



PRACTICE PLAN

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 @205_Academy

Date: Week of Feb 23, 2026

Theme: Finishing Combinations

Duration: ~80–90 minutes

Load Level: Moderate → High (repeated striker actions + transition moments)

Session Overview

This session builds finishing through layered striker combinations and transitional awareness. Players progress from individual back-to-goal duels into quick-switch double grids and 4v2+2 rondo-to-goal moments before moving into structured 11-9-8-7-9 finishing patterns and a zoned 4-3-3 striker SSG. Emphasis is on movement timing, 1-touch connections, curved runs, and recognizing how to manipulate center backs through coordinated partnership play.

Learning Objectives

Technical: Secure back-to-goal control, sharp 1-touch combinations, clean lay-offs, finishing on diagonal passes

Tactical: Recognize moments to drop vs spin, isolate center backs, switch play quickly on regain, combine through interior channels

Physical: Explosive first steps, repeated short movements (check/run), duel strength when shielding

Psychosocial: Communication between strikers/midfielders, confidence to finish decisively, shared understanding of movement cues

Activities & Progression

1. Warm-Up / Activation

Description: Reactive leader/follower patterns (Box-5) blended with ball overhead, ball-on-feet and coordinated mobility sequences.

Progression: Increase tempo of call-outs and reactive changes; add competitive element.

Rationale: Activates movement mechanics and sharpens perception before striker-specific actions.

2. 1v1 – Back to Goal

Description: Attacker receives inside box with defender behind. Must turn and attack goal; defender can score if they win possession.

Progression: Start on pass (not first touch); allow one back pass; adjust box size.

Rationale: Develops shielding, deception, early turn recognition, and decisive finishing under pressure.

3. 3v1 Double Grid – Switch on Change

Description: 3v1 in one grid with 2 teammates in opposite grid. On regain, quick first pass switches play; one defender follows to create new 3v1.

Progression: Limit touches; score for consecutive passes.

Rationale: Reinforces immediate switch mentality and quick support angles after regain.

4. 4v2+2 Rondo – 4 Goals

Description: 4v2 rondo becomes 4v4 to 4 mini-goals when defenders win possession. Points for passes and goals. Rotate after each bout.

Progression: Limit touches; bonus point for splits.

Rationale: Connects possession rhythm to rapid attacking transition and 2v1 finishing opportunities.

5. Finishing 11-9-8-7-9

Description: 11 plays into checking 9 → lay-off to 8 → curved run from 7 → carry and combine back into 9 or finish on diagonal. Players rotate counterclockwise.

Progression: Add defenders; increase tempo; insist on 1-touch combinations between 11-8-9.

Rationale: Builds coordinated wing-mid-striker movement with curved runs and negative-angle finishing entries.

6. Striker 4-3-3 – SSG 1

Description: Zoned 3v2 attacking / 5v2 defending structure. Strikers read off each other; movements to isolate center backs; play into mini-goals.

Progression: Add defender; allow midfielder to join; increase realism.

Rationale: Transfers combination work into positional context, emphasizing partnership timing and spatial manipulation in the 9 role.

Session Flow Notes

The session moves from individual duel competence → small-group switching and transition → structured finishing pattern (11-9-8-7-9) → tactical application in the 4-3-3 striker SSG. Each layer reinforces the same finishing theme: coordinated movement creates the space that produces the shot.