



PRACTICE PLAN



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@205_Academy

Date: Week of Sep 08, 2025

Theme: Create, Solve, Escape

Duration: 90 min

Load Level: Medium-High

Session Overview

This session centers on developing players' ability to solve problems under pressure through intelligent movement, technical quality, and adaptive play. From individual back-to-goal scenarios to dynamic possession shifts across grids and functional final-third work, the activities challenge players to manipulate space, link with teammates, and escape pressure through coordinated cues and intelligent decisions.

Learning Objectives

- Technical: First-touch orientation, back-to-goal receiving, angled passing, 1-2 touch combinations, feints.
- Tactical: Recognize and exploit overloads, switch play under pressure, dismarking for forward progression, spatial discipline.
- Physical: Agility in tight spaces, reactive changes of direction, repeated dueling efforts.
- Psychosocial: Creative problem-solving, visual scanning, vocal cueing, collaboration.

Activities & Progression

1. Warm-Up – Clock Passing + Mobility

- Players in a "clock" grid rotate passing while integrating dynamic mobility (e.g., quad pulls, hamstring scoops, RDLs).
- Progressions: Add second player for double-clock; increase tempo to 1-touch.
- Rationale: Activates scanning and movement rhythm while priming physical range.

2. 1v1 Back to Goal

- Attacker receives with defender behind, must turn and score in small goal. Defender can counter if they win the ball.
- Progressions: Allow back pass support, adjust size/shape, start on pass vs first touch.
- Rationale: Develops body positioning, feinting, and close-range ball security.

3. 4v1+1d – Four Grid Box

- Start in 4v1 rondo; on cue, players shift to adjacent grid (defender rotates diagonally).
- Progressions: Add second defender, restrict touches, require back-foot play.
- Rationale: Encourages communication, directional awareness, and space recognition across zones.

4. 4v2+1 → 5v2 Dual Grid Shift

- Possession in one grid with target in second; ball transitions grids and wings follow.
- Progressions: Limit passes in grid, swap wing/def roles on transition.
- Rationale: Reinforces coordinated team movement and shifting support angles.

5. 4v4 – 4 Zones with 3rd Player Concept

- Players are zone-locked; ball must enter final third by pass or carry. Final pass allows 1 additional midfielder to join.
- Progressions: Limit touches, modify entry triggers, restrict goal zone access.
- Rationale: Simulates buildup and dismarking into attacking third with timing and support runs.

6. Midfield 4-2-3-1 – SSG 2

- Functional midfield scenario with half-space boxes and offside lines. Center backs initiate possession.
- Progressions: Counter goals for defenders, require half-space entry before scoring.
- Rationale: Replicates central midfield decision-making in structured buildup context.

Session Flow Notes

Session opens with scanning/movement-based warm-up, then transitions into reactive 1v1 duels and directional rondo shifting. Grid-based possession adds spatial decision-making before moving into zonal third-entry patterns and finishes with a functional midfield phase. Progression aligns with cognitive load increase and contextual realism.