

Acquire - Skill Introduction - Four core skills

Written by the MSB Academy Team

Set Up

🕒 15 mins

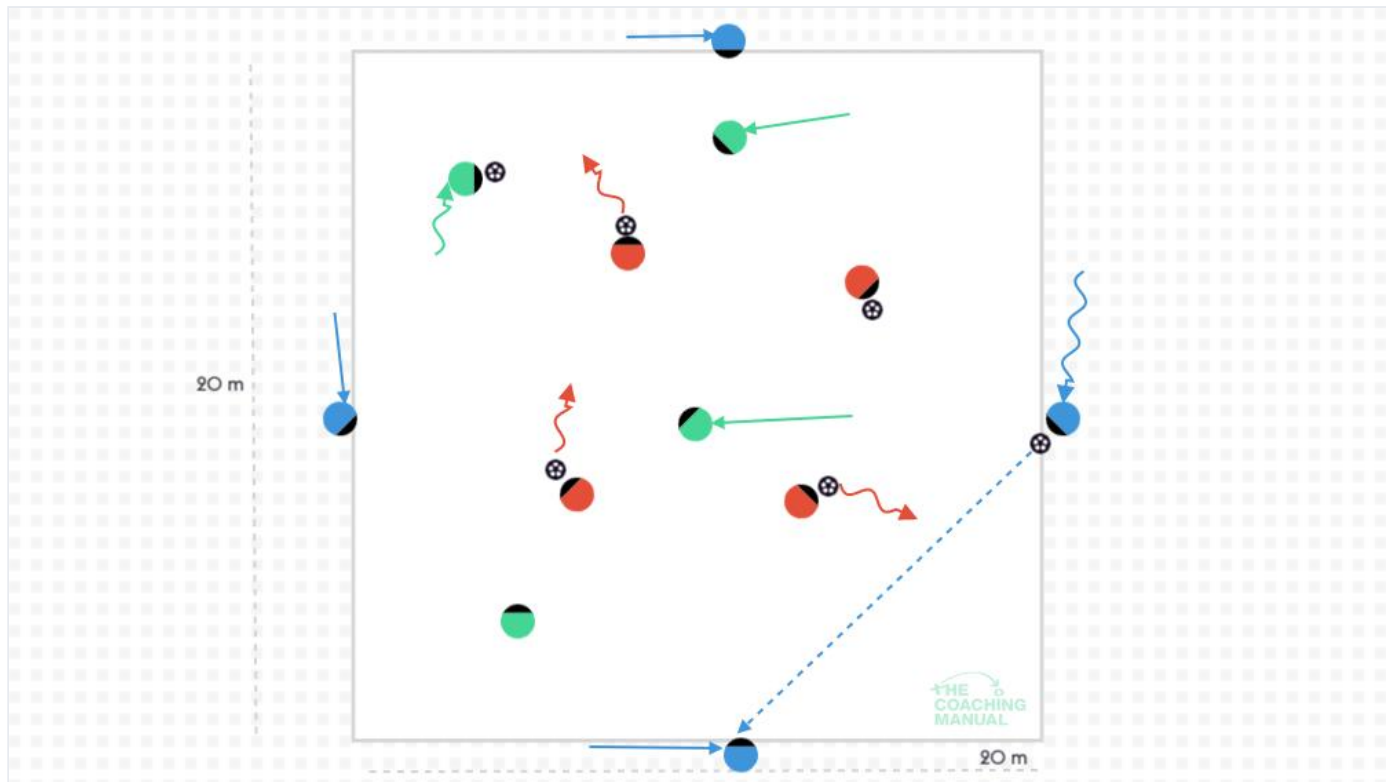
👤 12 players

⚽ 6 balls

👕 8 bibs

🚧 4 cones

📏 20m x 20m area



Blues: Stay outside the square and try to complete as many passes as possible. Each completed pass = 1 point Any passes that go through Reds/Greens = 2 points. Greens: Pass and move within the square with 1 ball. Each pass = 1 point Reds: Have 1 ball each and look to dribble around and block passing lines of the Greens (Reds cannot tackle)

Rotate roles every 1-2minutes. Coach should be bringing energy to the session and encourage/affirm good decisions

Key Coaching Points

- **Scanning**
Players should constantly scan for space, team mates and opponents
- **Quality of actions**
Players should focus on the quality of their actions in relation with factors like team mates, opponents and space

Acquire - Skill Training - 4 goal play build out from the back 3v1

MSB Academy Team

Set Up

🕒 30 mins

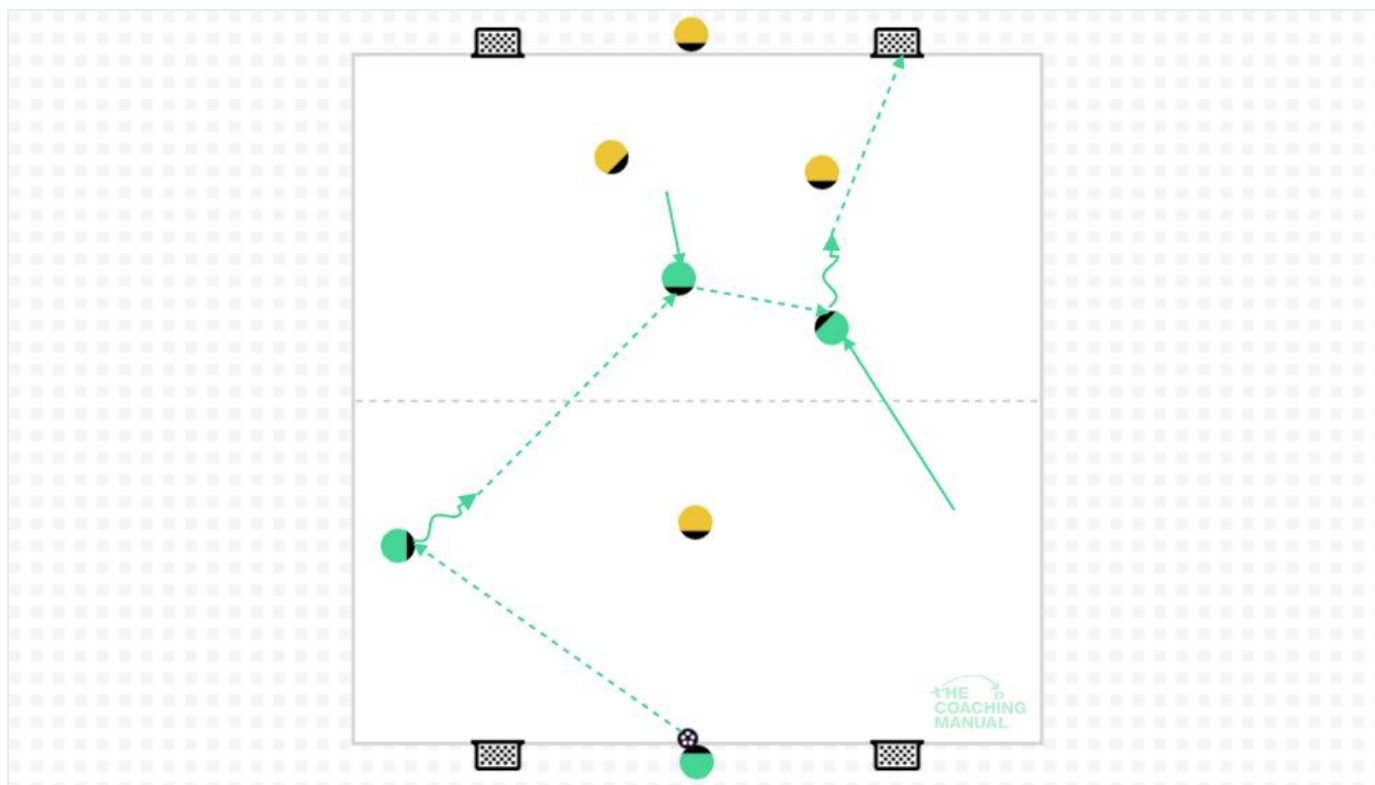
👤 9 players

⚽ 8 balls

👕 4 bibs

🚧 6 cones

🏟️ 36m x 18m area



Create a halfway line. Players are initially locked into their half to create 3v1 advantage when starting. Sweeper/keeper starts play and the team in possession looks to build and progress into the other half. Once the ball crosses the halfway line 2 players can join to make it 3v2 in the other half. Sweeper/Keepers cannot defend or block goals (so be sure to rotate them often). Game becomes free upon a loss of possession (anyone can move anywhere until goal is scored or ball goes out of bounds) Players are locked into their zones again when they restart. Scoring Options: 2 points for a goal from a play that started with sweeper/keeper without a loss of possession. 1 point for any other type of goal (after a transition for example)

Key Coaching Points

- **Decision Making**

When trying to break into the opposition half, players must decide whether they will be doing so by dribbling, running with the ball or passing

- **Quality of actions when performing the four core skills**

Players should focus on performing quality actions throughout

- **Movement off-the-ball**

All players should constantly move to provide options to the ball carrier

Acquire - Skill Game - build out 5v5 futsal

MSB Academy Team

Set Up

🕒 25 mins

👤 9 players

⚽ 3 balls

👕 4 bibs

🚧 6 cones

🏟️ 36m x 18m area



Key Coaching Points

- **Decision Making**
When trying to break into the opposition half, players must decide whether they will be doing so by dribbling, running with the ball or passing
- **Quality of actions when performing the four core skills**
Players should focus on performing quality actions throughout
- **Movement off-the-ball**
All players should constantly move to provide options to the ball carrier

Play always restarts from the goalkeeper (goal kick or distribute with hands). Attacking team focuses on playing out from the back through passing, dribbling or running with the ball. Condition the attacking team to set up as shown in the diagram (1-2-1 shape in their own half), and the defending team with two players pressing in the opposition half. This way a 4v2 situation is created in each playing out from the back situation to ensure players have plenty of opportunities to practice these scenarios. Give clear instructions at the start of the game and allow players enough time to come up with their own solutions before intervening. Coach within the flow of the game while allowing the players to make decisions.

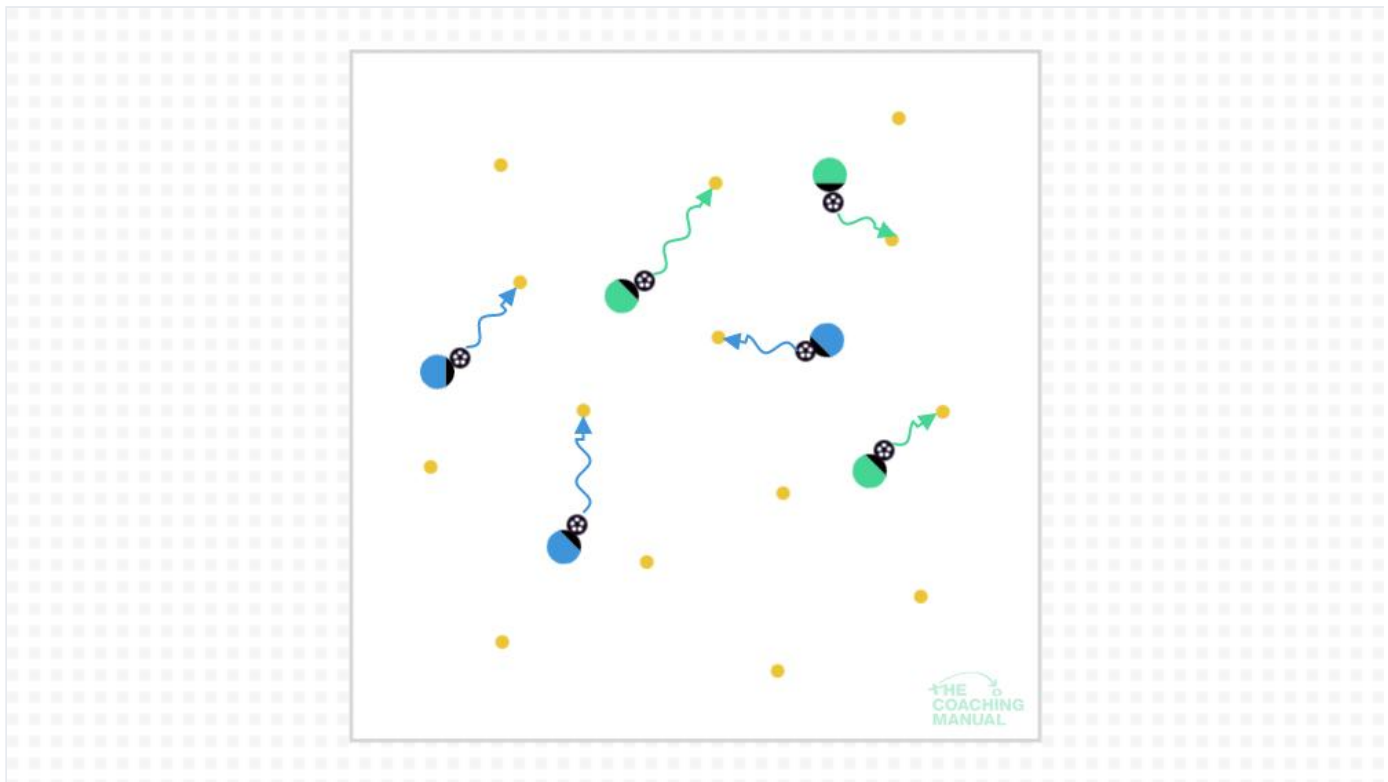
Stop and Score

Written by the MSB Academy Team

Set Up



20m x 20m area



Set up a square area – ensure it's big enough to allow players time to dribble and experiment with the ball. Within the area, place flat cones at different distances apart (this encourages changes in speed and direction). Give each player a ball.

Players must move the ball between different cones, whilst using as many different parts of their foot as possible. This could include rolling with their sole, lifting with their laces or pushing with their toe. When players get to a cone, they should stop the ball on top of it (for a maximum of three seconds). This action scores them one point. The aim of the game is to collect as many points as possible within an allocated time limit. If players want to score a point at a cone that's occupied by someone else, they must keep moving until it becomes free. Observe your team as they play. If you spot an individual being creative or innovative, ask them whether they're comfortable showing their skills to the other players. This could create a great opportunity for peer-led learning.

Progression

To move this session forward, split your group into two teams: the 'guards' and the 'attackers'. The attackers, as above, should aim to score as many points as possible. However, the guards are now on hand to stop this from happening. To disrupt the attackers, guards must dribble their ball to a cone and stop it on top – preventing any point scoring. Guards can stay on a cone for three seconds, but must then dribble to (and block) another.

Acquire - Skill Training - Attacking 1v1

Written by the MSB Academy Team

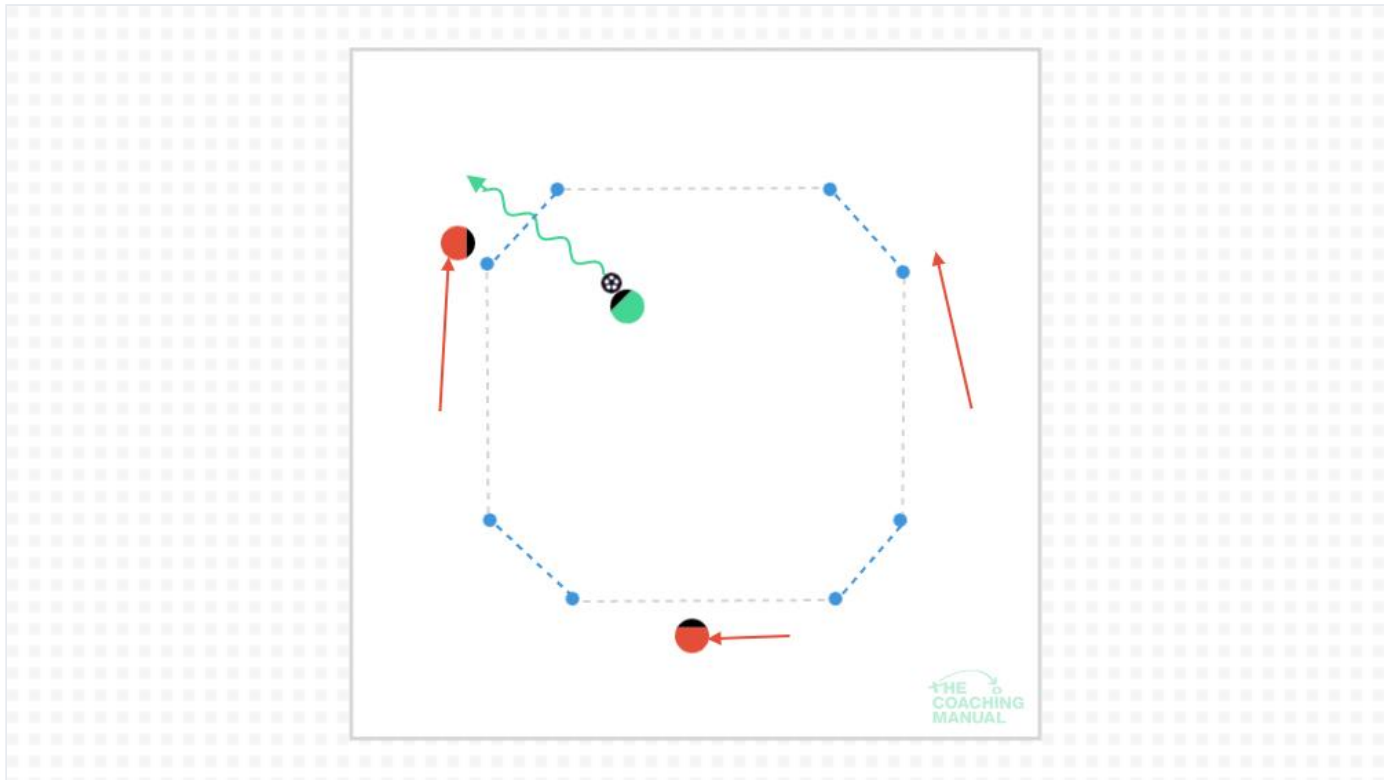
Set Up

🕒 25 mins

👤 12 players

⚽ 12 balls

📏 20m x 20m area



Split players in groups of four. In a 20x20 area set up one 'gate' in each corner. Player positioned in the middle attempts to get out of the square by dribbling through one of the four 'gates'. Defenders can only move on the outside of the square while trying to block the 'gates'

Skill Game - Attacking 1v1

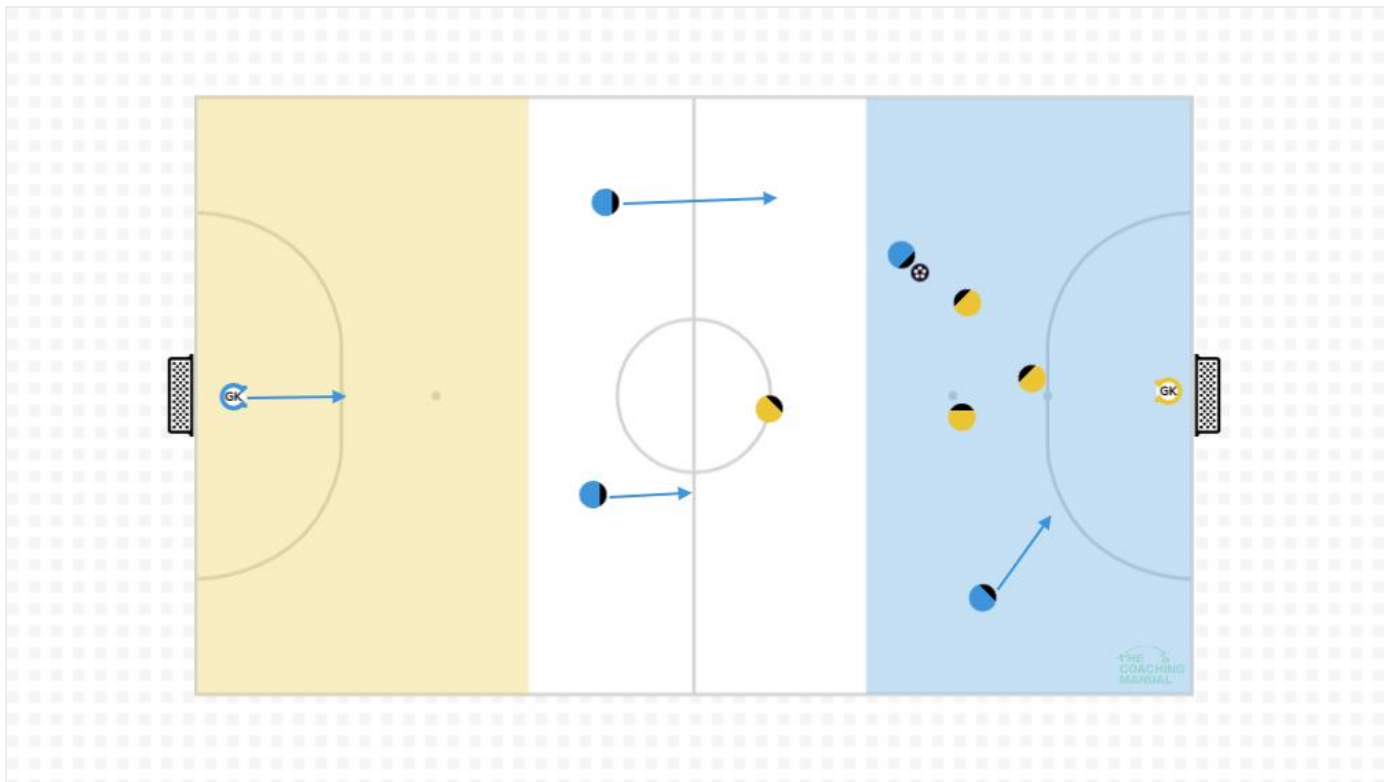
Written by the MSB Academy Team

Set Up

🕒 20 mins

👤 10 players

🏟️ 40m x 30m area



Challenge players to recognize those moments when 1v1 attacking situations occur. Also ensure that the players' decision making is closely monitored. We want players to make the best possible decisions in all situations. If the 1v1 attacking situation is not on, what other options do we have?

2 points if an attacker successfully beats a defender in the final third of the field (highlighted area) and scores.

1 point for any other type of goal.

Skill Introduction - Striking the ball (penetrating passes)

Written by the MSB Academy Team

Set Up



20 mins



3 players



1 ball



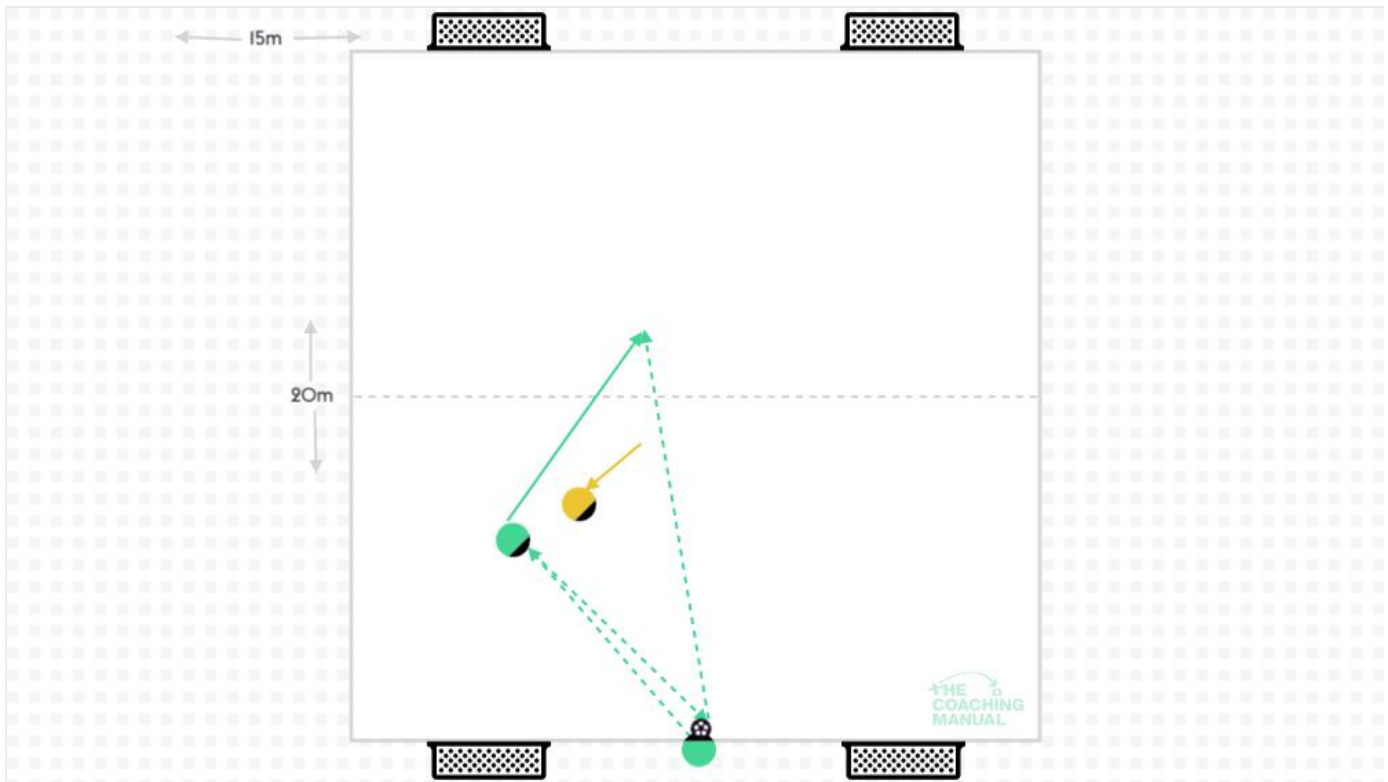
3 bibs



6 cones



20m x 15m area



Split the playing areas in two equal zones. In the low zone, a 2v1 situations is created with greens having a numerical advantage. One of the players in green is positioned between the two goals and can only provide support to their team mate by moving side to side. The other green player, and the defender in yellow, can move freely in the low zone.

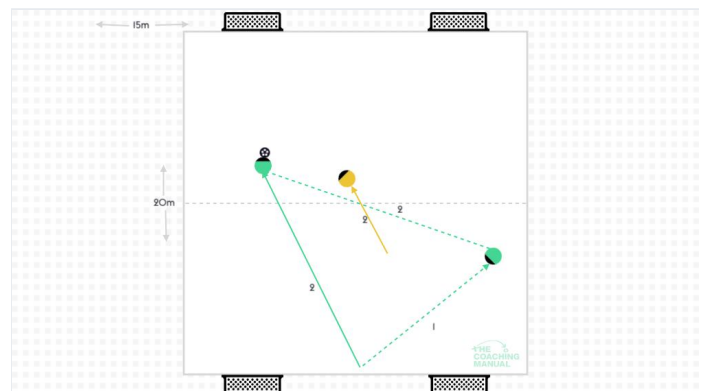
The objective for the green team is to play a one-two (final pass must be a penetrating one into the high zone). The play finishes once a goal is scored, either in the high zone by green after the one-two combination was achieved, or in the low zone in case yellow intercepts.

Defender in yellow can't follow the attacker in green into the high zone.

Progression

The play starts in the same way (one green positioned between the two goals in their own half), but once the ball is in play any of the two players in green can make runs in the high zone. Remember, the only way to break into the next zone is by playing a one-touch pass into space for the other player to make a run into.

Defender in yellow can move into the other zone too, but only after the ball crosses the halfway line.



Acquire - Skill Game

Written by the MSB Academy Team

Set Up

🕒 25 mins

👤 10 players

⚽ 3 balls

👕 4 bibs

🚧 6 cones

🏟️ 36m x 18m area



Format of the game according to number of players, and space available for training.

Give instructions at the start of the game and reemphasize the key point of the sessions. Allow players to make their own decisions during the game.

Encourage the attacking team to look for opportunities to create one-two combinations and score goals with a one-touch finish. 2 points awarded if this is achieved.

Acquire - Skill Introduction - Ball Mastery

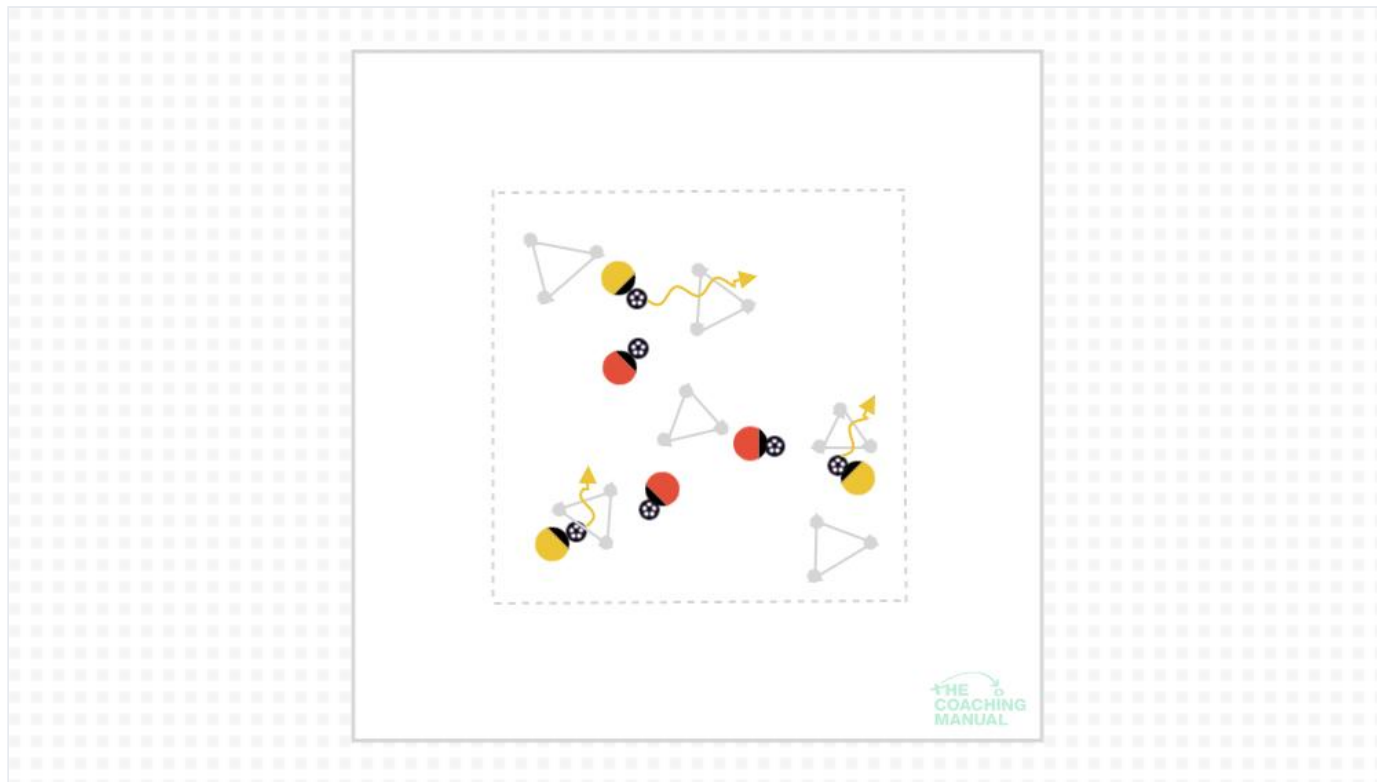
Written by the MSB Academy Team

Set Up

🕒 15 mins

👤 8 players

📏 20m x 20m area



Set up a 20m x 20m square with a smaller square inside. Set up four mini goals on each side of the big square. Use flat markers to set up 6-8 small triangles inside the middle square. Encourage players to visit as many triangles as possible. Challenge for players: Can you change direction after entering a triangle? (enter through one side, exit through a different side)

All players with a ball. Players on the yellow team aim to keep their ball without losing it to the players in red. Players in red have two tasks, one to keep their ball under control, and the other one to intercept from the players in yellow. Play for 60 seconds and switch roles.

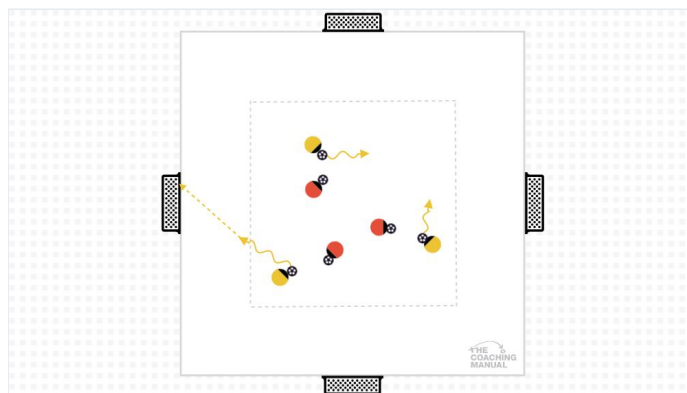
Challenge players to perform various moves that are effective in these under pressure situations. Cuts, feints, turns, etc. Ask players to count how many times they can dribble past players on the other team without losing the ball.

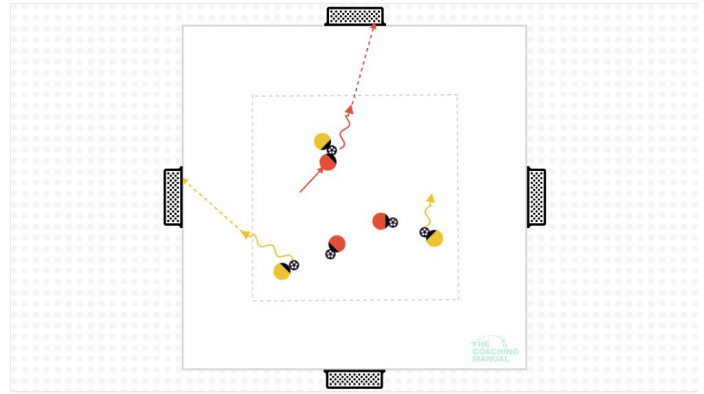
Progression

After each successful dribble past an opponent, the attackers can leave the middle square and score in one of the four goals positioned on the outside.

Progression

One of the players on the defending team doesn't have a ball and their aim is to intercept as many times as possible from the attacking team. If they intercept, then they can score in any of the goals.





Skill Introduction - Running with the ball with pressure coming from behind

Written by the MSB Academy Team

Set Up



15 mins



4 players



4 balls



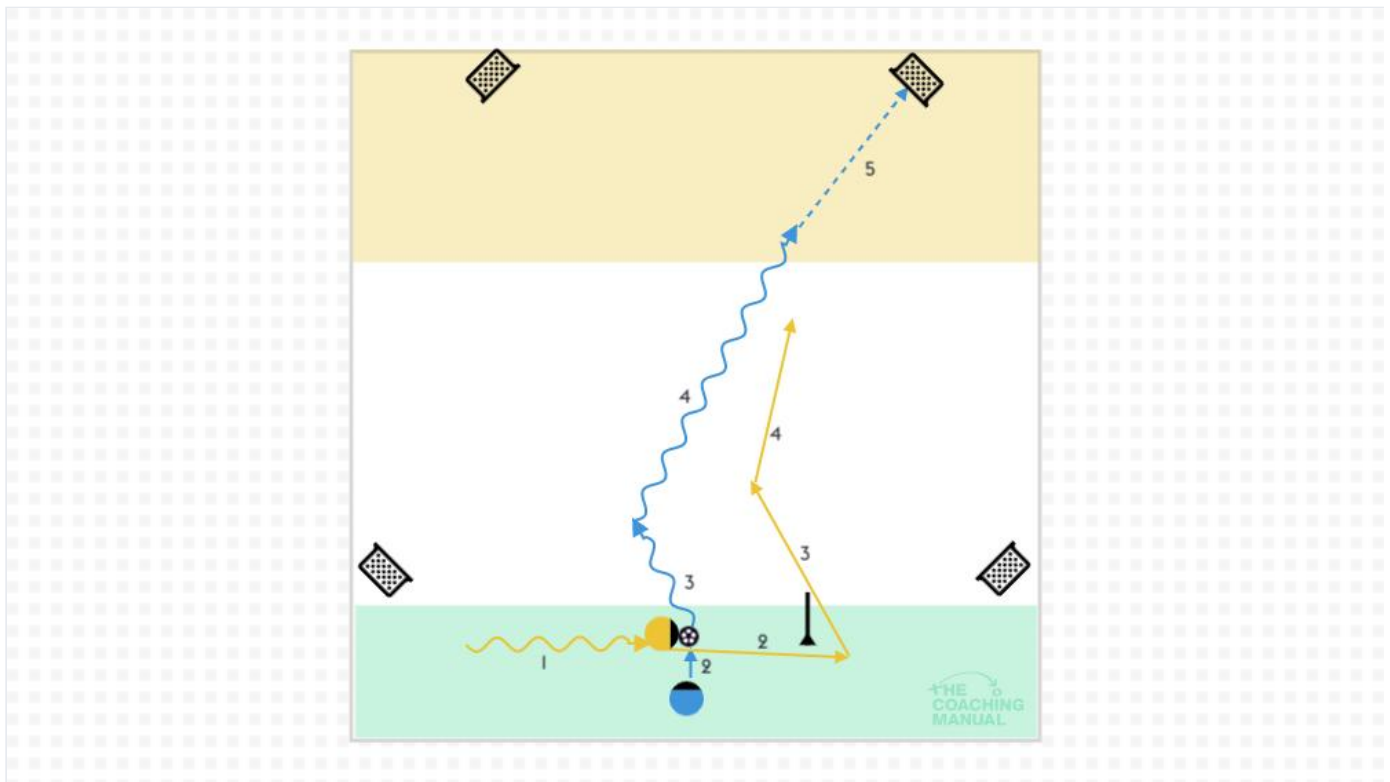
4 bibs



4 cones



20m x 20m area



In this example, the player in yellow starts by running with the ball along the area highlighted in green. They must stop the ball in front of the player in blue, and continue their run around the pole (you can also use a cone) before applying pressure from behind on the player in yellow.

The attacker (yellow) takes a positive first touch and must enter the area highlighted in yellow before they can score a goal.

If blue intercepts before a goal is scored, they can also attempt to score in one of the two goals next to the green area.

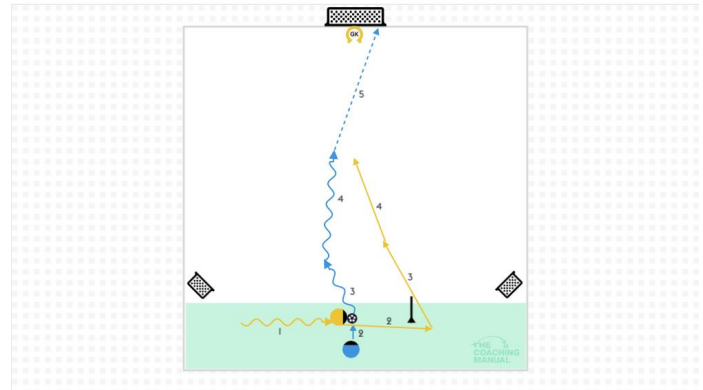
Set up 2 or 3 games at the same time to ensure that players are not waiting for their turn in long lines (maximum 4 players per game)

Use gates, targets or end zones if you don't have access to goals.

Progression

Add a bigger goal centrally. In this situation (1v2), the attacker is pressured from behind and from the front.

If yellow intercepts, 2v1 situation is created. Yellow scores in mini goals.



Skill Game - Running with the ball 4v4

Written by the MSB Academy Team

Set Up

🕒 20 mins

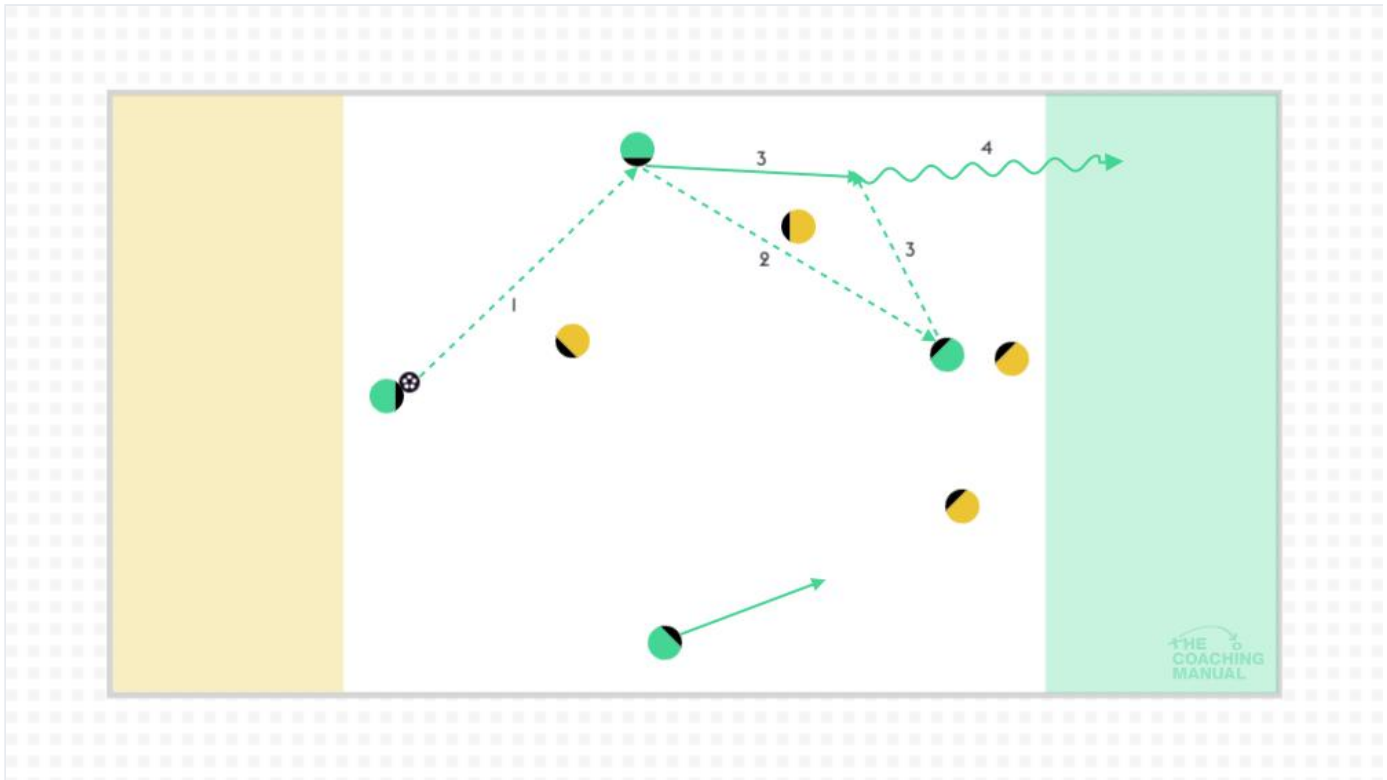
👤 8 players

⚽ 6 balls

👕 8 bibs

🚧 4 cones

🏟️ 40m x 30m area



4v4 situation in the central zone. Only the player in possession is allowed to move freely in all 3 zones. Attacking team attempts to score by one of the two methods:

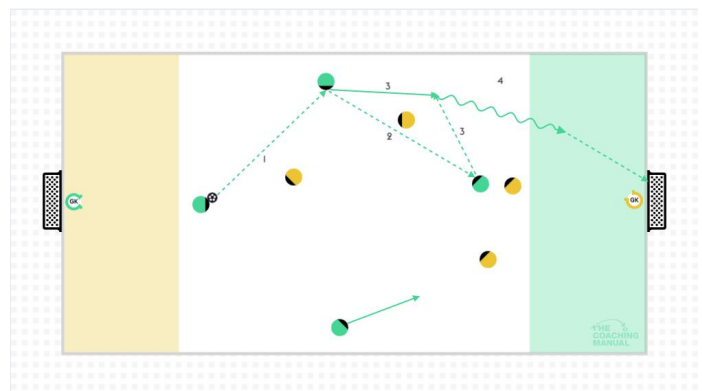
- Make 5 consecutive passes without the opposition team touching the ball
- Run with the ball into the end zone (according to their color)

Ensure that the end zones are clearly set up and players understand the benefits of being patient in possession. Most likely the opposition team will set up deep to defend their end zone. Encourage players to pass back when this situation occurs in order to draw the opponents out of position.

Progression

Add two goals in each end zone and goalkeepers for each team.

In addition to making 5 passes for one point, attacking team can also score goals once the ball carrier runs with the ball inside the opposition end zone. Goalkeeper can move freely inside their zone when their team is in possession, or when the opposition team enters their zone. All other situations the GK must stay on their goal line (this rule will create more space for the opposing team to run into)



Skill Introduction - Attack the space behind the defender 1v1

Written by the MSB Academy Team

Set Up

🕒 15 mins

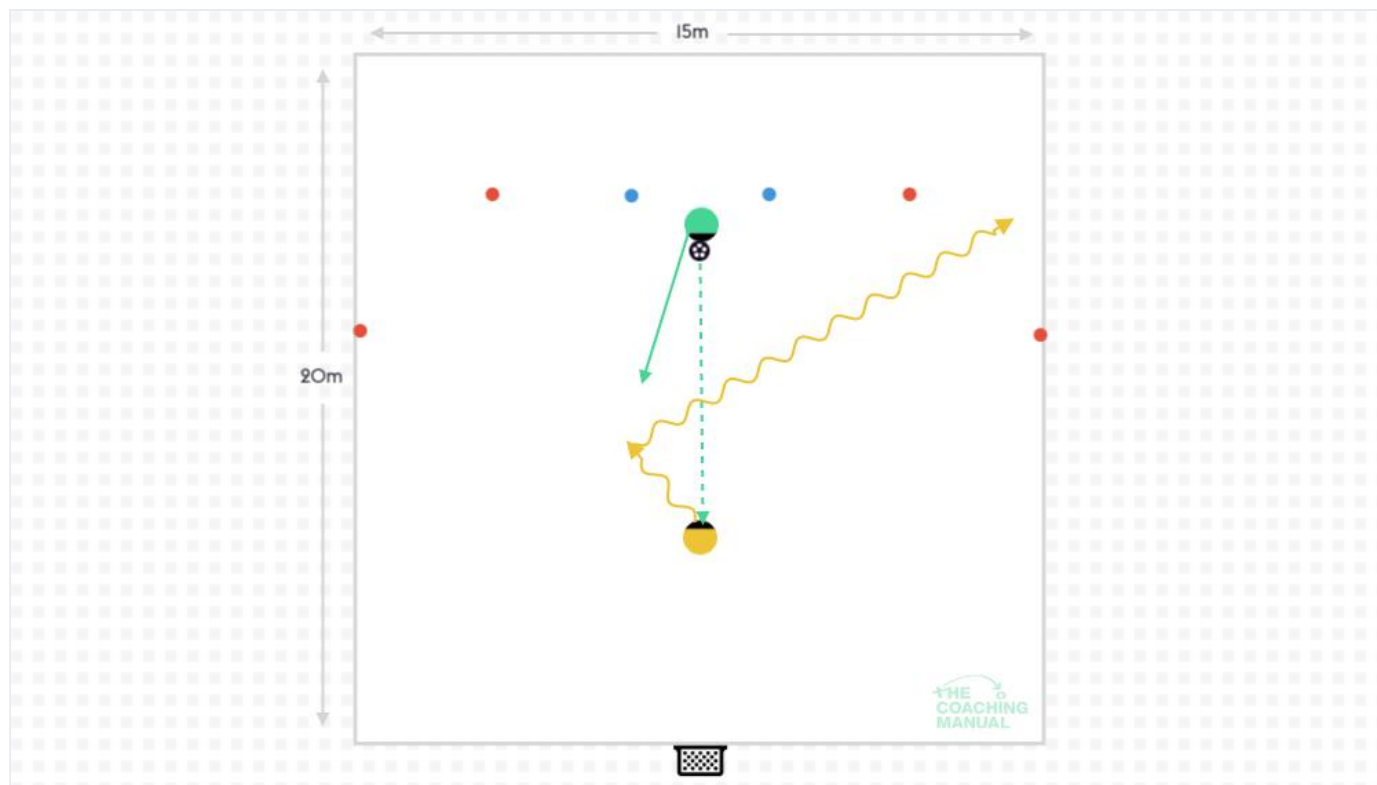
👤 12 players

⚽ 12 balls

👕 12 bibs

🚧 6 cones

📏 15m x 20m area



The play starts with the attacker in yellow receiving a pass from the player in green. Green applies immediate pressure, attempts to intercept and score in the mini goal behind yellow. Player in yellow tries to beat the defender and score one point by dribbling through one of the red gates, or two points by dribbling through the blue gate.

Skill Training - Taking a positive first touch with immediate pressure coming from the front

Written by the MSB Academy Team

Set Up

🕒 20 mins

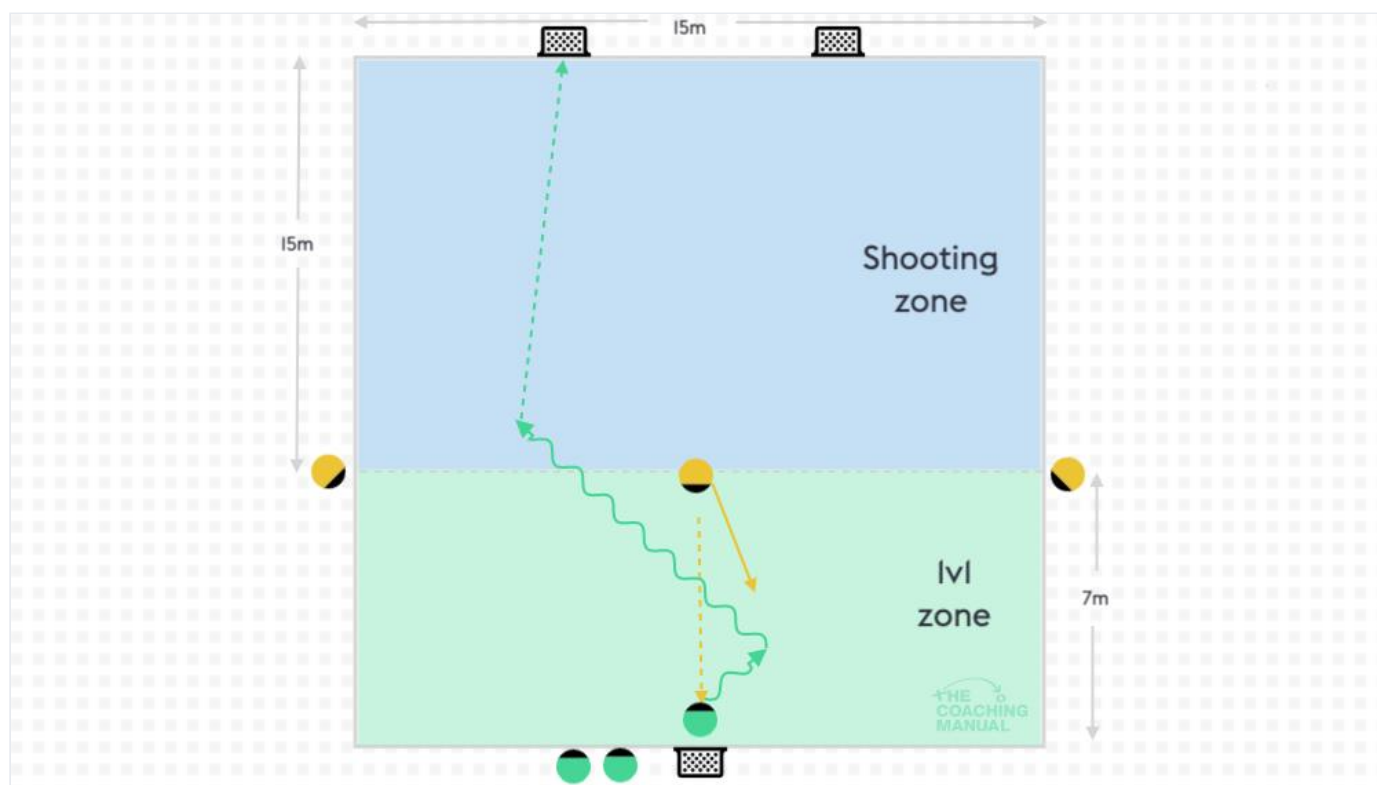
👤 12 players

⚽ 12 balls

👕 12 bibs

🚧 12 cones

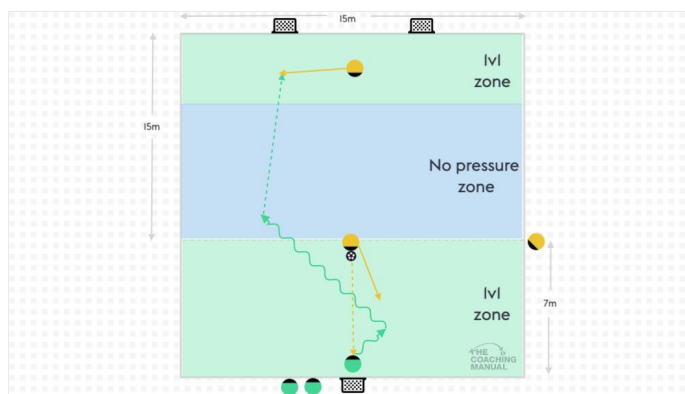
📏 22m x 15m area



Green receives from yellow, tries to get behind and score in any of the two goals. Yellow can't defend in the blue shooting zone.

Progression

Add one more zone in front of the two mini goals and position another defender in there. Their role is to move side to side and block shots. Basically the defenders in yellow can only defend in the green zones, but once they intercept they can move freely on the field and attempt to score in the goal behind the green player (2v1 situation)



Overload games 2v1

Written by the MSB Academy Team

Set Up

🕒 20 mins

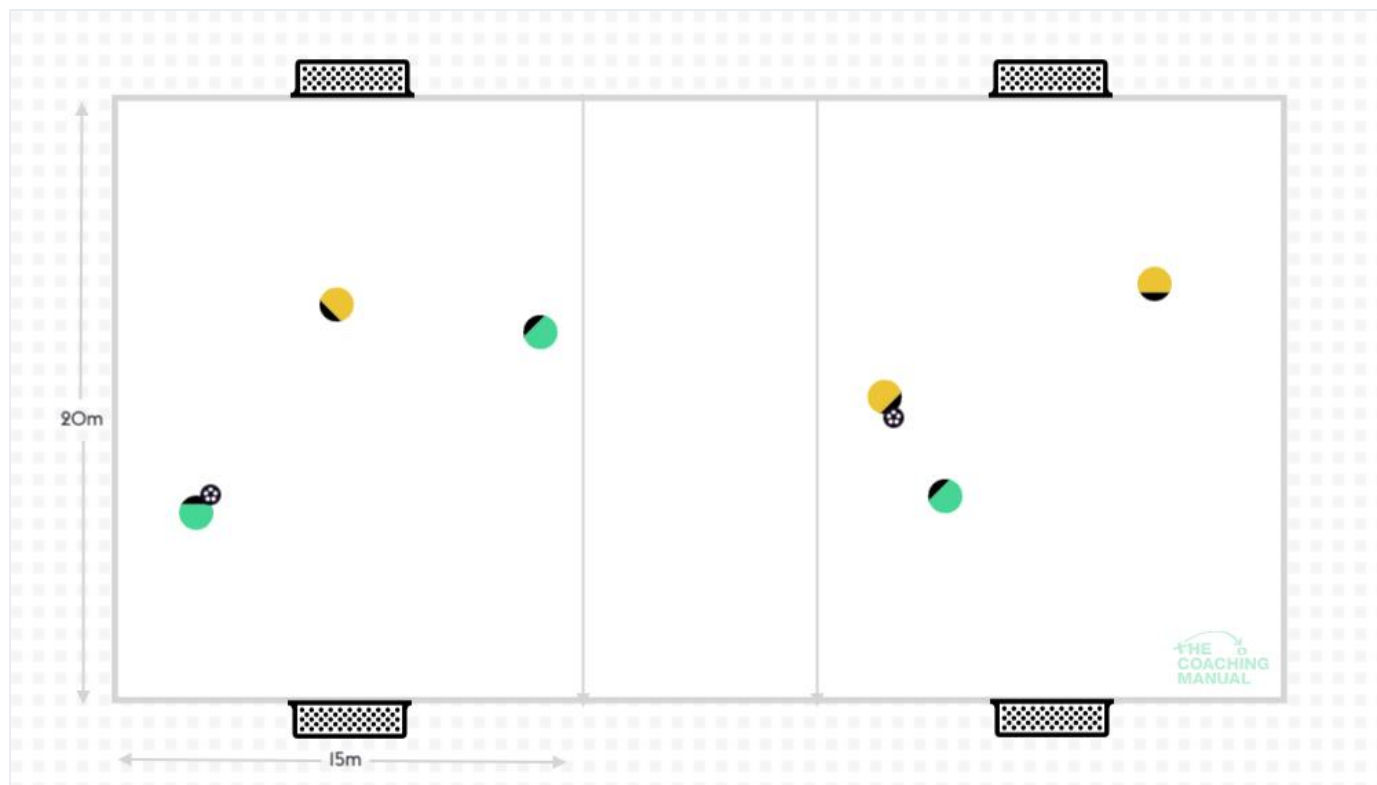
👤 6 players

⚽ 4 balls

👕 6 bibs

🚧 4 cones

🏟️ 20m x 15m area



Set up two 20m x 15m fields and allow players to seek opportunities to work together to beat a defender. Change roles after two minutes.

Two points if a goal is scored after a one-two combination around the defender.

Skill Introduction - Coerver Ball Mastery Moves

Written by the MSB Academy Team

Set Up

🕒 15 mins

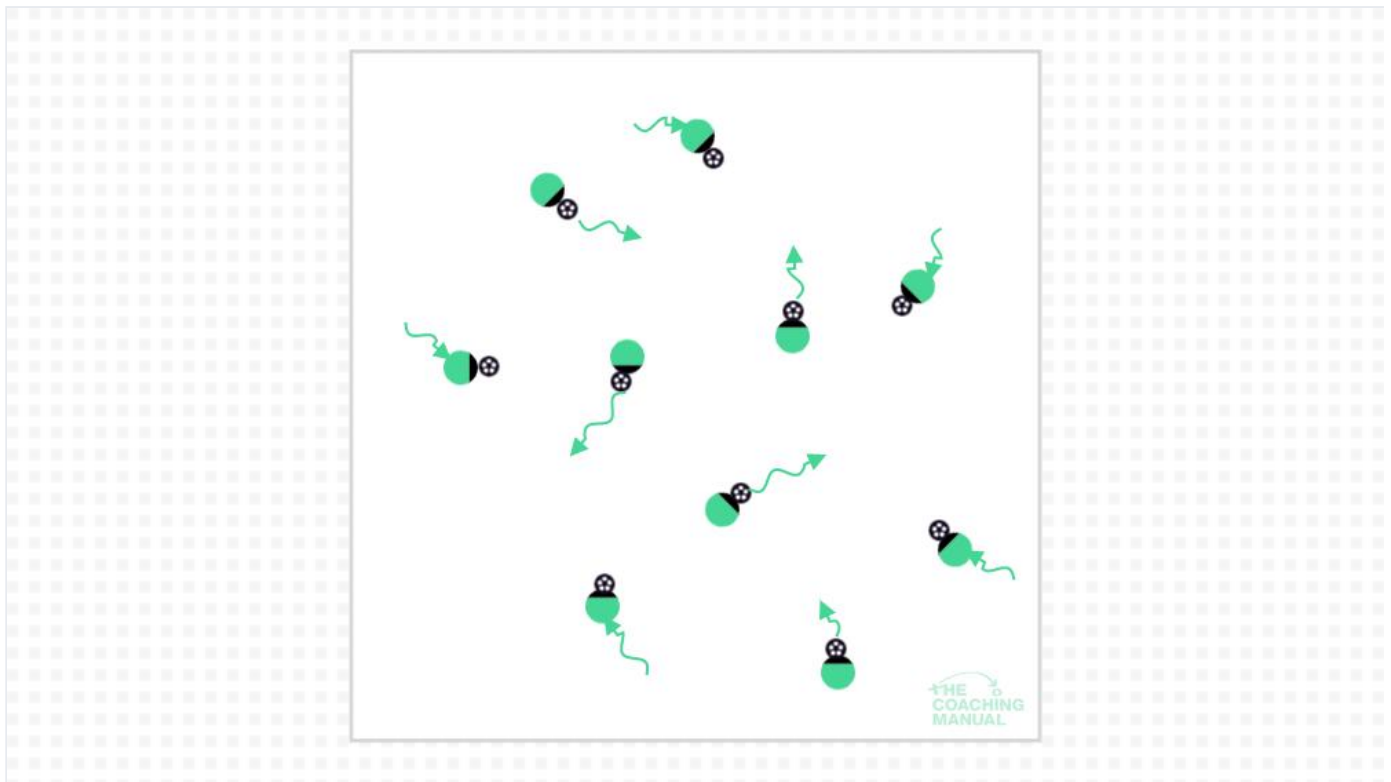
👤 10 players

⚽ 10 balls

👕 10 bibs

🚧 4 cones

📏 30m x 30m area



Moves

Sole taps, sole drags, pull push, the V, the L, inside/outside left foot, inside/outside right foot

Inside/Outside & Steptover

The Chop & Fake Pass

McGeady & Cruyff

Skill Training - 1v1 receiving wide

Written by the MSB Academy Team

Set Up

🕒 20 mins

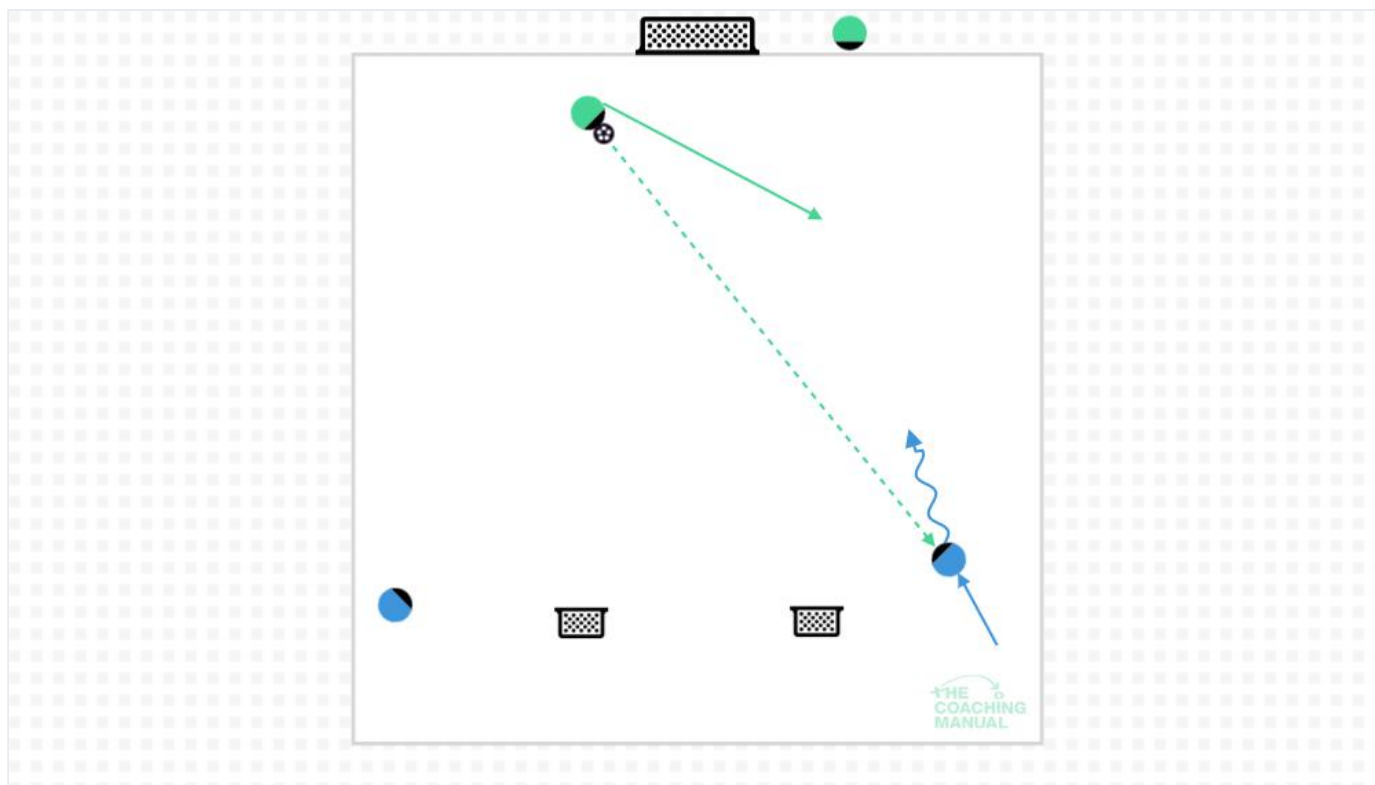
👤 4 players

⚽ 4 balls

👕 4 bibs

🚧 4 cones

🏟️ 20m x 15m area



Player in blue passes diagonally to the green player and they quickly close down the space in order to deny a shoot. If blue intercepts they attempt to score in one of the two mini goals.

Green attempts to take a positive first touch, beat the blue defender and score in the big goal.

Next two players repeat the sequence. Change roles regularly. Come up with various challenges for the players (i.e. how many goals can you score in 3 minutes)

Intro SSG

Written by the MSB Academy Team

Set Up

🕒 20 mins

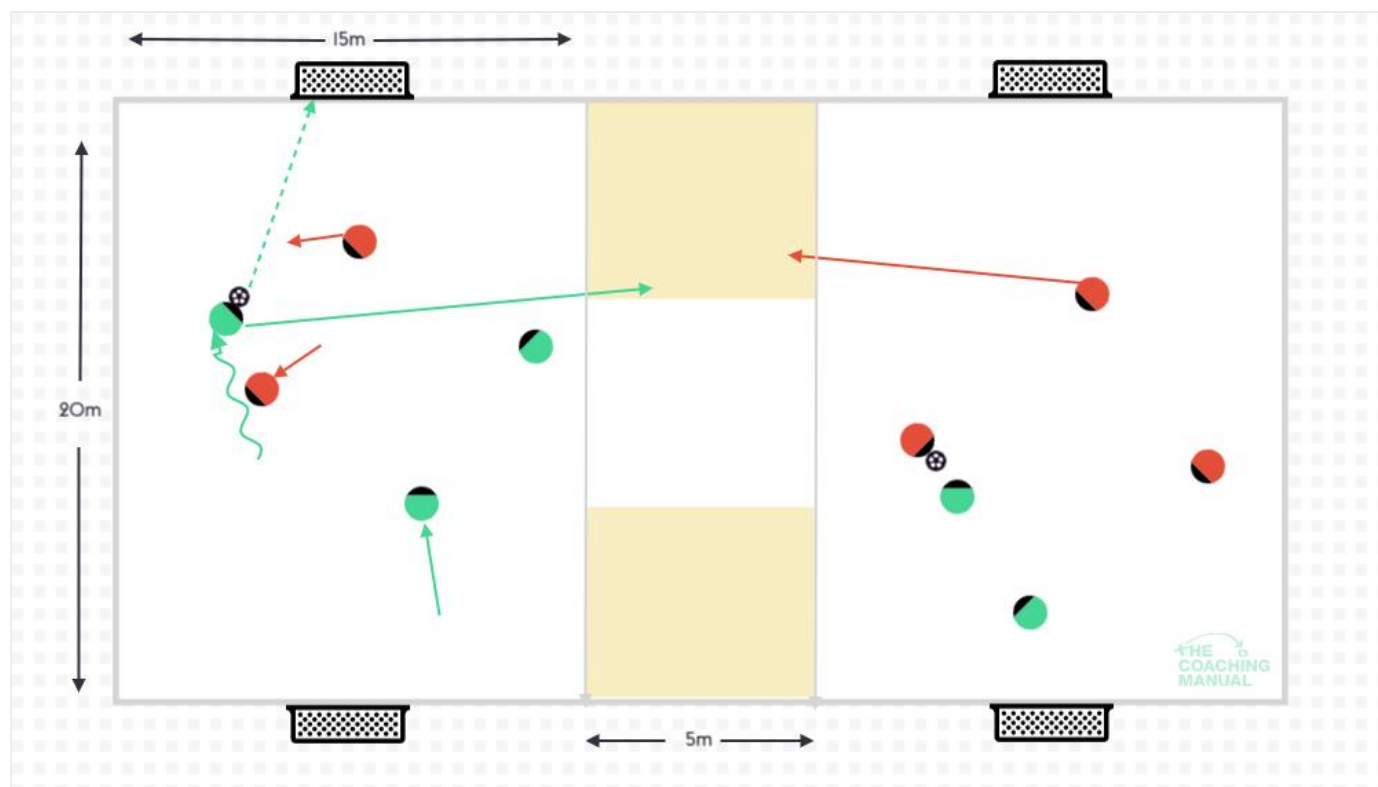
👤 10 players

⚽ 10 balls

👕 10 bibs

🚧 4 cones

🏟️ 35m x 20m area



Set up two 20m x 15m fields. Between the two fields set up two smaller 5m x 5m boxes.

Start the play with a 3v2 situation on each side.

When a goal is scored, the goal scorer challenges an opponent from the other field to a 1v1 situation in one of the two small boxes in the middle. The player that scored starts with the ball and they attempt to stay on the ball for as long as possible in 30 seconds. If the defender intercepts, the roles reverse.

At the end of the 30 seconds both players will rejoin the bigger game, but now on the opposite side.

If both middle boxes are occupied and a goal is scored on one of the two bigger fields, the goal scorer stays on.

Skill Introduction - Coerver Ball Mastery Moves

Written by the MSB Academy Team

Set Up

🕒 15 mins

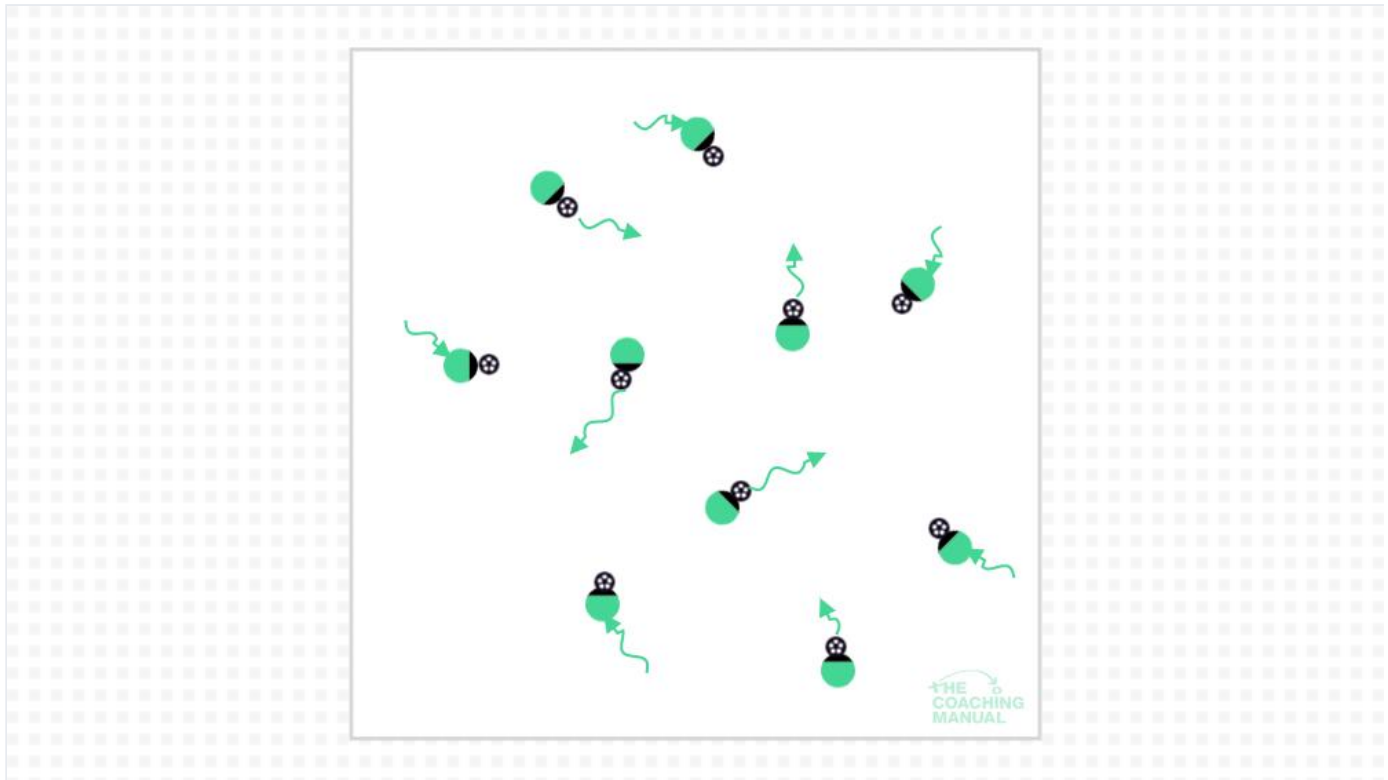
👤 10 players

⚽ 10 balls

👕 10 bibs

🚧 4 cones

📏 30m x 30m area



Moves

Sole taps, sole drags, pull push, the V, the L, inside/outside left foot, inside/outside right foot

Inside/Outside & Steptover

The Chop & Fake Pass

McGeady & Cruyff

Creative Box

Written by the MSB Academy Team

Set Up

🕒 20 mins

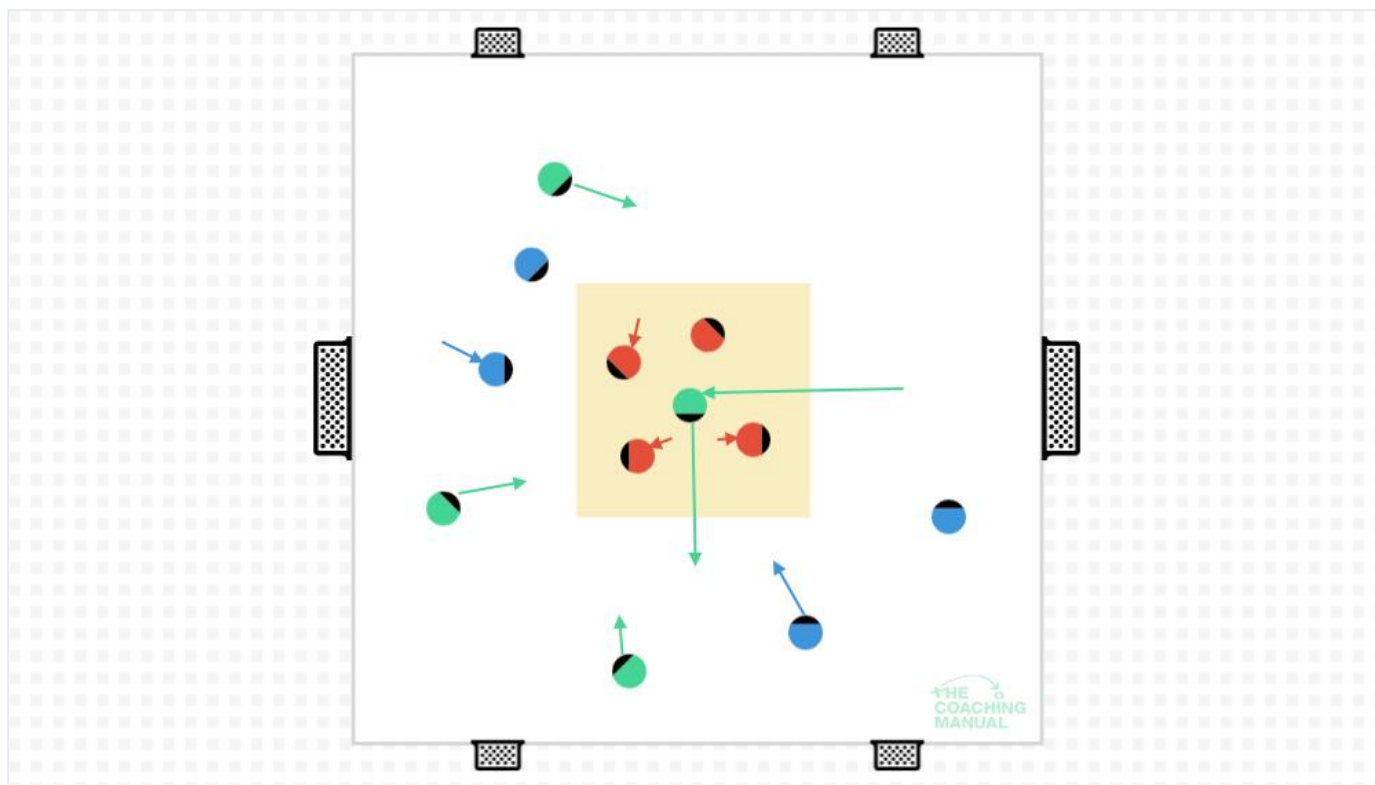
👤 12 players

⚽ 12 balls

👕 12 bibs

🚧 4 cones

📏 30m x 30m area



Split the groups into three teams.

All players have a ball at their feet. One team starts in the middle. Their objective is to block off any runs inside from the players positioned on the outside. They must keep their ball under control, and attempt to kick their opponents' out.

The two attacking teams attempt to enter and exit the defender's box with the ball at their feet.

Encourage players to be creative and try on different moves. Switch roles regularly.

Progression

After each successful move, attackers can score a goal in one of the nets positioned on the outside.

Attacking 1v1 Challenges

Written by the MSB Academy Team

Set Up

🕒 20 mins

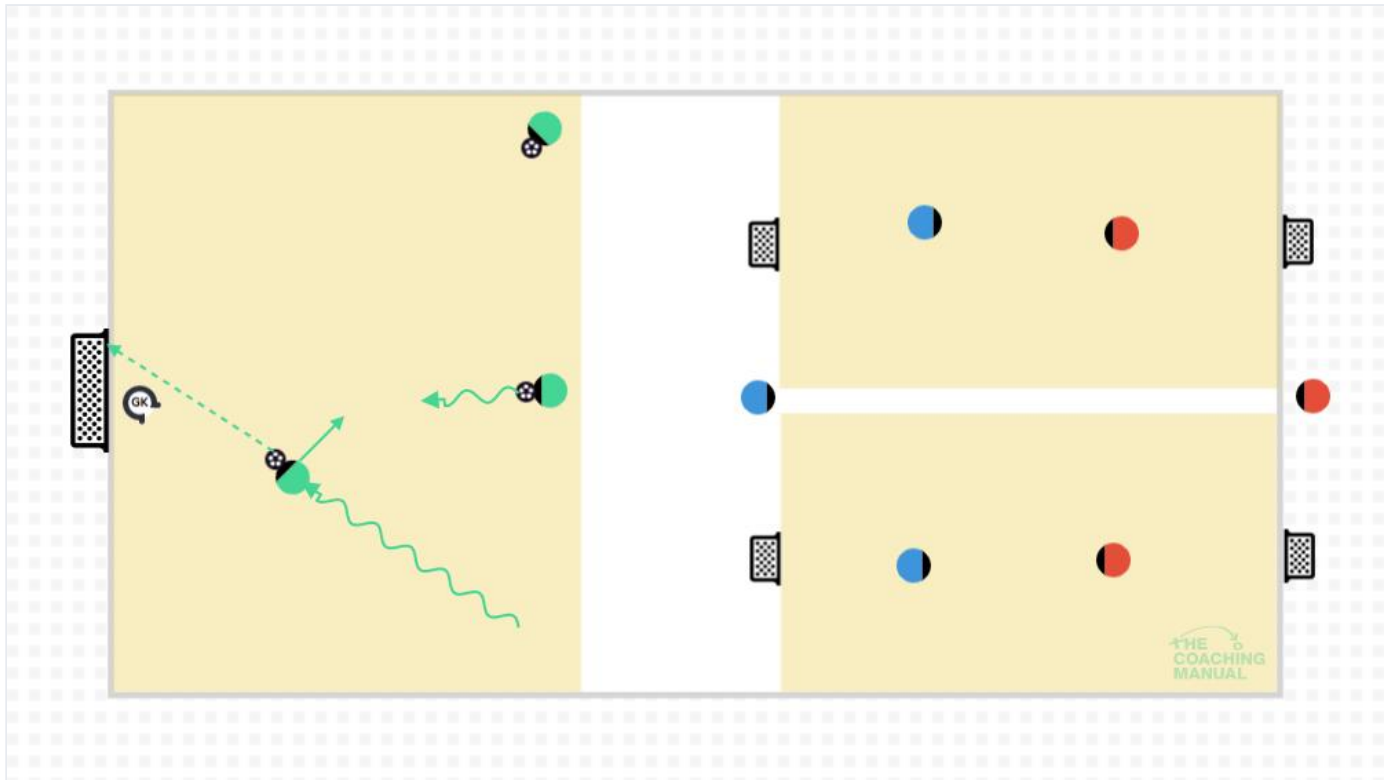
👤 10 players

⚽ 10 balls

👕 10 bibs

🚧 4 cones

🏟️ 40m x 30m area



On the left, three attackers start from 3 different positions as shown. They take turns in taking shots on target, and must stay on to defend. First player to attack goes against the goalkeeper (1v1), and after that only 1v2 situations are created. If defending team intercepts, they must pass to one of the two attackers that don't take part in order to get one point.

On the right, two 1v1 games are played simultaneously. Each team has one substitution positioned between the two fields. Once a goal is scored, the conceding player comes off and they are replaced by the substitute player.

Play for 3 minutes and then move players around. Ensure that goalkeepers are rotated too.