



# PRACTICE PLAN



<https://205sports.org>



@205\_Academy

**Date: Week of Oct 20, 2025**

**Theme: Counterattack from the Back**

**Duration: 90 minutes**

**Load Level: Medium**

## Session Overview

This session develops the ability to counterattack from deep areas, particularly focusing on initiating the counter from the defending third with structure, clarity, and timing. Players begin with foundational passing and movement patterns, then progress through dynamic duels and constrained possession activities designed to simulate early build-out moments. A key activity includes a Zone 14 positional rondo – not for finishing, but as a high-target build-out cue to trigger vertical movement and wide support. The session culminates with pattern play and a thirds-based small-sided game that emphasizes central exits and timing of wide runs.

## Learning Objectives

- Technical: Wall passes, third-man runs, diagonal passing, rebounds under pressure
- Tactical: Counterattack triggers, switching point of attack, structured outlet play from deep zones
- Physical: Explosive lateral movement, hip mobility for turns, short recovery sprints
- Psychosocial: Visual communication, anticipation under constraint, fast decision making

## Activities & Progression

### 1. Warm-Up / Activation – Double Diamond Passing

- Structure: Two diamond shapes with mobility stretches between rounds
- Details: 3–4 minutes of passing, followed by dynamic movement (lunges, RDLs, trunk mobility)
- Focus: Hips open/closed patterns, rhythm and control
- Progression: Add competition (first to 30 passes), directional switches

### 2. 1v1+2 Corner Goals

- Structure: 1v1 with two wide neutral players and corner mini-goals
- Objective: Attacker uses wall passes or individual skill to beat the defender and finish wide
- Focus: Body positioning, defender delay, attacking commitment
- Progression: Move to 2v2 with required neutral use

### 3. 4v1 Double Grid with Migration

- Structure: Two rondo grids; teams switch grids on cue
- Objective: Maintain possession and connect switch pass to migrate
- Focus: Defender recovery, quick release, switching shape
- Progression: Add touch limit, reward successful switches

### 4. 2+6v3+3 Zone 14 Buildout Rondo

- Structure: Central 2v3 in tight zone with 6 outside players
- Objective: Possess to connect with high target or wide exit
- Focus: Structure and support in early buildout, triggering progression
- Progression: Add goals, require wide outlets or central 9 involvement

### 5. 5-6-5-7-6-5 Y-Pattern Buildout

- Structure: Sequenced passing pattern from deep zone to wide
- Objective: Rehearse back-to-midfield-to-wing progression
- Focus: Third-man movement, spacing logic, rotation triggers
- Progression: Add defensive pressure, require variable decisions

### 6. 6v6 Thirds with Offside Constraint

- Structure: Field divided into thirds; final third entry is restricted until ball precedes runner
- Objective: Combine central build-up with delayed runs and finishing logic
- Focus: Diagonal runs, disciplined shape, central-to-wide progression
- Progression: Add touch restrictions, require two players in each third at all times

## Session Flow Notes

This session builds counterattacking confidence from the deepest part of the field. The first half focuses on technical sharpness and decision-making under early pressure, while the second half adds complexity with buildout rondos and Y-patterns that mirror real match spacing. The Zone 14 activity acts as a buildout springboard rather than a finishing moment – teaching players to recognize and trigger high-positioned outlets in central overloads. The final SSG tests timing and spacing under game-like rules and reinforces disciplined counter patterns that begin in the back third.