

BASA U14-HS Recreational Practice Plan - Preventing the Opponent from Building Up in their Half

GOAL: Improve preventing the opponent from building-up in their own half

PLAYER ACTIONS: Steal, Pressure/cover/balance, Outnumber

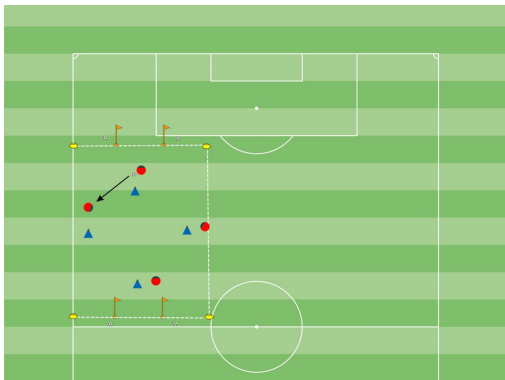
KEY QUALITIES: Read game/make decisions, Initiative, Focus

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AGE: U13+ / 11v11 / 8 players

MOMENT: Defending

DURATION: 75 min



1st Play Phase - Intentional Free Play

OBJECTIVE: To disrupt the buildup in the opponent's half, with the ball, and score

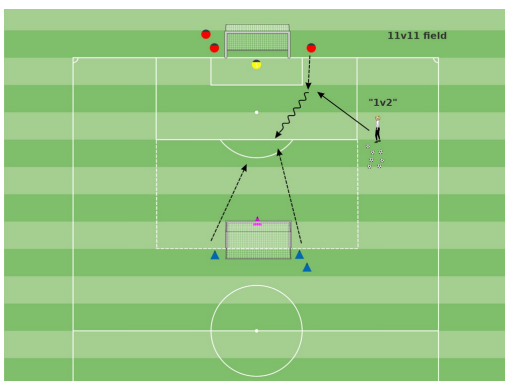
ORGANIZATION: Mark out one 40Lx30W yd field. Teams play 4v4 on 8-yd goal lines without GKs. Goals score after winning the ball in the opponent's half count double. Play for 25 mins with two breaks.

KEY WORDS: stay compact, pressure, cover, balance, work together

GUIDED QUESTIONS: 1) Why is it good to win the ball in the opponent's half? 2) What do you need to do to be able to disrupt their buildup right away?

ANSWERS: 1) We're close to their goal (shorter transition time). 2) Form a compact unit, block forward passing lanes, make them play square passes, work together (with communication) to put pressure on the opponent.

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) - Win the Ball (Defenders Numbers-Up)

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score

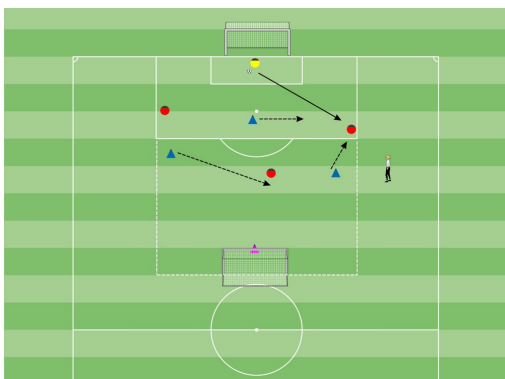
ORGANIZATION: Mark out a 42Lx44W yd field with goals and GKs. Divide the players into two teams. The coach calls out the game (1v2 or 2v3) and then plays the ball in to Red. The appropriate number of players run onto the field and play until a goal is scored by either team. Play for 25 mins.

KEY WORDS: outnumber the opponent, pressure, cover, work together

GUIDED QUESTIONS: 1) What are you trying to do in this activity? 2) How do you do that? 3) When do you step to apply pressure? 4) Do we go together or with just one defender? Why?

ANSWERS: 1) Disrupt the buildup in the opponent's half, win the ball, and score. 2) Start defending forward as soon as the game starts, work together to pressure the ball carrier and try to finish quickly if we win the ball. 3) When the opponent has their head down or takes a bad touch or bad pass. 4) Go together as a unit so that we stay compact.

NOTES: Less challenging - same activity except field is only 30 yds wide; More challenging - same activity except teams are equal (ie; 1v1, 2v2, 3v3)



2nd Play Phase - The Game

OBJECTIVE: To deny chances, win the ball back, and score

ORGANIZATION: Mark out an 42Lx44W yd field. Divide players into two teams and play 4v4, and try to disrupt the other team's buildup as quickly as possible. Play according to the Laws of the Game for 25 minutes including one halftime (5 mins max).

KEY WORDS: stay compact, move with the ball, work together

GUIDED QUESTIONS: 1) Why is it good to win the ball in the opponent's half? 2) What do you need to do to be able to disrupt their buildup right away? 3) What are your signals to start pressing? 4) Do we go together or with just one defender? Why?

ANSWERS: 1) We're close to their goal (shorter transition time). 2) Start defending forward as soon as the game starts, work together to pressure the ball carrier and try to finish quickly if we win the ball. 3) When the opponent has their head down or takes a bad touch or bad pass. 4) Go together as a unit so that we stay compact.

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?