



PRACTICE PLAN

 <https://205sports.org>

 @205_Academy

Date: Week of Jan 12, 2026

Theme: Breaking Lines Through Direct Play

Duration: ~80 minutes

Load Level: Moderate to High

Session Overview

This session focuses on combining direct attacking play with transitional moments to goal. Players are challenged to manage space and the ball in tight 1v1 and 3v3 scenarios, while later transferring those principles into larger game formats. Key learning moments come from aggressive forward dribbling, quick decision-making, and coordinated movements across thirds.

Learning Objectives

- Technical: Sharp ball control under pressure, precise passing to back foot, 1st touch to space
- Tactical: Recognize when to dribble vs pass, occupy pockets, support progression
- Physical: Explosive acceleration, short recovery, change of direction in small areas
- Psychosocial: Decision confidence, communication under fatigue, resilience in 1v1s

Activities & Progression

1. Warm-Up Activation (Circle + Dynamic)

Setup: Players in and outside circle grid.

Description: Ball movement work (1-touch, headers, volleys) with integrated dynamic movements (lunges, hamstring scoops, planks, Nordics).

Progression: Pair-based stability + strength actions to prep for 1v1s.

Rationale: Activate movement patterns needed for game-like change of direction and control.

2. 1v1 Diagonal – 4 Gate Format

Setup: 1v1 starts after diagonal pass, both attacker and defender must go through opposite gates.

Description: Player with ball must beat opponent and attack goal; if defender wins, immediate counter.

Progression: Becomes 2v2 with same entry rules.

Rationale: Triggers realistic decisions in space with constraints, building transition awareness.

3. 4v1 Rondo with Patterned Support

Setup: 4 players on perimeter, 1 inside defender.

Description: Emphasis on support angles, back foot receiving, triggering next pass with cues.

Progression: Add 1-touch constraint or remove center restriction.

Rationale: Builds habits for creating and using space to advance play under pressure.

4. 3v3 Flying Changes – Cone Goals

Setup: Teams rotate after goal/pass to target; new team enters.

Description: Transitional game with target players inside gates acting as triggers.

Progression: Require pass limit, add neutral support players.

Rationale: High repetition of transitions, forces scanning and fast recognition of space.

5. 6v6+2 Forward Dribble Constraint Game

Setup: Teams play with wide neutrals and GKs; pass back allowed only to neutrals.

Description: On-ball players encouraged to carry/dribble; off-ball to provide negative support.

Progression: Add more neutrals into grid to create numbers-up moments.

Rationale: Encourages vertical decision-making and channel use in central zones.

6. SSG – Progressive 3-4-3 to Goal

Setup: Zonal thirds with positional restrictions (e.g., only 1 mid allowed to transition).

Description: Play begins in defending third; players work to time movements and break lines.

Progression: Add more players to final third; remove third restrictions.

Rationale: Forces intentional movement and synchronized timing to break compact lines.

Session Flow Notes

The session gradually ramps up cognitive and physical load, from individual actions to coordinated team movement. Each block builds on the last: early focus on 1v1 separation and touch quality feeds into transitional games (3v3), and finally into larger group positional structure. By session's end, players must apply previous cues under complex tactical constraints, replicating moments seen in match scenarios.