



PRACTICE PLAN

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 @205_Academy

Date: Week of Mar 09, 2026

Theme: Central Player Overloads & Support Angles

Duration: ~80-90 minutes

Load Level: Moderate → High (central overload recognition + constant support movement)

Session Overview

This session develops players' ability to recognize and exploit central numerical advantages through effective support angles and coordinated movement around the ball. Players progress from an activation focused on passing rhythm and scanning into a 1v1+2 rectangular grid that introduces immediate overload recognition. The practice then expands into rotational possession games and structured central grids before applying the principles in a zoned 6v6 overlap game and a 4-2-3-1 positional SSG. Emphasis is placed on creating triangles around the ball, supporting beneath and beside possession, and recognizing when midfield players must reposition to maintain central balance.

Learning Objectives

Technical: Clean first touch under pressure, accurate support passes, quick bounce combinations, secure ball circulation through central players
Tactical: Recognize central overload moments, create effective support angles around the ball, recycle possession through the pivot to change point of attack

Physical: Repeated short accelerations to support play, continuous off-ball movement, quick directional changes when adjusting support angles

Psychosocial: Communication within midfield unit, patience in possession while creating overloads, collective awareness of spacing and support relationships

Activities & Progression

1. Warm-Up / Activation – Clock Passing + Stretch

Description: Players circulate the ball in a grid with an interior player using a clock passing pattern. Dynamic mobility (hips, lunges, RDLs, core activation) is integrated into the passing sequence.

Progression: Add a second interior player to create a double-clock pattern; progress from two-touch to one-touch circulation.

Rationale: Introduces scanning, passing rhythm, and constant positional adjustment around the ball.

2. 1v1+2 Rectangular Grid

Description: Central 1v1 duel inside a rectangular grid with two outside neutral players providing support options. The attacker attempts to move the ball from one end of the grid to the other using support angles and combinations.

Progression: Limit touch count for central players. Neutrals restricted to two touches.

Rationale: Creates an early 3v1 overload moment, reinforcing support angles and quick central combinations.

3. 2v2v2+1 Rotation Game

Description: Three teams of two with one neutral player. Two players defend centrally while the possession team combines with the neutral. When defenders win the ball, roles rotate.

Progression: Score points for consecutive passes.

Rationale: Reinforces quick positional adjustments and support movement as players transition between attacking and defending roles.

4. 4v4+3 → 7v4 Central Grid

Description: Four outside players combine with three interior players against four defenders. Teams connect outside-to-inside passes while the interior three reposition to support and maintain possession.

Progression: Defenders switch with outside players when possession changes.

Rationale: Emphasizes coordinated midfield movement and constant creation of support angles in central spaces.

5. 6v6 – 3-Zone Overlap

Description: Field divided into three zones with a central 1v1 and 3v2 structures in the defensive zones. Outside backs may advance only when the ball is played through a central player.

Progression: Limit touches; require defensive cover if midfield advances.

Rationale: Connects central support play with overlapping movement and reinforces the importance of maintaining balance when creating overloads.

6. Midfield 4-2-3-1 – SSG 1

Description: Positional game organized as two side-by-side midfield rondos. Wide players remain in their zones while the attacking midfielder floats between spaces to create central support options.

Progression: Require eight passes before attacking goal; add additional defenders to increase pressure.

Rationale: Applies central overload concepts in a realistic positional structure emphasizing midfield connectivity and circulation before penetration.

Session Flow Notes

The session progresses from early support-angle recognition (1v1+2) → rotational overload possession (2v2v2+1) → structured central grid play (4v4+3) → zoned positional support and overlaps → full positional SSG within a 4-2-3-1 structure. Each activity increases decision-making demands while reinforcing the same principle: maintaining effective support angles around the ball to create and exploit central overloads.