

## BASA U8 Recreational Practice Plan - Improve Scoring Goals

GOAL: Improve scoring goals

PLAYER ACTIONS: Shoot, Pass/dribble

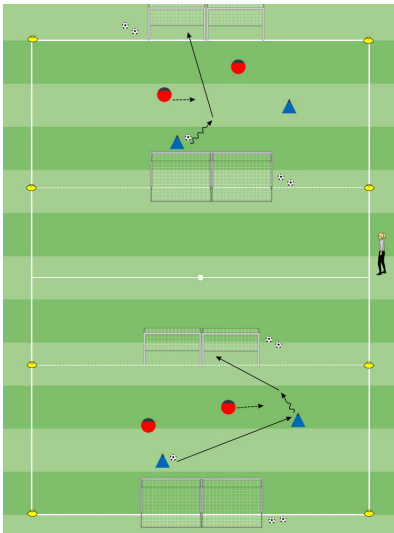
KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

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AGE: U7-U8 / 4v4 / 10 players

MOMENT: Attacking

DURATION: 60 min



### 1st Play Phase - Intentional Free Play

OBJECTIVE: To create chances and score goals

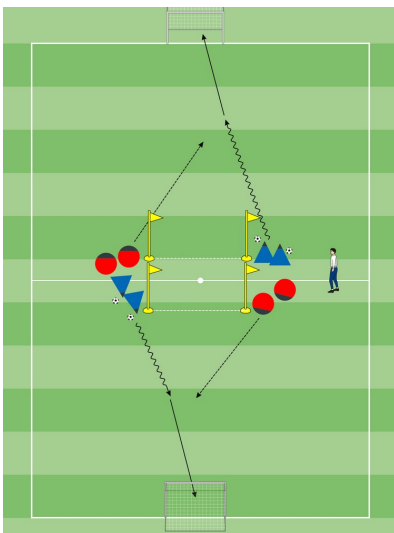
ORGANIZATION: Mark out two 25Wx10L yd fields, each with two double goals. If you don't have enough goals, use poles or cones to mark goals. Divide players into teams of 2. If you have 10 players, set up 2 fields (2v2 & 3v3). If you have an odd #, it's okay to play 3v2 or 4v3. Play for 20 minutes with 2 breaks.

KEY WORDS: opening, dribble, pass, shoot

GUIDED QUESTIONS: 1) How do you find an opening? 2) How do you create an opening? 3) What should you do if you see an opening?

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. 3) Pass, dribble past an opponent, or 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) - 1v1 race to the goal

OBJECTIVE: To score goals

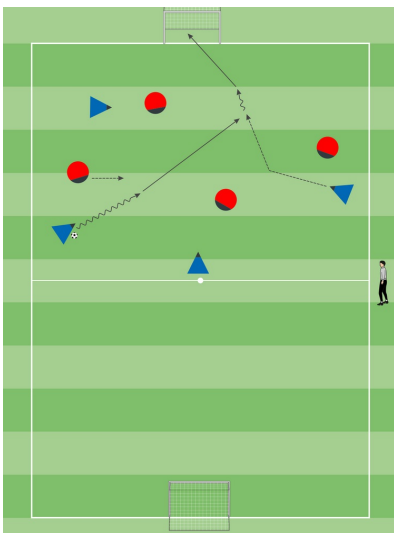
ORGANIZATION: Set up one small goal and one goal line about 16 yds apart. Two groups of four start at positions behind the goal line. As soon as the first attacker starts dribbling forward, the race begins. The defender tries to win the ball and score on the goal line. Play for 20 mins.

KEY WORDS: dribble, shoot

GUIDED QUESTIONS: 1) What should attackers do when the path to the goal is open? 2) How close to the goal do they need to get before shooting? 3) What should they do if the defender catches up to them?

ANSWERS: 1) Dribble toward it as quickly and directly as possible. 2) As close as necessary to be sure of scoring. 3) Cut across in front, block the defender's path and shoot.

NOTES: Less challenging - make a double-wide goal on the end line; More challenging - attacker and defender start out side by side on the goal line



### 2nd Play Phase - the game

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

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: Opening, dribble, pass, shoot

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) What should attackers do when the path to the goal is open? 5) How close do you need to be to shoot? 6) What should you do if the defender catches up to you?

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. 3) Shoot, pass, or dribble through it depending on the game situation and your position on the field. 4) Dribble toward the goal quickly and directly. 5) As close as necessary to be sure of scoring. 6) Cut across in front, block the defender's path and shoot.

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?