



PRACTICE PLAN



<https://205sports.org>



@205_Academy

Date: Sep 01, 2025

Theme: Decision Making Under Pressure

Duration: 90 min

Load Level: Medium-High

Session Overview

This session develops decision-making in tight spaces under pressure, progressing from 1v1 release play to small-group hot-box rondos and mini-goals, before scaling into midfield combination play in a 4-3-3 context. Players must scan, recognize cues, and execute quickly in order to break pressure and create forward momentum.

Learning Objectives

Technical: Receiving on back foot, feints/turns, quality passing in tight grids, finishing under pressure.

Tactical: Recognize moments to exit pressure, recycle play when blocked, and exploit overloads in narrow spaces.

Physical: Short explosive efforts, agility changes, and repeated sprints in duels.

Psychosocial: Resilience under pressure, communication, confidence to take initiative.

Activities & Progression

1. Warm-Up / Activation – Box Reactive Series

- Dynamic mobility + reactive leader/follower patterns.
- Progress into ball-based reactions.
- Rationale: Prepares body + mind for quick decision-making.

2. 1v1 Box Release

- Attacker receives pass, must dribble through gate vs defender.
- Progressions: (a) Attacker constrained to left/right gate; (b) Passer joins as 2nd defender.
- Rationale: Improves receiving, ball protection, decision-making under pressure.

3. 4v2+1 → 5v2 Hot Box

- Central attacker must receive in hot box, then exit before passing.
- Progressions: (a) Pass required within 5 passes; (b) Receiver swaps with passer.
- Rationale: Builds awareness of central occupation, timing, and role rotation.

4. 4v4 Narrow Mini-Goals

- Tight, narrow pitch w/ mini-goals, no offsides.
- Encourages recycling when blocked; score 1 pt = 5 passes, 3 pts = goal.
- Rationale: Decision-making in restricted width, forcing scanning + depth use.

5. 4v4+3 → 7v4

- 4 outside, 3 inside vs 4 defenders; play inside/outside combinations.
- Progression: defenders switch roles, mini-goals for defenders.
- Rationale: Explores compact overload play, scanning cues, and forward dismarking.

6. Midfield 4-3-3 SSG 2

- Red midfielders maintain possession, connect w/ forwards.
- Progression: add defenders, increase pressure rules.
- Rationale: Functional midfield work replicating 4-3-3 buildup under pressure.

Session Flow Notes

Progression runs activation → duels → overloads in hot box → narrow game → midfield SSG. Each step sharpens decision-making in progressively more realistic contexts.