





PRACTICE PLAN

 <https://205sports.org>

 @205_Academy

Date: Aug 25, 2025

Theme: Transition & Counterpressing

Duration: 90 min

Load Level: Medium-High

Session Overview

This session combines transition play, counterpressing, and structured buildup in a 4-3-3 framework. Players progress from technical activation and duels to possession-based rondos, transition games, and building from the back under pressure. The emphasis is on decision-making, compact team shape, and coordinated forward play.

Learning Objectives

- Technical: Passing rhythm under pressure, feints to beat defenders, first-touch control, awareness of support angles.
- Tactical: Recognition of overloads (3v2, 4v2), compactness in pressing, coordinated buildup from goal kicks into midfield.
- Physical: Agility, acceleration, repeated high-intensity pressing actions, recovery runs.
- Psychosocial: Resilience in duels, communication in transition, confidence in playing forward.

Activities & Progression

1. Warm-Up / Activation – Clock Passing with Stretch

- Overview: Grid passing patterns with dynamic mobility stretches.
- Progression: Add 2-touch → 1-touch; interior player rotation.
- Rationale: Prepares players physically, reinforces ball circulation.

2. 1v1 Diagonal Goals

- Overview: Attacker receives ball under pressure, feints, protects, and attempts to score on diagonal mini-goals.
- Progression: Defender positioning varies; attacker allowed back-pass.
- Rationale: Develops 1v1 attacking creativity and defending angles.

3. 4v2 Narrow

- Overview: Possession in a compact grid; on loss, outside player steps in to create 2v1.
- Progression: Touch limits, require defenders to exit grid on regain.
- Rationale: Improves quick ball movement, pressing triggers, and compactness.

4. 2v2+2 Switch Teams (Diagonal Neutrals)

- Overview: 2v2 with diagonal neutrals supporting play.
- Progression: Touch limits for neutrals, angled runs from 3rd player.
- Rationale: Encourages angled support, combinations, and transition awareness.

5. 4v4+5 – 9v4 Switch on Change

- Overview: 4v4 inside grid, 5 neutrals (targets + interior).
- Progression: Require interior touch before scoring, add defender.
- Rationale: Creates overload recognition, long switches, and transition play.

6. Building from Back – 4-3-3 SSG

- Overview: Play begins with GK; restricted entry into zones; Red builds to mini-goals, Blue counterattacks to large goal.
- Progression: Additional defender enters on 1st touch; touch limits applied.
- Rationale: Trains structured buildup, spacing, and reading pressing cues. Work with defending team to press, counterattack on change of possession.

Session Flow Notes

The session progresses from technical activation → individual duels → compact possession → transition rondos → overload games → functional buildup in a 4-3-3 system. Each stage builds complexity and realism, aligning with UEFA B / USSF C-B coaching frameworks.