



PRACTICE PLAN



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@205_Academy

Date: Week of Sep 15, 2025

Theme: Breaking Compact Lines

Duration: 90 min

Load Level: Medium-High

Session Overview

This session develops the tactical and technical skills required to break down compact defensive units. The design flows from spatial awareness in tight areas, to exploiting width and disorganizing blocks through switches, angled support, and clever body orientation. Emphasis is placed on recognizing when and how to change the point of attack, use central connectors, and coordinate movements across zones.

Learning Objectives

- Technical: Angled receiving, quick wall passes, body shape under pressure, attacking first touch.
- Tactical: Identify switching opportunities, isolate defenders, and manipulate block shape through overloads and movement.
- Physical: Quick acceleration into space, frequent deceleration/acceleration combos, and sharp directional changes.
- Psychosocial: Patience in buildup, creative problem-solving, constant scanning and communication under stress.

Activities & Progression

1. Warm-Up / Activation – Double Diamond 1

- Players form two overlapping diamond shapes and pass around marked corners.
- Activation includes lunge patterns, mobility, dynamic balance work.
- Progressions: Add time constraints and movement to the passer.
- Rationale: Stimulates central body positioning, preps technical sharpness, and supports body orientation cues.

2. 1v1 Diagonal Goals

- 1v1 duels with diagonal goals on opposite corners.
- Defender attempts to shepherd into wide zones; attacker tries to break angles.
- Progressions: (a) Add second defender on back pass; (b) Limit entry direction.
- Rationale: Develops space exploitation, decision-making when blocked centrally, and use of cutbacks or disguised entries.

3. 5v2 Diagonal Rondo (Side Diamond)

- Rondo in diagonal grid with one central attacker as wall.
- Attackers look to switch to opposite grid by using central player.
- Progressions: (a) Touch limits; (b) Defenders double press; (c) Time-limited switches.
- Rationale: Trains exploitation of interior connector, angled body shape, and dynamic pivoting under pressure.

4. 4v4v4 Three-Zone Transition

- Central team in possession vs two pressing teams; outside teams switch roles on loss.
- Goal: Possess to switch across zones using central overload.
- Progressions: (a) Require switch within X passes; (b) Allow 2nd defender into attacking grid.
- Rationale: Forces scanning, trigger recognition, and coordinated movement between zones against compact blocks.

5. 3v3+4+4 Mini-Goals

- 3v3 inside with 4 floaters (2 per wide channel) for support.
- Wide players cannot defend; they enter upon receiving and replace interior player.
- Progressions: (a) Limit number of passes before mini-goal attempt; (b) Add pressurized defender to grid.
- Rationale: Encourages wide exploitation to drag and shift blocks, with re-entry and quick combination in compact spaces.

6. Midfield 4-3-3 SSG 1

- Structured build through 6/8/10 midfield trio into shaded target zones.
- Wing players relieve pressure; midfielders must combine before release.
- Progressions: (a) Add roaming defenders; (b) Allow defenders to float between grids.
- Rationale: Functional positional work simulating disorganizing compact defensive lines with midfield switches and positional cues.

Session Flow Notes

Progression runs: activation → individual duels → possession switch rondo → zone overload possession → directional mini-goals → 4-3-3 midfield buildout. This flow mimics increasing spatial density, emphasizing tight-space manipulation, timing of central vs wide entry, and using width as a tool to fracture compact structures.