



PRACTICE PLAN



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@205_Academy

Date: Week of Dec 15, 2025

Theme: Build-out through thirds

Duration: 90 min

Load Level: Medium-High

Session Overview

This session develops build-out play from the back through structured progression. Players are challenged to link play through pressure using technical precision, coordinated rotations, and spatial awareness. The session begins with functional 1v1 work and transitions through a series of overload and pressing scenarios in tight spaces, finishing with a positional SSG emphasizing wide entry and timing in a 5-4-1/3-4-3 build structure.

Learning Objectives

- Technical: First touch under pressure, wall passes, split passes, angle/weight of support
- Tactical: Decision-making under pressure, timing of support/entry, pressing cues
- Physical: Repeated accelerations, quick changes of direction, short recovery intervals
- Psychosocial: Communication in tight spaces, scanning under pressure, resilience in defensive moments

Activities & Progression

1. Warm-up / Activation – FIFA-11 + Technical Movement

- Description: Standard FIFA-11 injury prevention circuit with added dynamic movement, partner work, and balance/reactive holds.
- Progression: Add movement-based cues, increase speed during technical sequences.
- Rationale: Activates movement patterns, balance, and core strength while reinforcing coordination and readiness for change-of-direction work.

2. 1v1 Four-Goal Start with 2-Pass Entry

- Description: Each rep starts with 2-pass sequence (square then diagonal). Passer becomes defender; attacker must cross midline to score.
- Progression: Require first touch toward space, restrict finishing to opposite goal.
- Rationale: Promotes individual attacking creativity and timing while defending player practices pressure after delayed entry.

3. 4v2 Double Grid Transition Game

- Description: Play begins 4v2 in Grid A. If defender wins, they pass out to neutral in Grid B and join that grid, triggering a counter-press from Grid B.
- Progression: Touch count restrictions, transition on 10 passes.
- Rationale: Reinforces transition cues, ball circulation under pressure, and compact defensive reactions.

4. 5v2 "The River" – Side-by-Side Grids

- Description: 5v2 starts in Grid A. When defenders win, they move across to Grid B and press new group; 2 attackers join new grid.
- Progression: Limit number of passes before transition, add pass count goals (e.g., 10 = 1 pt).
- Rationale: Trains pressing timing, collective movement across zones, and organized support angles.

5. 3v3+2 Flying Changes to Cone Goals

- Description: 3v3 with two wide neutrals (7/11). On pass to neutral, defenders exit and new attackers enter.
- Progression: Limit touches, require goals via wall pass or 3rd man.
- Rationale: Builds anticipation, sharp entry runs, and pressing reactions, while emphasizing wide overload exploitation.

6. SSG – Wide Entry in 5-4-1/3-4-3 Shape

- Description: Team in 5-4-1/3-4-3 builds through designated "B box" entry zones before scoring. Offside lines and entry rules enforced.
- Progression: Add entry delays, allow 2nd defender to recover once ball enters B.
- Rationale: Connects build-out to wide play, promotes discipline in buildup timing, and encourages clever final-third entry patterns.

Session Flow Notes

This session builds sequentially from isolated 1v1 decision-making into layered transitional games, emphasizing compactness, timing, and off-ball movement. The final SSG reinforces structure-specific actions in a 5-4-1, encouraging flank play, spatial manipulation, and defensive recovery. Activities collectively support pressing triggers, buildout integrity, and the ability to retain structure under pressure.