

BASA U10 Recreational Practice Plan - Building up in Our Own Half

GOAL: Improve building-up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

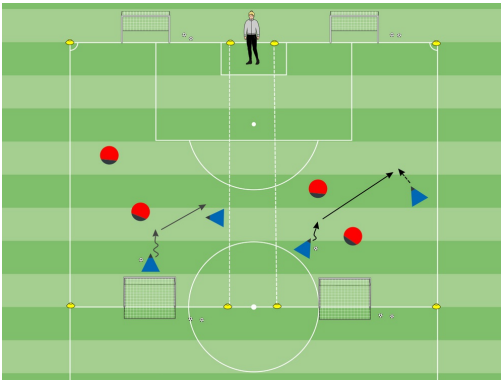
KEY QUALITIES: Read game/make decisions, Optimal technical

Emina Zvizdich

AGE: U9-U10 / 7v7 / 8 players

MOMENT: Attacking

DURATION: 60 min



1st Play Phase - Intentional Free Play

OBJECTIVE: To build a solid attack and move the ball forward

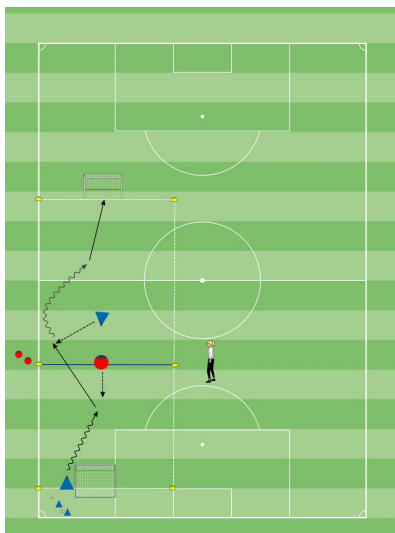
ORGANIZATION: Mark out two 24Wx24L yd fields each with two mini goals. Divide players into teams of 2 or 3. If you have an odd #, it's okay to play 2v1 or 3v2. Play for 20 minutes with 2 breaks.

KEY WORDS: pass, dribble, use space, get open

GUIDED QUESTIONS: 1) Attackers, where should you show for the pass from the GK? 2) Why? 3) How can you build the attack? 4) What's the advantage of involving the GK?

ANSWERS: 1) On the wings. 2) So we can get away from the defenders and take the ball forward. 3) Pass or dribble forward. 4) It gives us an extra player.

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) - 2v1 forward passing

OBJECTIVE: To move the ball forward

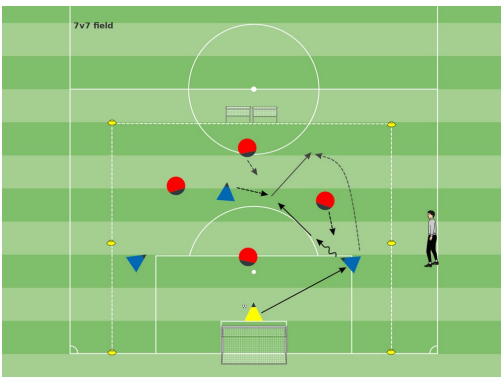
ORGANIZATION: Mark out one 42Lx18W yd fields with a build-out line and two mini goals. With a roster of 8, choose 5 attackers (blue) and 3 defenders (red) and position them as shown. The first attacker dribbles forward and tries to get the ball past the defender to the second attacker. Play continues until a goal is scored. The attackers rotate. Play for 20

KEY WORDS: pass, dribble, get open, call for the ball

GUIDED QUESTIONS: 1) Where is the defender in this exercise? 2) So what does the attacker behind the build-out line need to do to be open? 3) What does the ball carrier need to do before passing? 4) What part of the foot should you use for a short pass?

ANSWERS: 1) Between the attackers. 2) Move left or right to get away from the defender. 3) Look up to see where the receive is and make eye contact. 4) Inside with heel down/toe up.

NOTES: Less challenging - still 2v1 except the defender has to stay in a 5-yd zone in the center; More challenging - play 2v1 except on a narrower field 12 yds wide



2nd Play Phase - the game

OBJECTIVE: To build a solid attack and move the ball forward

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: pass, dribble, use space, get open, call for the ball

GUIDED QUESTIONS: 1) Attackers, how can you make the best use of the field? 2) When do you need to be open? 3) And when do you know you're open? 4) What's the advantage of involving the GK? 5) What part of the foot should you use for a short pass?

ANSWERS: 1) By spreading out evenly over it and staying as wide as possible. 2) Always try to get open. 3) When there aren't any defenders between us and the ball; when we can see the ball. 4) It gives us an extra player to build the attack. 5) Inside with heel down/toe up

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?