



PRACTICE PLAN



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@205_Academy

Date: Week of Jan 26, 2026

Theme: Switching the Point of Attack to Create Crossing Opportunities

Duration: ~80 minutes

Load Level: Moderate to High

Session Overview

This session develops the ability to manipulate defensive shape through quick switches of play, progressing from individual duels into collective wide overloads and crossing actions. Players are challenged to recognize pressure, move the ball with intent, and attack space on the weak side. The session culminates in a 4-2-3-1 small-sided game emphasizing wide partnerships, timing of runs, and coordinated movement in the box.

Learning Objectives

Technical: First touch with intent, diagonal dribbling, weight and timing of switches, crossing technique

Tactical: Recognize when to switch vs penetrate, exploit weak-side space, coordinate wide and central roles in attack

Physical: Repeated accelerations, directional changes, sustained movement off the ball

Psychosocial: Communication in transitions, patience under numerical advantage, confidence to change the point of attack

Activities & Progression

1. Warm-Up / Activation

Setup: Players organized in overlapping double-diamond formations.

Description: Passing sequences combined with dynamic mobility (hip openers, lunges, RDLs, skips). Competitive passing targets added.

Progression: Players rotate to the passer after each action to increase awareness and tempo.

Rationale: Prepares players physically and cognitively for switching actions and open body positioning.

2. 1v1 Diagonal Face-On – 4 Goals

Setup: Diagonal entry into a 1v1 with two goals on each end.

Description: Attacker receives and dribbles toward one of two diagonal goals; defender counters to opposite goals on win.

Progression: Adjust width and goal placement to alter decision cues.

Rationale: Trains first touch, deception, and recognition of defender commitment.

3. 3v3+2+2

Setup: 3v3 inside grid with two outside support players on each side.

Description: Teams score by completing end-to-end passes; outside players rotate with the passer.

Progression: Limit touches; enforce third-man runs from inside players.

Rationale: Introduces switching through support and movement away from pressure.

4. 6v3+1 Adjacent Grids

Setup: Two adjacent grids; play switches from one to the other on cue.

Description: Attacking team circulates to escape pressure and move play into the opposite grid; defenders recover on loss.

Progression: Central players must backpedal when switching grids; limit touches.

Rationale: Reinforces rapid re-orientation, scanning, and switching the point of attack under pressure.

5. 4v4+4 Wide Switch on Goals

Setup: 4v4 inside with 4 wide neutral players acting as wings.

Description: Teams attack one goal at a time; on score, teams rotate roles. Possession team looks to switch play wide before attacking.

Progression: Limit neutral touches; restrict interior touches to speed circulation.

Rationale: Builds wide partnerships and decision-making in numbers-up situations.

6. Crossing 4-2-3-1 – SSG

Setup: Directional SSG with 4-2-3-1 structure and wide channels.

Description: Attacks are built wide; crossing patterns emphasized with coordinated box runs (near post, penalty spot, far post).

Progression: Add defenders; allow additional attackers to join after ball leaves goal zone.

Rationale: Transfers earlier switching concepts into match-real crossing and finishing behaviors.

Session Flow Notes

The session progresses from isolated diagonal duels into increasingly complex switching scenarios, layering technical execution with tactical recognition. Early activities emphasize intent and deception; middle blocks force players to move the ball away from pressure; final games demand coordinated wide play and structured attacking movement. By the end, players must consistently recognize when and how to change the point of attack to create quality crossing opportunities.