



PRACTICE PLAN



<https://205sports.org>



@205_Academy

Date: Week of Dec 07, 2025

Theme: Progressive Play

Duration: Full Session

Load Level: Moderate

Session Overview

This session guides players through a progressive structure that builds fluency in ball movement, spatial awareness, and game-intelligent positioning within a 4-3-3 framework. Starting with high-rep technical activation and progressing through competitive rondo variations, the session culminates in a 3-zone 6v6 and a full 4-3-3 small-sided game. Strong emphasis is placed on transitions, playing between lines, and recognizing opportunities to switch play or exploit width.

Learning Objectives

- Technical: Quick combinations, body shape for receiving, quality of first touch
- Tactical: Break lines, use wide areas, manage space in and out of possession
- Physical: Dynamic movement, reaction in transitions, pressing intensity
- Psychosocial: Communication under pressure, scanning, decision-making

Activities & Progression

1. Clock Passing w/ Stretch

- Setup: Grid w/ interior and exterior players
- Focus: Technical warm-up w/ coordination and movement patterns
- Progression: 2-touch to 1-touch; interior player swaps with passer
- Rationale: Prepares body and mind for tempo and directional play

2. 1v1 Back to Wide Goals

- Setup: Attacker receives back to goal, defender pressures
- Focus: Turn under pressure, protect the ball, attack wide
- Progression: Start on pass instead of first touch; allow back pass
- Rationale: Builds individual confidence to receive and create under pressure

3. 4v2 Narrow Rondo

- Setup: Rectangular grid, width constrained
- Focus: Forward foot play, 1-touch tempo, quick ball circulation
- Progression: Limit outside touches; defenders exit on win
- Rationale: Forces precision and anticipation in tight areas

4. 3v3 Flying Changes (Cone Goals)

- Setup: Cone goal zone, teams rotate in/out on transitions
- Focus: Fast reactions, attacking 3rd mentality
- Progression: Add neutrals for wall passes; restrict touch count
- Rationale: Adds chaos element, emphasizes decisive play

5. 6v6 Three-Zone Overlap

- Setup: Full-width field w/ thirds, 3v2 in outside zones, 1v1 in center
- Focus: Movement between zones, supporting runs, timing
- Progression: Restrict touches; defensive counters
- Rationale: Simulates positional play; visual scanning and coordination

6. SSG – Progressive 4-3-3

- Setup: Locked thirds, 3-pass minimum in build zone
- Focus: Line-breaking passes, fullback engagement, structure under constraints
- Progression: Remove third restrictions for red team
- Rationale: Applies learned concepts in 4-3-3 match context

Session Flow Notes

Each activity incrementally builds game realism—starting with isolated technique and body prep (Clock + 1v1), moving into constrained but functional rondos (4v2, 3v3), and culminating in positional structure (6v6 + SSG). The 3-zone constraint sharpens build-up play and introduces game-speed decision-making. Final SSG tests players' retention and application of session principles under pressure.