



PRACTICE PLAN



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@205_Academy

Date: Week of Sep 22, 2025

Theme: Exploiting numerical advantages

Duration: 90 min

Load Level: Medium-High

Session Overview

This session focuses on recognizing and exploiting numerical superiority in dynamic attacking situations. Players work through progressive overload scenarios – from 2v1 flying changes to multi-grid transitions – developing scanning, timing, and third-man runs. The session finishes with a system-specific SSG in 4-3-3, reinforcing wide attacking triggers.

Learning Objectives

- Technical: Receive on the half-turn, play 3rd man, disguise passes, sharp combinations
- Tactical: Identify overloads, exploit space before pressure arrives, transition quickly
- Physical: Repeated short sprints, changes of direction, anaerobic endurance
- Psychosocial: Decision-making under pressure, scanning, communication, resilience

Activities & Progression

1. Warm-up / Activation: Circle Technical + Dynamic Movement

- Description: 1/2 inside circle, 1/2 outside. Sequence of 1-touch/2-touch volleys, turns, passes, headers.
- Progression: Rotate roles, increase tempo, add target-based constraints.
- Rationale: Activate core technical skills while stimulating mobility, coordination, and awareness.

2. 2v1 Flying Changes

- Description: Ball played to 2 attackers vs 1 defender. On goal or error, all 3 exit and new 2v1 enters.
- Progression: Limit touches or passes.
- Rationale: Trains fast exploitation of momentary overloads and quick decision-making under pressure

3. 3v1 / 3v2 Numerical Superiority Drill

- Description: Field split into two zones – defenders move between grids, attackers seek quick 2v1s to mini-goals.
- Progression: Limit Red (attackers) touch count; losing player enters grid.
- Rationale: Sharpens overload recognition, ball speed, and press resistance.

4. 4v2 Positional Rondo

- Description: 4 outside vs 2 inside. Outside players slide and rotate to create angles.
- Progression: Limit touches; losing player enters grid.
- Rationale: Builds compact support, vision, and first/second defender roles.

5. 6v3+1 Adjacent Grid Switch

- Description: Two side-by-side grids. Play starts in Grid A (4v2), on cue switches to Grid B (up to 3v1).
- Progression: Limit touches, second defender enters on entry pass, 5s to score on recovery.
- Rationale: Encourages diagonal runs, disguise, and backpedal recovery.

6. SSG – Wide Attack in 4-3-3

- Description: Functional game with offside lines, central buildup, and wide entry zones (B boxes).
- Rationale: Transfers principles into full context: anticipation, zone entry timing, coordinated off-ball movement.

Session Flow Notes

The session is structured to move from individual overload situations (2v1) to group transition and grid-switching (6v3+1) before finishing with full-sided contextual play. Each activity reinforces the technical and tactical objective of exploiting numerical superiority, while layering in scanning, timing, and transition cues. Midweek use of the 5v5+2+2 game adds transitional sharpness and variety while reinforcing similar attacking/defensive principles.