



PRACTICE PLAN



<https://205sports.org>



@205_Academy

Date: Week of Jan 19, 2026

Theme: Build Out of the Back → Counter Through Central Access

Duration: ~80 minutes

Load Level: Moderate to High

Session Overview

This session develops the ability to build play under pressure and immediately transition forward when lines are broken or possession turns over. Players are repeatedly placed in constrained numerical scenarios (1v1, 3v2, 4v2+1) that demand composure, scanning, and purposeful movement before expanding into concentric and 4-3-3 game formats. The emphasis is on managing oneself, space, and the ball to progress play centrally while preparing for fast counter moments when defensive structure is unbalanced.

Learning Objectives

Technical: Clean first touch under pressure, receiving on back foot, disguised passing, ball protection in tight spaces

Tactical: Create and close space centrally, recognize moments to break pressure vs recycle, counter immediately on regain

Physical: Repeated accelerations, deceleration under control, short recovery bouts in small-sided games

Psychosocial: Composure under pressure, communication in overloads/underloads, confidence to play forward

Activities & Progression

1. Warm-Up / Activation

Setup: Players paired in a small grid; leader/follower dynamic with and without ball.

Description: Reactive movement patterns combined with functional mobility (lunges, hip rotation, RDLs, planks) and ball manipulation (overhead, feet).

Progression: Add ball to all movements; increase tempo and reaction demands.

Rationale: Prepares joints, coordination, and perception for tight-space play and quick transitions.

2. 1v1 Box Release

Setup: Box with diagonal gates at opposite ends; pass initiates duel.

Description: Attacker receives and must beat defender through opposite gates to score; defender counters immediately on win.

Progression: Passer calls gate direction, passer joins as second defender after 3 seconds

Rationale: Trains first touch into space, angle recognition, and immediate transition behaviors.

3. 3v2 Adjust Numbers on Goal

Setup: Directional game toward small goals with sideline entry.

Description: 3v2 attack; if attackers score, scorer exits and defending team gains extra player going opposite way.

Progression: Limit touches; swap scorer with teammate on goal.

Rationale: Forces attackers to exploit overloads quickly and defenders to delay and communicate under stress.

4. 4v2+1 → 5v2 Hot Box

Setup: Central "hot box" marked; one attacker operates inside.

Description: Possession game where central player must exit box before passing; defenders can only enter after ball arrives.

Progression: Require entry pass into box within 5 passes, role rotation between central and outside players

Rationale: Develops central access habits, timing of support, and body positioning to play forward.

5. 4v4+3+4 – 7v8 Concentric Game

Setup: 40x40 grid with outside support players and interior overload.

Description: Team in possession connects outside-to-inside while defenders look to isolate and counter on regain.

Progression: Touch limits for outside players.

Rationale: Bridges small-sided pressure play into team structure, emphasizing third-man actions and scanning.

6. Counter 4-3-3 – SSG

Setup: Zonal restrictions with locked lines; goals in three channels.

Description: Blue builds out with pass limit; on turnover, Red counters immediately into any goal. Fullbacks and midfielders join based on trigger.

Progression: Allow additional defenders to enter once ball crosses midfield.

Rationale: Replicates match-real build-out vs counter dynamics and rewards decisive forward actions.

Session Flow Notes

The session moves from individual execution (1v1) to small-group decision-making (3v2, 4v2+1) before expanding into collective structure and transition realism. Early blocks sharpen touch quality and spatial awareness; middle activities demand recognition of overloads; the final SSG forces players to apply those cues under full tactical complexity. By the end, players are repeatedly challenged to manage pressure, play forward with intent, and counter decisively—mirroring match conditions.