

BASA U10 Recreational Practice Plan - Building up / Creating chances in Opponent's Half

GOAL: Improve building-up in opponent's half in order to create chances

PLAYER ACTIONS: Pass/dribble, Spread out, 2v1/1v1

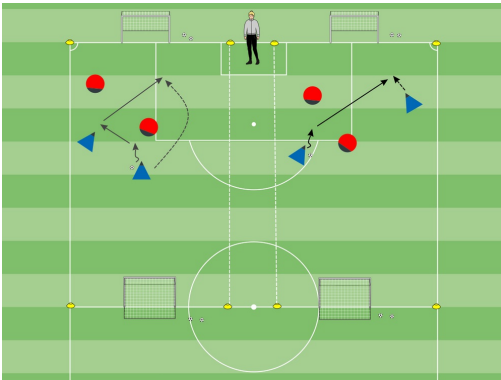
KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

Emina Zvizdich

AGE: U9-U10 / 7v7 / 8 players

MOMENT: Attacking

DURATION: 60 min



1st Play Phase - Intentional Free Play

OBJECTIVE: To pass or dribble forward and score goals

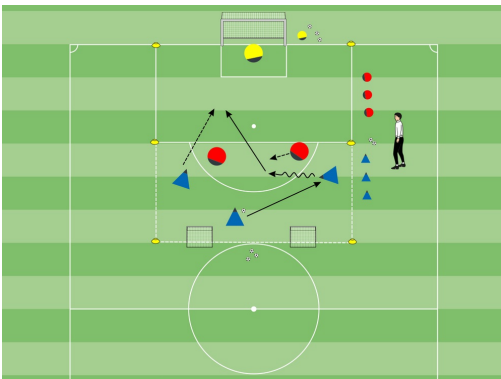
ORGANIZATION: Mark out two 24Wx24L yd fields each with two mini goals. Divide players into teams of 2 or 3. If you have an odd #, it's okay to play 2v1 or 3v2. Play for 20 minutes with 2 breaks.

KEY WORDS: opening, take opponents on, head up, go!

GUIDED QUESTIONS: 1) How do you find an opening? 2) What should you do if you see an opening?

ANSWERS: 1) Look at the opponent's position. 2) Pass or dribble through it.

NOTES: First break - coach asks questions, players keep playing to discover answers. Second break - players share answers with coach and each other.



Practice (Core Activity) - 3v2

OBJECTIVE: To create 1v1s and 2v1 and pass or dribble forward

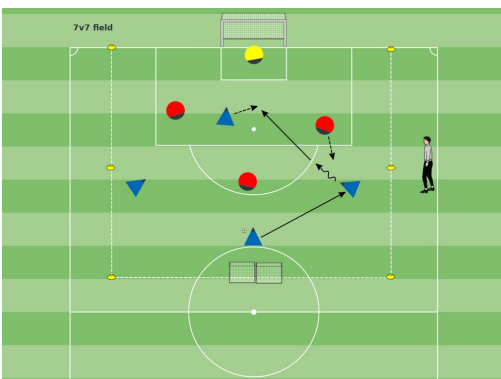
ORGANIZATION: Teams play 3v2+GK on a 24Wx24L yd field with a standard goal and two small goals. Blue attacking team dribbles or passes in. Red starts from the top of the box and tries to win the ball and score on the small goals. All players rotate every 2-3 mins. Play for 20 mins.

KEY WORDS: opening, take opponents on, head up, pass/dribble, go!

GUIDED QUESTIONS: 1) How do you find an opening? 2) What should you do if you see an opening? 3) How do you create an opening?

ANSWERS: 1) Look at the opponent's position. 2) Pass or dribble through it. 3) Make the opponent move.

NOTES: Less challenging - play 2v1+GK; More challenging - play 4v3+GK on half of a 7v7 field



2nd Play Phase - the game

OBJECTIVE: To move the ball forward, create chances and score goals

ORGANIZATION: If the roster has 12 players, then mark out a regular 7v7 field with build out lines and play 6v6. If a smaller rosters, then play as large as you can (ie; 4v4, 5v5) and mark out an appropriate size field for those #s. Divide players into two teams and using Laws of the Game. Play for 20 mins including one halftime (5 mins max).

KEY WORDS: opening, take opponents on, head up, pass/dribble, go!

GUIDED QUESTIONS: 1) How do you find an opening? 2) What do you do if you see an opening? 3) How do you create an opening?

ANSWERS: 1) Look at the opponent's position. 2) Shoot, pass, or dribble through it. 3) Make the opponent move.

NOTES:

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. **Coaching:** Is there effective coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?