



PRACTICE PLAN

 <https://205sports.org>

 @205_Academy

Date: Week of Mar 02, 2026

Theme: Third Player Movements

Duration: ~80–90 minutes

Load Level: Moderate → High (progressive decision-making + central overload demands)

Session Overview

This session develops third-player awareness and coordinated movement in central areas. Players progress from isolated duels (1v1+2 corner goals) into concentric rondos and structured central overloads (7v4+3), before applying principles in zoned 6v6+2+2 and a 4-2-3-1 SSG. Emphasis is placed on reading support angles, recognizing when to join, and synchronizing movements to create and exploit space between lines.

Learning Objectives

Technical: Clean first touch under pressure, quick wall passes, secure combination play, accurate entry passes into central players

Tactical: Recognize third-player triggers, read ball-side support vs outside options, maintain central balance while progressing forward

Physical: Repeated short accelerations, sharp change of direction, sustained scanning under cognitive load

Psychosocial: Communication within midfield unit, patience in circulation, collective responsibility in maintaining structure

Activities & Progression

1. Warm-Up / Activation – Double Diamond

Description: Players form two diamond shapes, circulating the ball while following passes. Add competition (most passes in time).

Progression: Players move to whoever passed to them to increase rotation + awareness.

Rationale: Introduces constant movement and early third-player support habits.

2. 1v1+2 Corner Goals (Add Teammates)

Description: 1v1 duel with two corner support players. Attacker must use corner players quickly (2 touches before first pass).

Defender isolates and prevents diagonal entry.

Progression: Limit touches; must score within time window.

Rationale: Builds quick support recognition and third-player use in tight spaces.

3. 2v2+2+2 Concentric

Description: Standard 2v2+2+2 rondo with attackers located in interior grid. Defenders may press outward. Points for end-to-end passes.

Progression: Receiver switches with inside player on pass.

Rationale: Reinforces interior positioning, open body shapes, and reading next pass before receiving.

4. 7v4+3 → 10v4 Central Grid

Description: 3 central mids vs 4 defenders with outside support in central third (50–60 yd width). Midfield three must read each other and outside support.

Progression: If outside pass is intercepted, outside player switches with defender.

Rationale: Demands coordinated midfield movement and environmental awareness to avoid static positioning.

5. 6v6+2+2 – 3 Zones, 4 Goals (No-Fly)

Description: Zoned game; when ball is played to outside player, they enter and nearest teammate switches. Outside players initially unmarked.

Progression: Limit touches; eliminate no-fly zone; defenders may mark outside players.

Rationale: Trains timing of entry runs and third-player movement from wide into central overloads.

6. Midfield 4-2-3-1 – SSG 2

Description: Phase-of-play start. Attacking team uses two half-space boxes (3-touch limit). Offside line at top of penalty area. Restart with 2 passes if CBs receive.

Progression: Add counter goals for defenders; require half-space touch to score.

Rationale: Applies third-player timing in a realistic positional structure with layered midfield relationships.

Session Flow Notes

The session progresses from isolated third-player recognition (1v1+2) → interior rondo rotations → structured central overload (7v4+3) → zoned entry timing → full positional SSG in 4-2-3-1. Complexity and decision-making load increase progressively, reinforcing synchronized midfield movement and environmental awareness as the core principle.