

BASA U10 Recreational Practice Plan - Preventing the Opponent from Scoring

GOAL: Improve preventing the opponent from scoring

PLAYER ACTIONS: Protect goal, Get compact, Stay compact

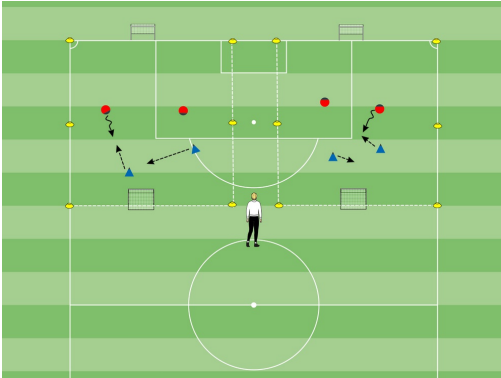
KEY QUALITIES: Read game/make decisions, Initiative, Focus

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AGE: U9-U10 / 7v7 / 8 players

MOMENT: Defending

DURATION: 60 min



1st Play Phase - Intentional Free Play

OBJECTIVE: To prevent the opponent from scoring

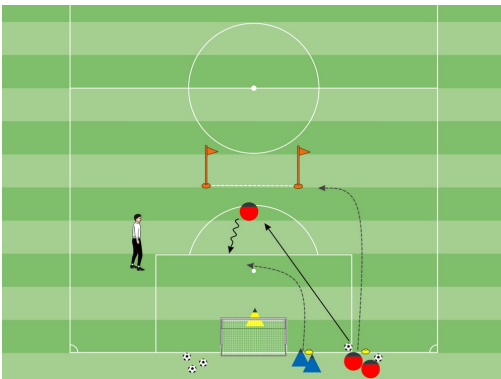
ORGANIZATION: Mark out two 24Wx24L yd fields with goals and GKs. Teams play 2v2. The attacking team's defender/GK can help build the attack the even score goals. Play for 20 mins with two breaks.

KEY WORDS: stay compact, move with the ball, defend the goal

GUIDED QUESTIONS: 1) When the attackers' keeper helps build the attack, what kind of situation does that create? 2) Defenders, what's your top priority when you're outnumbered? 3) How do you do that?

ANSWERS: 1) The defenders are outnumbered. 2) To protect the goal. 3) Quickly get behind the ball, block the direct path to the goal, force attackers outside and block shots.

NOTES: First break - coach asks questions, players continue playing to discover answers; Second break - players share an seers with coach and each other



Practice (Core Activity) - 1v1 in middle - defender facing attacker

OBJECTIVE: To prevent the opponent from scoring

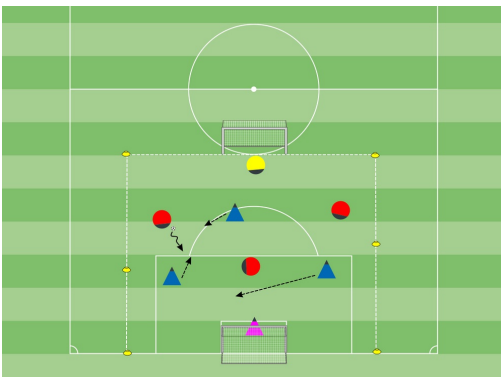
ORGANIZATION: Mark out one field as shown. Assign attackers and defenders to starting positions as shown. Play begins when the first attacker receives the ball. The first defender runs out from the endline, following the ball, and tries to stop the attacker from scoring. Play continues until a goal is scored by either player. Play for 20 mins.

KEY WORDS: defend the goal, step to the ball

GUIDED QUESTIONS: 1) Defenders, what's your top priority in this situation? 2) How do you do that? 3) Why is it dangerous to get too close to that attacker too soon? 4) How do you keep that from happening?

ANSWERS: 1) To protect the goal. 2) Run out to the ball, stop the attacker as soon as possible, and try to force them away from the goal. 3) They could play the ball past us. 4) Take long steps to get there and short steps as you get closer.

NOTES: Less challenging - 1v1 in middle, except players line up on the wing; More challenging - 1v1 in middle, except the first defender runs in the from the wing



2nd Play Phase - The Game

OBJECTIVE: To prevent the opponent from scoring

ORGANIZATION: If you have a smaller roster, then play as large as you can (ie; 4v4, 5v5, etc.) with standard goals and build out lines. Divide players into two teams, and use the Laws of the Game. Play for 20 mins including one halftime (5 mins max).

KEY WORDS: stay compact, move with the ball, defend the goal

GUIDED QUESTIONS: 1) How many goals did the other team score? 2) How did they score them? 3) How could you have stopped them?

ANSWERS: 1 & 2) General questions asked to focus players' attention on the principles they have learned. 3) Get compact and stay compact, block the direct path to the goal, force attackers outside, move to follow the ball and block shots.

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?