



PRACTICE PLAN



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@205_Academy

Date: Week of Jan 05, 2026

Theme: Final Third Penetration & Finishing

Duration: 90 minutes

Load Level: Med-High

Session Overview

This session emphasized penetration into the final third with functional and position-specific activities built around midfielders and attackers operating in a 3-4-3 structure. The design began with physical and technical activation, transitioned through small-number duels (1v1 and 2v2), and concluded with finishing sequences and positional SSGs. A key focus was on reading pressure, quick execution, and positional decision-making, especially from wide players and central midfielders.

Learning Objectives

- Technical: Improve first touch under pressure; use of 2-touch combinations to create shooting chances
- Tactical: Create and exploit width; use positional cues to dismark and switch the point of attack
- Physical: Apply repeated accelerations from duels; develop explosiveness in tight spaces
- Psychosocial: Compete with confidence in 1v1 and 2v2 duels; recognize when to support or take initiative

Activities & Progression

1. Warm-Up Activation

Setup: Double-diamond passing & mobility circuit

Description: Combines dynamic mobility (lunges, RDLs, A-skips) with partner-based technical passing in diamond shapes, progressing into diagonal entry balls.

Progression: Add passing competition (e.g., 30 passes in time limit); players follow their pass and rotate.

Rationale: Movement quality + early ball familiarity under constraints.

2. 1v1 – 4 Goals, 2-Pass Start

Setup: Grid with 4 mini-goals and midline

Description: Activity starts with 2 passes; attacker attempts to cross midline and finish; defender must recover and defend – can score on regain.

Progression: Add goal for defender crossing midline post-recovery.

Rationale: Final-third decision making under time/space pressure.

3. 2v2 Flying Changes – Targets (Cones)

Setup: Central area with target cones

Description: 2v2 with transition moments – players exit when ball goes to target; next group enters.

Progression: Limit touches, use supporting targets for bounce passes.

Rationale: Develop transitional sharpness and awareness of pressing cues.

4. Midfield SSG – 3-4-3 Structure

Setup: Field split into zones with wide channels

Description: Central rondos with wingbacks entering wide channels on progression; 8/11 and 10/7 operate as dual 10s. 8 passes = trigger to goal.

Progression: Add defenders scoring on counter goals; blue wingbacks activate on ball advance.

Rationale: Positional repetition of midfield coordination and dismarking under structure.

5. Short-Short-Long Finishing Pattern

Setup: 30×50 yd field, pairs spaced

Description: Short passes set up a flighted diagonal ball; third player takes prep touch and finishes.

Progression: Restrict touches; change start positions

Rationale: Reinforces rhythm and timing of attacking combinations with focus on striking technique.

6. 2v2 Flying Changes – Goals

Setup: Teams lined on either side of full goals

Description: 2v2 with scoring incentive – scorers stay, defenders rotate. Play restarts quickly on opposite side.

Progression: Limit touches, increase distance

Rationale: Game-speed decision making and fast finishing after quick transition.

Session Flow Notes

This session builds rhythmically: the warm-up blends directly into 1v1/2v2 duels that introduce attacking initiative. From there, midfielders are immersed in a controlled positional SSG that refines structure and cues in the 3-4-3 shape. The final two activities emphasize finishing and repetition under variable pressure, encouraging both technical execution and in-game mental sharpness. The layering supports both decision-making and physical sharpness heading into match demands.