



PRACTICE PLAN



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@205_Academy

Date: Week of Nov 03 2025

Theme: Progressive Play Through the Central Channel

Duration: 90 minutes

Load Level: Medium

Session Overview

This session targets progression through central areas under varied pressure scenarios. It begins with structured passing and mobility work, then flows into compact duels and layered possession games that demand quick decision-making in tight spaces. Central buildout principles are embedded in constrained environments (2v2+1, 4v4) before culminating in a structured 4-3-3 small-sided game with thirds rules that reinforce timing, positional discipline, and clean third-line passes. The training arc moves from individual decision-making to team coherence in central progression patterns.

Learning Objectives

- Technical: First touch under pressure, open body reception, disguised passes
- Tactical: Central rotation patterns, third-line breaking, directional pressing traps
- Physical: Short burst movement, balance and turning under pressure, repeated accelerations
- Psychosocial: Spatial awareness, visual scanning, resilience in tight duels

Activities & Progression

1. Warm-Up / Activation – Double Diamond + Mobility

- Setup: Two interlocked diamonds, players rotate after passes
- Focus: Hip activation, rhythm, directional body shapes
- Progression: Compete for max passes; rotate to new diamond after completion

2. 1v1 – 4 Goals, 2-Pass Start

- Setup: Mini-goals in corners, attacker receives after 2-pass start
- Focus: Intentional first touch, feints, controlled turning
- Progression: Defenders counter if they win the ball and cross midfield

3. 2v2+1 – End-to-End Pattern

- Setup: Central Red player links two wide Red attackers against Blue
- Focus: Central body positioning, outside rotation, pressure release
- Progression: Score via end-to-end connection; defenders must anticipate and intercept

4. 2v2v2+1 – Rotational Keep-Away with Switch

- Setup: 3 teams of 2 with neutral player
- Focus: Neutral support, body shape to receive under pressure, sharp transitions
- Progression: Inside defenders switch with dispossessed team; touch limits added

5. 4v4 – Narrow Mini-Goal Game

- Setup: 30x12yd field, goals at each end
- Focus: Line-breaking through central gaps, counterpressure after turnover
- Progression: Score = 3pts, 5 consecutive passes = 1pt; defenders must step out to press

6. SSG – Progressive 4-3-3 Buildout (Thirds Rules)

- Setup: Three zones; only 1 midfielder moves between thirds
- Focus: Third-line passes, timing entry triggers, structured buildup
- Progression: Fullbacks can join based on pre-defined triggers; Red unlocks thirds rules after scoring

Session Flow Notes

The session steadily increases in tactical complexity. Individual control and pressure management are reinforced in 1v1s and 2v2+1 games before transitioning to team-based rondos. The narrow 4v4 activity imposes visual discipline and timing in central progression, while the final 4-3-3 structure allows for full team pattern play with real constraints. Defenders are asked to break shape to win possession, teaching risk-reward calculations and disciplined zonal coverage.