

## BASA U8 Recreational Practice Plan - Building Up in Own Half

GOAL: Improve building-up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Spread out, Pass/dribble, Pass options

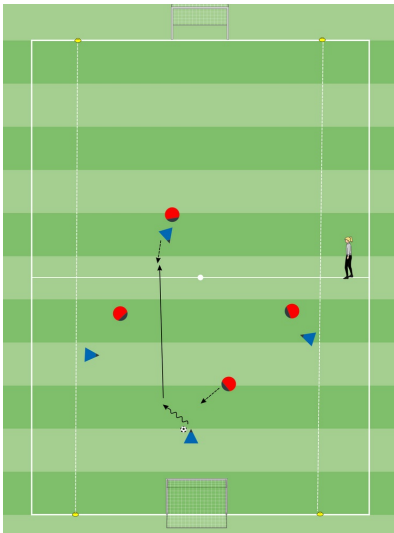
KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

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AGE: U7-U8 / 4v4 / 10 players

MOMENT: Attacking

DURATION: 60 min



### 1st Play Phase - Intentional Free Play

OBJECTIVE: To pass or dribble past opponents, move the ball forward and score goals

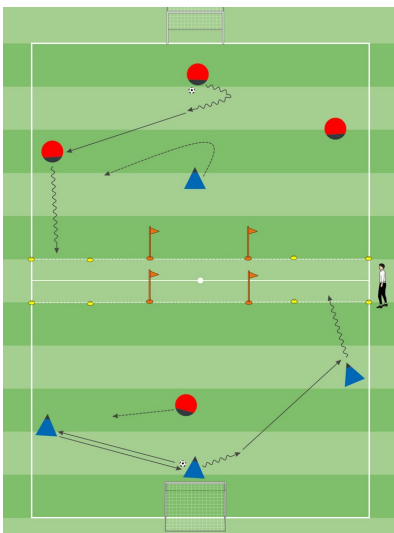
ORGANIZATION: Mark out a narrow 4v4 field (35Lx18W yds) with two small goals. Divide players into teams of 4. If you have 10 players, set up 2 smaller fields, one on each half, and play 2v2 & 3v3. If you have an odd #, it's okay to play 3v2 or 4v3. Play for 20 minutes with 2 breaks.

KEY WORDS: use space, be open, pass, dribble

GUIDED QUESTIONS: 1) How should the attackers position themselves to get from their own half to the opponent's half? 2) Why should they have two players on the wings? 3) And why should they have one in front?

ANSWERS: 1) Spread out and support the attack. 2) So they can pass diagonally forward out of their half. 3) So they can pass up the middle.

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) - 3v1 with wing goal lines

OBJECTIVE: To pass or dribble past opponents

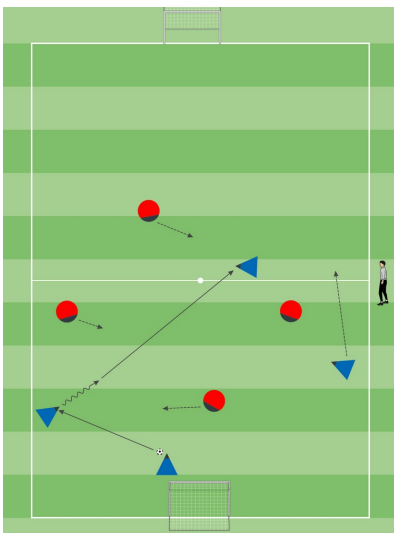
ORGANIZATION: Mark out two 16Lx25W yd fields, each with a small goal and two goal lines. Divide players into teams of four and position them as shown. Teams play 3v1. The attackers try to dribble across the goal lines, and the defenders try to win the ball and counterattack on the mini goal. Play for 20 mins.

KEY WORDS: use space, pass, dribble

GUIDED QUESTIONS: 1) How should the attackers position themselves to beat the defenders? 2) What can the wing players do to build the attack? 3) When should they dribble? 4) And when should they pass back?

ANSWERS: 1) One player in the middle and two on the wings. 2) Dribble forward or pass back. 3) When they have space and are able to dribble past the defender. 4) When the defender is blocking their path.

NOTES: Less challenging - attackers can choose between dribbling across the outside goal lines or passing across the one in the middle (ie; between the orange flags); More challenging - attackers can only score by passing the goal line in the middle (ie; between the orange flags)



### 2nd Play Phase - the game

OBJECTIVE: To cover space, move the ball forward, 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: look up, pass, dribble, be open, use space

GUIDED QUESTIONS: 1) How should the attackers position themselves to get from their own half to the opponent's half? 2) Why should they have two players on the wings? 3) And why should they have one in front? 4) What are the wing players' options for moving forward into the opponent's half?

ANSWERS: 1) Spread out and support the attack. 2) So they can pass diagonally forward out of their half. 3) So they can pass up the middle. 4) Dribble forward whenever there's space, or pass to the attacker in the middle when the path forward is blocked.

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?