Central Zone Passing Lane Blocking.....	137
3. Compact 4-4-2 Mid-Block Conditioned Game	138
4. 5v5 (+GK) DM Shielding Centre Backs Low Block Small-Sided Game	139
5. 4-1-4-1 Low Block Defensive Game with Zone-14 Protection.....	140

Meet the Author: **Vaios Stergiopoulos**



**Vaios
Stergiopoulos**

UEFA A Coach &
Certified Tactical
Analyst

- **UEFA A Licence Coach**

- **Football Coaching Education**

Graduate of Aristotle University of Thessaloniki, specialising in football, with a postgraduate diploma in coaching.

- **Certified Tactical Analyst**

Qualified in tactical and performance analysis, with specialist knowledge of match analysis and Tactical Periodization.

- **Professional Coaching Experience**

Worked from the age of 24 as an assistant coach in Greek 2nd and 3rd National Division teams, and as a head coach at 3rd National Division level.

- **25+ Years in Football Coaching**

Experienced across professional, amateur and youth football, coaching teams and developing players in Thessaloniki and Pella.

- **Creator of Code Football**

Founded the international Code Football YouTube channel, sharing football tactics, match analysis and advanced coaching drills with thousands of subscribers.

- **Football Tactics Author**

Writes books and e-books on tactical analysis, coaching methodology and training practices inspired by the world's top coaches.

Luis Enrique's Incredible Success at PSG



Coach Profile: Luis Enrique



Coaching Career

- **Paris Saint-Germain** (2023-present)
- **Spain** (2018-2022)
- **FC Barcelona** (2014-2017)
- **Celta Vigo** (2013-2014)
- **AS Roma** (2011-2012)
- **Barcelona B** (2008-2011)

Playing Career

- **FC Barcelona** (1996-2004)
- **Real Madrid** (1991-1996)
- **Sporting Gijón** (1989-1991)

Managing Paris Saint-Germain

Luis Enrique implemented a clear positional play model with a strong focus on ball possession, fluid rotations, and collective attacking movement. The team quickly developed a distinct identity based on dominating the ball, creating numerical superiorities, and attacking with speed and coordination. The team combines structured positioning with freedom of movement, allowing players to create dynamic attacking situations.

Managing Spain National Team

Luis Enrique reinforced a possession-based style rooted in positional play. Spain consistently controlled matches through high ball circulation, intelligent positioning, and quick combinations to break defensive lines. His team reached the semi-finals of Euro 2020, demonstrating a clear tactical identity and attacking intent.

Managing FC Barcelona

Luis Enrique won the treble in the 2014–15 season (La Liga, Copa del Rey, and UEFA Champions League). His Barcelona side combined positional play with direct attacking transitions, utilising the movement and quality of the front three to create and finish chances at a high level.

Playing Career

Luis Enrique had a top-level playing career as a versatile and intelligent midfielder. He played for Sporting Gijón, Real Madrid, and FC Barcelona, where he became a key player known for his work rate, tactical intelligence, and goal-scoring ability.

Luis Enrique earned 62 caps for Spain and played in major international tournaments, contributing with his versatility, leadership, and attacking qualities from midfield.

Luis Enrique's Trophies and Records at Paris Saint-Germain

2024-2025: Treble Winning Season



UEFA Champions League



Ligue 1 (French League)



Coupe de France

After joining Paris Saint-Germain in 2023, Luis Enrique quickly established a clear positional play model and led the team to immediate domestic success, building a strong collective identity.

In the 2023-2024 season, PSG won Ligue 1 and the Coupe de France, completing a domestic double. The team showed strong consistency in the league while developing a clear attacking identity based on possession, movement, and rotations.

In the 2024-2025 season, Luis Enrique's PSG team won the UEFA Champions League, Ligue 1, and the Coupe de France, completing a historic treble.

PSG maintained a consistently high level of performance across all competitions, combining control of possession with efficient attacking play and strong defensive organisation.

The team demonstrated the ability to manage both league and knockout matches, delivering decisive performances in key moments throughout the season.

Luis Enrique's Paris Saint-Germain also achieved these records and milestones:

- **Won the club's first-ever UEFA Champions League title (2024-2025).**
- **Set a new record across Europe's top five leagues with 39 consecutive away league matches unbeaten (2023-2025).**

2025-2026: Double Winning Season



UEFA Champions League



Ligue 1 (French League)

During the 2025-2026 season, Luis Enrique's PSG produced another outstanding campaign across all competitions, **retaining the UEFA Champions League title and winning a fifth consecutive Ligue 1 championship to complete a historic double.**

PSG maintained a consistently high level of performance throughout the season, combining exceptional control of possession with efficient and fluid attacking play, clinical finishing in front of goal, and an organised and resolute defensive structure that proved extremely difficult for opponents to break down.

The team demonstrated the ability to manage both the demands of domestic league football and the intensity of high-stakes European knockout matches, delivering decisive and dominant performances in the most important moments across the entire season and **confirming PSG's status among the leading clubs in world football.**

Luis Enrique's Paris Saint-Germain also achieved these records and milestones:

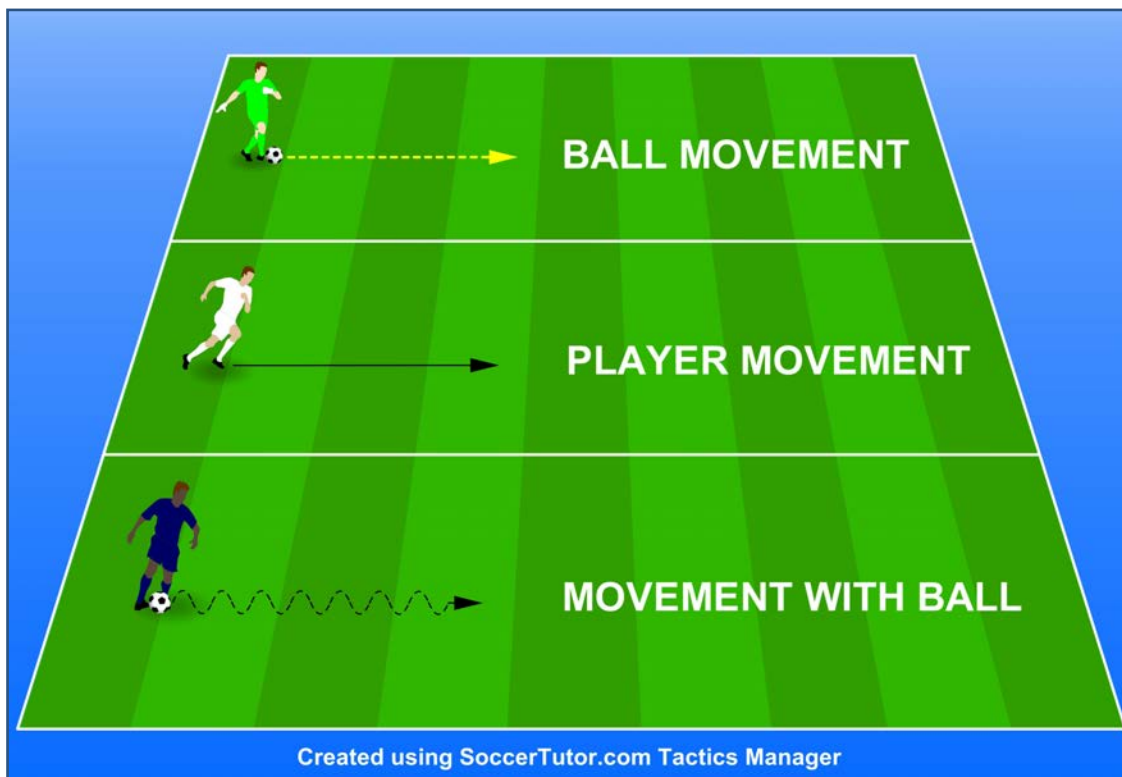
- **Became the first French club to win back-to-back UEFA Champions League titles** (2024-2025 and 2025-2026).
- Recorded the **highest average possession in Europe's top five leagues at 69.4%**, which was also the highest in Ligue 1 for 20 years.

Luis Enrique's PSG 4-3-3 Formation and Lineup



- **Donnarumma (GK)**
- **Mendes (LB)**
- **Pacho (CB)**
- **Marquinhos (CB)**
- **Hakimi (RB)**
- **Vitinha (DM)**
- **Fabián or Zaire-Emery (LCM)**
- **João Neves or Zaire-Emery (RCM)**
- **Doué (RW)**
- **Kvaratskhelia (LW)**
- **Dembélé (F)**
- **Other Notable Players Used:**
Beraldo, Lee Kang-in, Mayulu, Barcola, Ramos.

Diagram Key



Tactical Analysis

- All of the analysis in this book is based on recurring patterns of play observed within **Luis Enrique's Paris Saint-Germain** team. Once the same phase of play is observed multiple times across many matches, the tactics are seen as a pattern.
- Each action, pass, movement (on or off the ball), and positioning of each player on the pitch, including body shape, is presented with a full description.

Tactical Sessions Based on the Tactics

- Technical, Functional and Tactical Practices
- Functional Games / Conditioned Games
- Name/Objective, Full Description, Rules/Conditions, Restrictions, Variations, Progressions, and Coaching Points (where applicable)

TACTICAL SITUATION 3



Exploiting Width to Stretch Defences and Create Overloads

Content from Tactical Analysis of Luis Enrique's Paris Saint-Germain team in Ligue 1 and Champions League matches.

The analysis is based on recurring patterns of play observed within Luis Enrique's PSG team. Once the same phase of play is observed multiple times across many matches, the tactics are seen as a pattern. The analysis included is built from examples of the team's tactics being used effectively, taken from specific matches.

Each action, pass, individual movement with or without the ball, and the positioning of each player on the pitch including their body shape, are presented.

The analysis is then used to create a full progressive session to coach this specific tactical situation.

Maximising Full Width in a 3-3-4 Shape to Stretch the Defensive Block



Luis Enrique favours a 3-3-4 shape in attack, which provides maximum width across the attacking line, with 4 players constantly threatening the opposition's defence.

In this example, the right back (**RB - Hakimi**) has advanced into the attacking line as a winger and the right winger (**RW - Doué**) has moved inside to play as a second forward, overloading the space in front of the opposing centre backs.

The left winger (**LW - Kvaratskhelia**) holds full width on the left flank. **Maximising the full width of the pitch stretches the defensive block and opens space** for the central midfielders to make runs in behind the defensive line.

In this example, the left central midfielder (**LCM - Fabián**) makes a well-timed run in between the opposing centre back and full back to receive **RW's** through pass inside the box.

Wingers Drawing Defenders Wide to Exploit the Half-Space



The winger **Kvaratskhelia (LW)** draws the opposing full back out of position, creating a large gap between him and the centre back. The central midfielders exploit these gaps, arriving quickly from deep positions.

The wide positioning of the winger and the forward movement of the central midfielders **creates a 3-1-6 shape for the final phase of the attack.**

So many players in the attacking line makes it **extremely difficult for opposing defenders to deal with every threat.**

PSG's central midfielders are always ready to move into the half-spaces and threaten with runs. Combined with the forward, these movements create a **triple threat that outnumbers the opposing defenders and can break through the defensive block.**

The winger in possession must judge the right moment to play the pass to a central midfielder (**LCM** or **RCM**) arriving behind the defence. In these situations, the full back on the same side (**LB - Mendes** in this example) also provides a back pass option.

SESSION 3 BASED ON THE TACTICS OF LUIS ENRIQUE

**Exploiting
Width to
Stretch
Defences
and Create
Overloads**



3. Wide Attack and Central Midfielder's Half-Space Run Pattern



Practice Description

- **1-2:** The defensive midfielder (DM) passes to the right back (RB), who passes to the right winger (RW). RW plays inside to the central midfielder (RCM), who passes to the forward (F) operating as a "False 9".
- **5-6:** F passes to DM, who switches play to the left back (LB).
- **7-8:** LB passes to the left winger (LW), who passes in behind for the central midfielder's (LCM) run into half-space.

- **9-11:** LCM drives into the box and cuts the ball back for F (who has made a well-timed run) to score.
- *Practice in both directions.*

Coaching Points

1. Quick ball movement.
2. Open body shape of the winger.
3. Timing of the central midfielder's run.
4. Accurate finishing.

TACTICAL SITUATION 5



Rotations and Unbalanced Attacking Structures

Content from Tactical Analysis of Luis Enrique's Paris Saint-Germain team in Ligue 1 and Champions League matches.

The analysis is based on recurring patterns of play observed within Luis Enrique's PSG team. Once the same phase of play is observed multiple times across many matches, the tactics are seen as a pattern. The analysis included is built from examples of the team's tactics being used effectively, taken from specific matches.

Each action, pass, individual movement with or without the ball, and the positioning of each player on the pitch including their body shape, are presented.

The analysis is then used to create a full progressive session to coach this specific tactical situation.

Vertical Rotations to Pull Defenders Out of Zone-14 and Create Space to Shoot



Zone-14: Central area outside the penalty box, regarded as the most dangerous zone for shooting and creating chances.

Vertical rotations in the attacking third are a key tactical element of PSG under Luis Enrique. The forward (**F - Dembélé**) moves into the centre while a central midfielder or winger surges into his position.

This tactic is designed to pull the opposing centre back (and potentially the defensive midfielder) out of position and out of the key central "**Zone-14**."

If players follow Dembélé's dropping back movement, space opens up (highlighted) in the most dangerous area outside the box.

PSG's central midfielders (LCM - Fabián and RCM - Neves) and wingers (LW - Kvaratskhelia and RW - Doué) are always ready to exploit this space.

In these moments, the quality of the defensive midfielder's (**DM - Vitorinha**) pass is crucial.

SESSION 5 BASED ON THE TACTICS OF LUIS ENRIQUE

Rotations and Unbalanced Attacking Structures



4. Build-Up and Finish with a Vertical Pass into Zone-14 Pattern



Zone-14: Central area outside the penalty box, regarded as the most dangerous zone for shooting and creating chances.

Practice Description

- **This is a variation of the previous practice.**
- **1-2:** One centre back (CB) passes to the other, followed by an aerial pass out to the left winger (LW).
- **3-4:** LW passes inside to the left central midfielder (LCM), who passes back to the left back (LB).
- **5-6:** LB plays a penetrating pass to the forward (F), who drops deep between the lines. F plays back to the defensive midfielder (DM) positioned centrally.
- **7-9:** DM plays a vertical pass into **Zone-14** (definition on page 75) to the right winger (RW), who runs inside to exploit the space vacated by F. RW receives in behind, moves towards goal and shoots.
- **Trigger:** F's pass back to DM is the trigger for RW to start his run.

TACTICAL SITUATION 6



The "False 9" Attacking Movements of the Forward

Content from Tactical Analysis of Luis Enrique's Paris Saint-Germain team in Ligue 1 and Champions League matches.

The analysis is based on recurring patterns of play observed within Luis Enrique's PSG team. Once the same phase of play is observed multiple times across many matches, the tactics are seen as a pattern. The analysis included is built from examples of the team's tactics being used effectively, taken from specific matches.

Each action, pass, individual movement with or without the ball, and the positioning of each player on the pitch including their body shape, are presented.

The analysis is then used to create a full progressive session to coach this specific tactical situation.

"False 9" Dropping Between Lines to Create Numerical Superiority in Centre



The forward (**F - Dembélé**) plays a key role in PSG's attacking play, creating numerical superiority in the central channel through his movement. **He drops and leaves the 2 opposing centre backs without a player to mark directly. Dembélé receives the ball in the space between the lines and then looks for a final pass in behind.**

The 2 central midfielders (**LCM and RCM**) drop to open up a channel to **Dembélé**. This also helps create a numerical equality or superiority in the midfield area.

Dembélé is PSG's primary player in the "False 9" role and his movement allows him to receive from the centre back (**CB**) or full back (**LB** or **RB**).

Dembélé's vacated centre forward position is filled by **Doué (RW)** in the diagram example, but can also be filled by one of the central midfielders (**LCM** or **RCM**) or left winger (**LW**) in other similar situations.

The defensive midfielder (**DM**) typically stays back to provide support.

SESSION 6 BASED ON THE TACTICS OF LUIS ENRIQUE

The "False 9" Attacking Movements of the Forward



2. Build-Up with "False 9" Creating 3v2 Overload in Attacking Zone



Practice Description

- The blue team play in a 4-3-3 formation and the whites in a 2-4-2. Beyond the halfway line, there are 3 blue attackers and 2 white centre backs (3v2).
- The blues build from the back and at the right moment, **the forward (F) is allowed to drop into the main playing area to receive.**
- **Once F receives, he dribbles or passes into the attacking zone, where the blues exploit the 3v2 situation to score.**

- The white team defend in an organised shape. If they win the ball, they counter-attack to score past the goalkeeper.

Coaching Points

1. **Both central midfielders move wide to create space for the forward to receive (see analysis page 86 for details).**
2. Good timing of the forward's movement.
3. Forward: Attack as soon as the ball is received and help exploit the extra player advantage in the attacking zone.

TACTICAL SITUATION 9



High Pressing with Man-Oriented Triggers and Sideline Traps

Content from Tactical Analysis of Luis Enrique's Paris Saint-Germain team in Ligue 1 and Champions League matches.

The analysis is based on recurring patterns of play observed within Luis Enrique's PSG team. Once the same phase of play is observed multiple times across many matches, the tactics are seen as a pattern. The analysis included is built from examples of the team's tactics being used effectively, taken from specific matches.

Each action, pass, individual movement with or without the ball, and the positioning of each player on the pitch including their body shape, are presented.

The analysis is then used to create a full progressive session to coach this specific tactical situation.

Strong-Side Press to Trap Opponents Wide and Force Errors



PSG often direct their opponents' build-up out wide, where space is restricted.

The far-side winger (RW - Doué, in the diagram example) moves centrally to help squeeze the press and **create a strong-side overload with a numerical advantage over the opposition**. In the diagram example, it is 5v4 on the left side.

This is also applied from kick-offs, where PSG deliberately kick the ball out of play deep in the opponent's half, then press the resulting throw-in in a congested wide area.

The aim is to put their opponents under pressure and lock them into a narrow space where they cannot build up effectively.

The key to this pressing is the coordinated movement of the 2 central midfielders (LCM - Fabián and RCM - Neves) and defensive midfielder (DM - Vitinha).

Note: The weak side is intentionally left empty, as a successful switch of play would be very difficult and if achieved, PSG would have time to recover as the ball travels.

SESSION 9 BASED ON THE TACTICS OF LUIS ENRIQUE

High Pressing with Man- Oriented Triggers and Sideline Traps



5. Ultra High Press with Strong-Side Overload Conditioned Game



Practice Description

- The blue team are in a 4-3-3 formation and the whites in a 4-2-3-1 formation.
- The blue team start and combine before playing long to the white goalkeeper, who passes to a centre back.
- **The blue team create a strong-side overload with a numerical advantage (5v4) over their opponents to trap them near the sideline and lock them into a narrow space where they cannot build up effectively.**

- **Aim: Maintain man-to-man marking coverage of the white midfielders, win the ball or force a risky pass, then launch a fast-break attack to score.**
- If the white team beat the press, they attack quickly to score.

Coaching Points

1. Strong-side overload for pressing.
2. Pressure on the ball carrier.
3. Quick transition to attack after winning the ball.

Free Trial



Football Coaching Specialists Since 2001

Tactics Manager

Create your own Practices, Tactics & Plan Sessions!

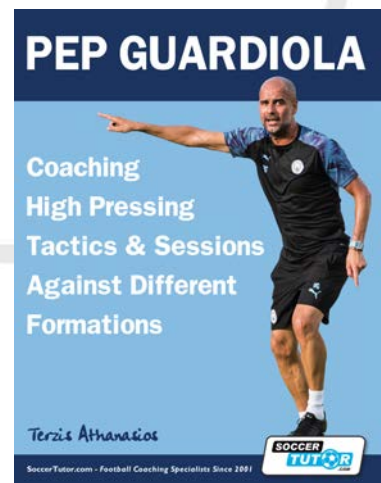
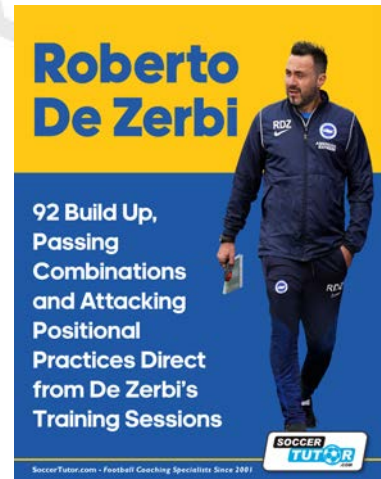
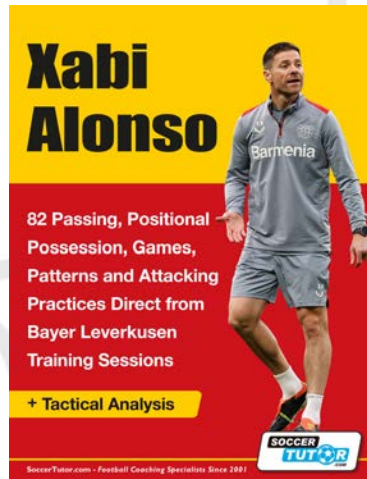
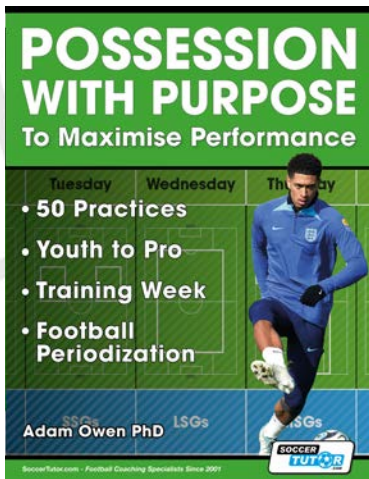


Tactics Manager App



SoccerTutor.com





More Coaching Books Available in Full Colour Print and eBook

PC | Mac | iPhone | iPad | Android Phone / Tablet | Chromebook

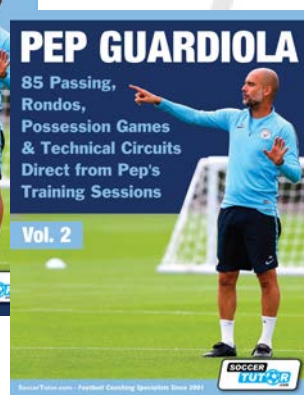
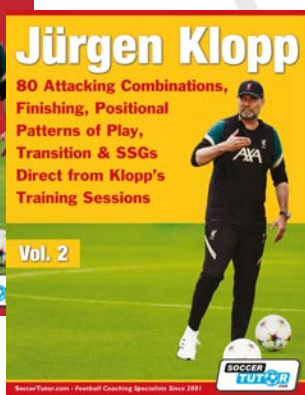
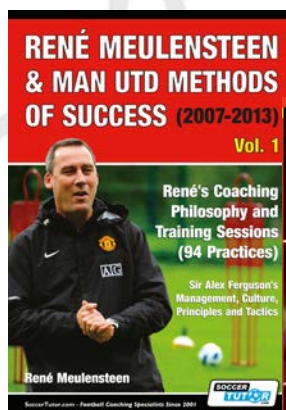


FREE Coach Viewer **APP**



SoccerTutor.com





More Coaching Books Available in Full Colour Print and eBook

PC | Mac | iPhone | iPad | Android Phone / Tablet | Chromebook



FREE Coach Viewer **APP**



SoccerTutor.com



LUIS ENRIQUE

PSG Tactical Analysis and Training Sessions

By **Vaios Stergiopoulos (UEFA A Licence Coach & Certified Tactical Analyst)**.

Coach your team using the exact tactical principles behind Luis Enrique's Paris Saint-Germain, the side that won a historic treble in 2024/25 and retained the UEFA Champions League to complete a double in 2025/26.

Whether your team struggles to maintain possession under pressure, or you want to add a more dynamic and structured attacking identity, this book gives you a complete, practical framework to implement Luis Enrique's system.

You'll learn how to coach your team to:

- **Play from the back with asymmetric structures** so your players bypass the first pressing line with confidence and control.
- **Use your defensive midfielder as the connecting link** to maintain possession and accelerate play through the lines.
- **Exploit width and create overloads** so your wingers isolate opponents and open up space in central areas.
- **Use rotations and unbalanced attacking structures** to overload one side and then find free players for decisive opportunities in other areas.
- **Make penetrating runs into the final third** so your central midfielders arrive late, unmarked, and in goalscoring positions.
- **Win the ball back immediately** with a 5 second counter-pressing trigger that keeps your team on the front foot.
- **Defend as a compact, coordinated unit** and control space between the lines.

What's inside?

- **Tactical analysis of 10 key tactical principles** from Luis Enrique's PSG team.
- Detailed breakdowns of **player roles**, **rotations**, and **positional structures** with every action and movement presented.
- Positional insights into how players execute each principle in match situations.
- **50 match realistic practices across 10 progressive training sessions** to develop your players step by step.

ISBN 978-1-910491-84-3



9 781910 491843 >

For more Football Coaching:

Books | eBooks | Videos | Software | Apps

www.SoccerTutor.com

info@SoccerTutor.com