



PRACTICE PLAN



<https://205sports.org>



@205_Academy

Date: Week of Feb 02, 2026

Theme: Attacking Through Wide Areas

Duration: ~80 minutes

Load Level: Moderate → High (progressive intensity with repeated transitions)

Session Overview

This session develops the team's ability to create and exploit width to destabilize defensive shape. Players progress from isolated 1v1 duels into overload rondo structures, then into wide-switch and crossing scenarios within a 4-3-3 framework. Emphasis is placed on recognizing when to stretch the field, circulate quickly to the weak side, and attack the final third with coordinated wide entries and timed runs. Each block increases decision complexity while reinforcing the same principle: use width to create central advantage.

Learning Objectives

Technical: Clean first touch away from pressure, accurate switches of play and angled passes, crossing technique and finishing timing

Tactical: Recognize weak-side space, create overloads in wide channels, coordinate wide-central relationships (2/3/7/11 patterns)

Physical: Repeated accelerations in wide lanes, high-intensity transitions, sustained movement off the ball

Psychosocial: Communication on switches, patience to circulate vs force, confidence to attack space aggressively

Activities & Progression

1. Warm-Up / Activation

Description: Mobility + ball mastery circuits (hip open/close, lunges, skips, planks) blended with touch sequences and partner competition.

Progression: Add directional passing targets and rotation after every action.

Rationale: Prepares body mechanics and scanning habits needed for wide switches and open body receiving.

2. 1v1 Dual Exit

Description: Attacker starts on end line, defender turns to engage on cue. Attacker drives through gates or corners to score; defender delays and directs away.

Progression: Chain gates, restrict carry lanes, add trailing defender.

Rationale: Develops decisive first action and angle creation – foundation for beating players wide.

3. 4v2+1 → 5v2 Adjacent Grids

Description: Possession game moves between two grids; target/support players shift on transition. Emphasis on body shape and back-foot receiving.

Progression: Limit touches or required passes before switching grids.

Rationale: Trains circulation rhythm and recognizing when to move play away from pressure.

4. 6v3+2 → 8v3

Description: Outside players slide along touchlines while interior players find passing lanes through the middle. Defenders counter on regain.

Progression: Limit interior touches to speed decisions.

Rationale: Reinforces outside support and third-man combinations to free central space.

5. 6v6+2+2 Wide Switch – 4 Goals

Description: Channel-based game encouraging quick switches into wide players before attacking goals. Wide players unmarked on entry to attack forward immediately.

Progression: Touch limits; require entry through wide zones before scoring.

Rationale: Creates repeated weak-side recognition and trains wide players to attack space on receipt.

6. SSG – Wide Attack 4-3-3

Description: Directional SSG with marked wide/middle channels. Play must progress through wide entry before goal attempts.

Defensive team scores within short transition window on regain.

Progression: Allow overlaps, add additional midfielders, remove channel limits for realism.

Rationale: Transfers all prior learning into match-like structure – width → switch → entry → finish.

Session Flow Notes

The session moves from individual duels (beating an opponent) → small overload possession → switching under pressure → structured wide exploitation → full tactical application in the 4-3-3. Physical and cognitive load rise progressively, with the final block demanding real-time recognition of when to circulate and when to attack the weak side. By the end, wide play becomes intentional rather than reactive.