

## BASA U8 Recreational Practice Plan - Improve Preventing Building Up in Our Half

GOAL: Improve preventing the opponent from building-up and creating chances in our half

PLAYER ACTIONS: Get compact, Steal, Stay compact

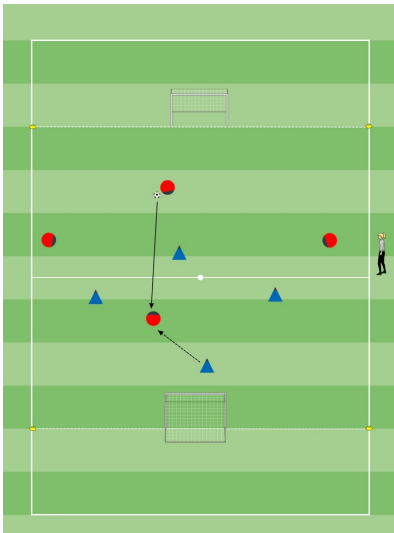
KEY QUALITIES: Read game/make decisions, Initiative, Focus

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AGE: U7-U8 / 4v4 / 10 players

MOMENT: Defending

DURATION: 60 min



### 1st Play Phase - Intentional Free Play

OBJECTIVE: To stop the opponent's attack, deny chances and win the ball back

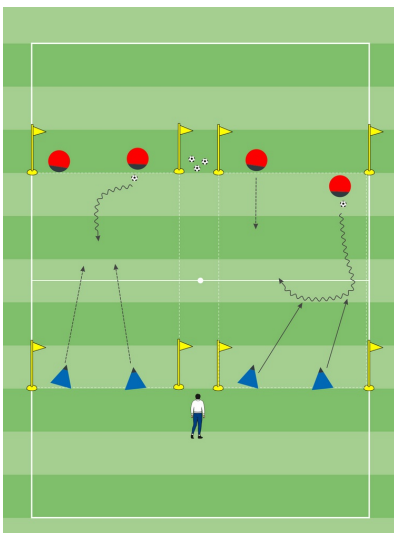
ORGANIZATION: Mark out a 35Wx25L yd field, with two small goals. Divide players into teams of 4. If you have 10 players, set up 2 fields, one on each half, and play 2v2 & 3v3. If you have an odd #, it's okay to play 3v2 or 4v3. Play for 20 minutes with 2 breaks.

KEY WORDS: get compact, stay compact, pressure the ball

GUIDED QUESTIONS: 1) Where is the goal? 2) So which path do you need to block if you want to keep the opponent from shooting? 3) And what if they manage to get in front of the goal anyway?

ANSWERS: 1) In the middle. 2) The path to the middle. 3) Then we have to pressure them and make sure they can't shoot.

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) - from 1v2 to 2v2

OBJECTIVE: To stop the opponent's attack, win the ball back, and score

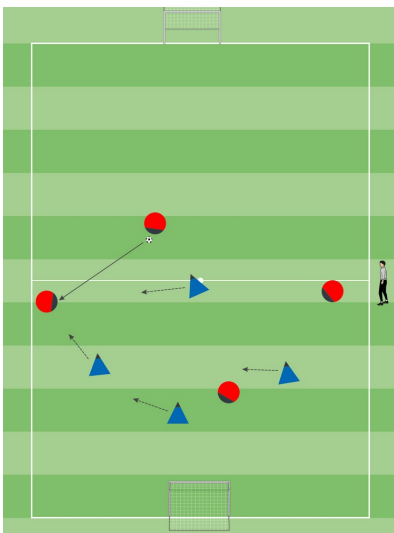
ORGANIZATION: Mark out two 16LX10W yd fields. On each field, two red attackers and two blue defenders line up behind the endlines. They start out playing 1v2. Red tries to dribble across Blue's endline. If the attack succeeds, the round is over. If the Blue defenders win the ball, the second Red attacker runs in, changing the 1v2 to a 2v2. Play for 20 mins.

KEY WORDS: get compact, stay compact, pressure the ball

GUIDED QUESTIONS: 1) How can you keep the attacker from dribbling past you? 2) How can you help the other defender?

ANSWERS: 1) By blocking the path forward. 2) By staying close together to protect the goal and communicating with each other to win the ball.

NOTES: Less challenging - play 1v2 the whole time; More challenging - play 2v2 the whole time



### 2nd Play Phase - the game

OBJECTIVE: To stop the opponent's attack, deny chances and win the ball back

ORGANIZATION: Mark out a regular 4v4 field (35Lx25W yds) with two mini goals. Teams play 4v4 using Laws of the Game. Play for 20 mins including one haltime (5 mins max).

KEY WORDS: get compact, stay compact, pressure the ball

GUIDED QUESTIONS: 1) Where is the goal? 2) So which path do you need to block if you want to keep the opponent from shooting? 3) And what if they manage to get in front of the goal anyway? 4) How can you help the other defenders? 5) When the attackers are passing the ball, how does the group need to move?

ANSWERS: 1) In the middle. 2) The path to the middle. 3) Then we have to attack them and make sure they can't shoot. 4) By staying close together to protect the goal and communicating with each other to win the ball. 5) Move together.

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?