

## BASA U6 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

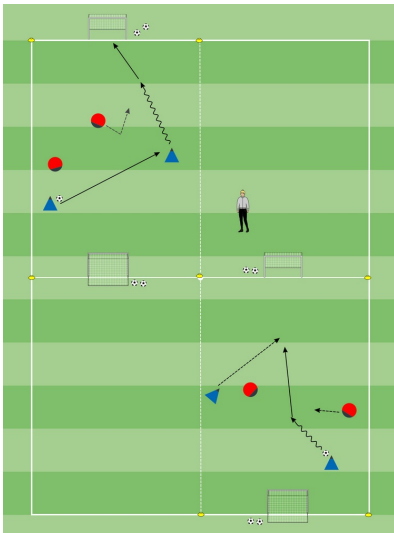
KEY QUALITIES: Read game/make decisions, Initiative

Emina Zvzdich

AGE: U6 / 4v4 / 8 players

MOMENT: Attacking

DURATION: 45 min



### 1st Play Phase - Intentional Free Play

OBJECTIVE: To pass or dribble past opponents and create chances

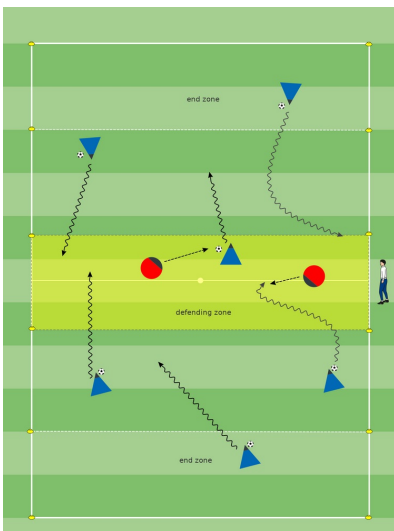
ORGANIZATION: Mark out two 18Lx12W yd fields each with two mini goals. Divide players into teams of 2. If you have 10 players, set up 2 fields and play 2v2 & 3v3. If you have an odd #, it's okay to play 2v1 or 3v2. Play for 15 minutes with 2 breaks.

KEY WORDS: go forward, pass, dribble

GUIDED QUESTIONS: 1) What do you do if you have space in front of you? 2) What can you do if you're close to the opponent's goal?

ANSWERS: 1) Dribble and attack the space. 2) Shoot if you're close enough to make 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) - Dribbling game

OBJECTIVE: To dribble past opponents

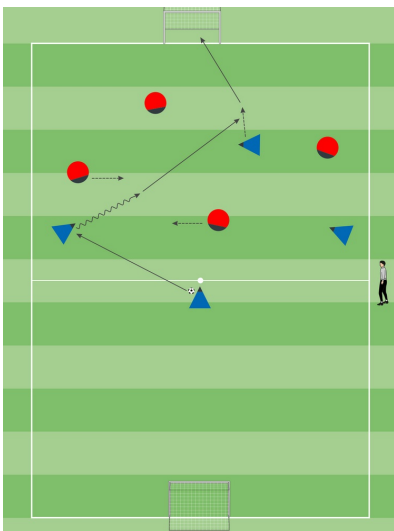
ORGANIZATION: Mark out a regular 4v4 field (35Lx25W yds) with a defending zone and two end zones. Players dribble back and forth into the end zones to earn points. Two defenders are stationed in the defending zone. They switch with the attackers when they win the ball or every two minutes. Play for 15 mins with 2-3 breaks.

KEY WORDS: dribble, soft touches, hard touches

GUIDED QUESTIONS: 1) How do you keep the ball close? 2) How do you dribble faster? 3) What's the difference between dribbling forward and dribbling to the side?

ANSWERS: 1) Be gentle/soft with the ball. 2) Use hard touches to get the ball out in front of you. 3) You have to use a different part of the foot.

NOTES: Less challenging - make the coach the defender and all players have to go in the same direction; More challenging - the two defenders can defend anywhere but the end zones



### 2nd Play Phase - the game

OBJECTIVE: To pass or dribble past opponents and create chances

ORGANIZATION: Mark out a regular 4v4 field (35Lx25W yds) with two mini goals. Teams play 4v4 using Laws of the Game. Play for 15 mins including one halftime (5 mins max).

KEY WORDS: Opening, dribble, pass, soft touches, hard touches

GUIDED QUESTIONS: 1) How do you find an opening? 2) How do you create an opening? 3) What do you do if you see an opening? 4) How do you keep the ball close? 5) How do you dribble faster? 6) What's the difference between dribbling forward and dribbling to the side?

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. 3) Shoot, pass, or dribble through it. 4) Be gentle/soft with the ball. 5) Use hard touches. 6) You have to use a different part of the foot.

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?