

## BASA U14-HS Recreational Practice Plan - improve scoring goals

GOAL: Improve scoring goals

PLAYER ACTIONS: Shoot, 2v1/1v1

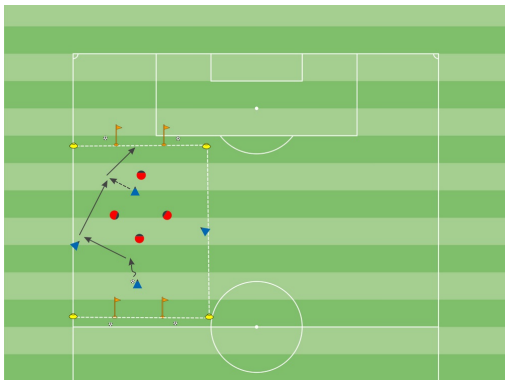
KEY QUALITIES: Read game/make decisions, Initiative, Focus

Emina Zvizdich

AGE: U13+ / 11v11 / 8 players

MOMENT: Attacking

DURATION: 75 min



### 1st Play Phase - Intentional Free Play

OBJECTIVE: To create shooting opportunities and score

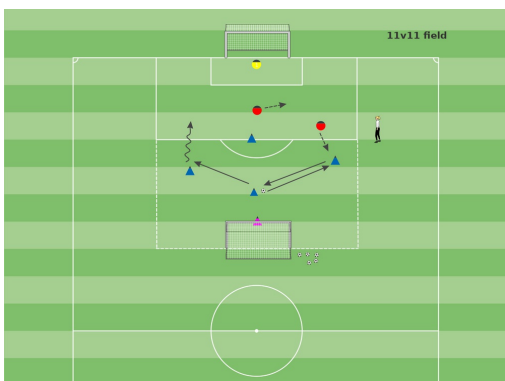
ORGANIZATION: Mark out one 40Lx30W yd field. Teams play 4v4 on 8-yd goal lines without GKs. There are no permanent GKs. One player from the defending team always covers the goal. Play for 25 mins with two breaks.

KEY WORDS: shoot, take opponents on

GUIDED QUESTIONS: 1) How many goals did you score? What can you do to score more goals? 2) How can you create a good shooting position?

ANSWERS: 1) Be creative and take risks; create 1v1s and 2v1s; finish faster; be ready to jump on rebounds after shots. 2) Spread the field and pass to an open player, who pushes forward and shoots.

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



### Practice (Core Activity) - 5v3 on Two Goals with GKs

OBJECTIVE: To create chances and score by rapidly circulating the ball

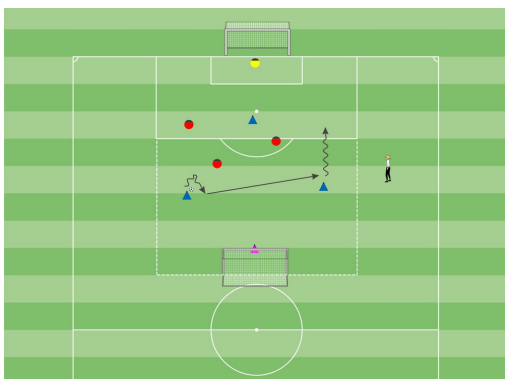
ORGANIZATION: Mark out a 42Lx44W yd field with goals and GKs. Divide the players into two teams. Blue attacks and Red defends deep around the penalty box. If Red wins the ball, they counterattack on Blue's goal. Play for 25 mins.

KEY WORDS: shoot, pass, dribble, take opponents on, get in the box

GUIDED QUESTIONS: 1) How can you score when the opponent is deep in their own half? 2) When should you create a 2v1? 3) What types of runs can supporting players make in the box?

ANSWERS: 1) Try to draw them out by keeping the ball moving; also by changing the rhythm and the point of attack. 2) When we can outnumber the opponent? 3) Near post, far post, and in front of goal.

NOTES: Less challenging - same activity except 6v2, and if Red wins the ball, they can also score by playing a pass or flighted ball to a target player; More challenging - same activity except teams play 4v4



### 2nd Play Phase - The Game

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

ORGANIZATION: Mark out a 42Lx44W yd field. Divide players into two teams and play 4v4. Play according to the Laws of the Game for 25 minutes including one halftime (5 mins max).

KEY WORDS: shoot, pass, dribble, take opponents on, get in the box

GUIDED QUESTIONS: 1) How can you score when the opponent is deep in their own half? 2) When should you create a 2v1? 3) What types of runs can supporting players make in the box? 4) What can you do to score more goals?

ANSWERS: 1) Attack up the wings and play crosses; keep the ball moving, changing the rhythm and point of attack. 2) When we can outnumber the opponent. 3) Near post, far post, and in front of goal. 4) Be creative and take risks.

NOTES:

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### 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?