



PRACTICE PLAN



<https://205sports.org>



@205_Academy

Date: Week of Oct 13, 2025

Theme: Building Out of the Back

Duration: 90 minutes

Load Level: Medium

Session Overview

This session develops build-out play from the back in a 4-3-3, progressing from foundational technical movements and duels to structured rondos and game-relevant buildout patterns. The focus is on creating numerical superiority in deeper zones, connecting from back to midfield, and incorporating the goalkeeper as an active participant in possession. Activities emphasize rhythm, recognition of pressing cues, and spatial awareness during the first phase of play.

Learning Objectives

- Technical: Controlled first touch, inside/outside foot passing, receiving under pressure, back-foot orientation
- Tactical: Exploiting overloads in buildup zones, using the goalkeeper as an outlet, recognizing when to switch vs combine centrally
- Physical: Agility in tight spaces, repeated short accelerations, recovery runs
- Psychosocial: Communication under pressure, scanning before reception, discipline to maintain structure

Activities & Progression

1. Clock Passing w/ Dynamic Stretch

- Structure: Circular passing w/ central cone and mirror movements
- Details: Include dynamic mobility between rounds (hurdles, trunk mobility)
- Progression: Add second interior player or switch center after pass
- Focus: Rhythm, pass quality, coordination

2. 1v1 Diagonal Face-On (4 Goals)

- Structure: Attacker faces defender with angled mini-goals behind
- Objective: Break defender pressure and finish in diagonal channel
- Progression: Vary goal distance, allow dummy runs
- Focus: Turning, feints, timing of movement

3. 4v4 Endline Possession Game

- Structure: 4v4 in grid, score by stopping ball on endline
- Constraints: Must play through middle third before scoring
- Progression: Introduce press triggers after loss
- Focus: Building through lines, transitional spacing

4. 2v2+2+2 Concentric Rondo

- Structure: Inner attackers supported by outer neutrals
- Objective: Retain possession under tight pressure
- Progression: Touch limits, switch roles on completion
- Focus: Scanning, support angles, quick release

5. 6v4+1 Hex Build-Up (3 Zones)

- Structure: Divided hex grid, central rondo + support
- Objective: Maintain possession for 10 passes
- Progression: Add central mid; use real defenders instead of mannequins
- Focus: Drawing pressure to release, midfield positioning, use of 3rd man

6. 4-3-3 Buildout SSG - GK Initiated

- Structure: Zone 1 (deep build-up) → Zone 2 (progression)
- Constraints: Red team must connect all mids before entering final third
- Progression: Adjust defensive entry timing, add full back pressure
- Focus: Red 6/8 build cues, wide back options, structured exits

Session Flow Notes

This session begins with low-pressure technical work and gradually escalates to real buildout conditions against pressure. Rondo and possession games teach small group principles that connect directly to the full 4-3-3 buildout model in the final phase. Each activity layers passing confidence, structural awareness, and role-based responsibilities, preparing players for match-like decisions in Phase 1 of play.