

3v1 Rondo boxes with quick transitions

Written by the MSB Academy Team

Set Up

🕒 20 mins

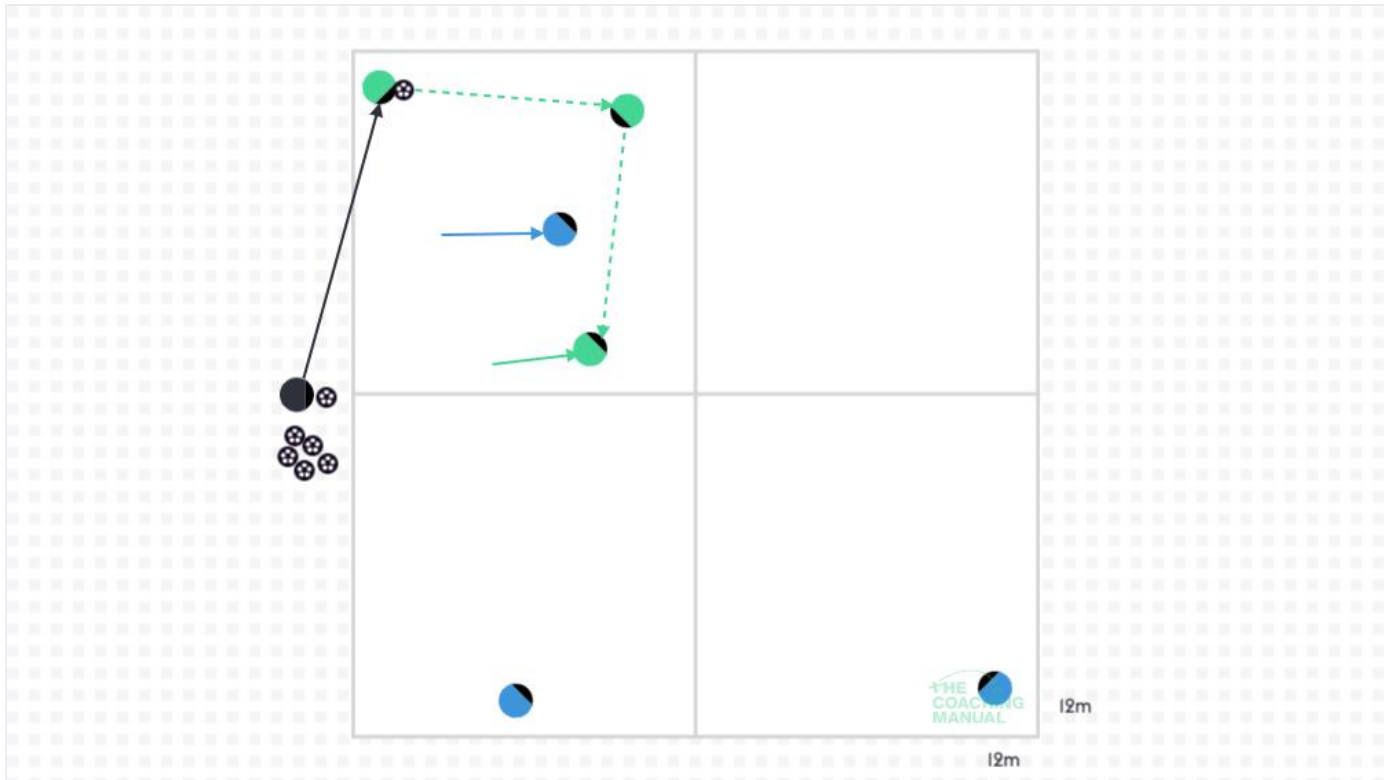
👤 6 players

⚽ 9 balls

👕 3 bibs

🚧 4 cones

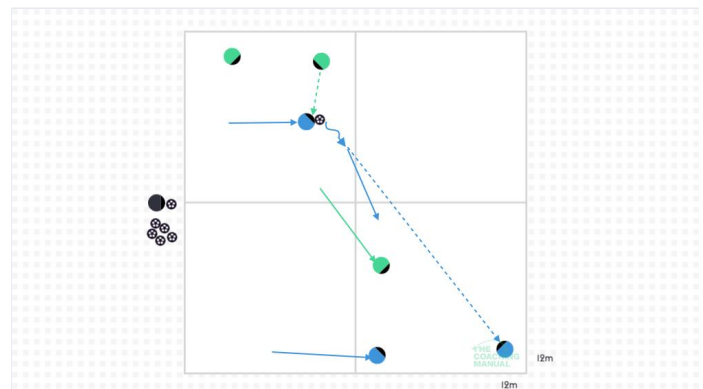
📏 24m x 24m area



Playing area is divided into four 12m x 12m boxes. We have a 3v1 situations in one of the boxes, while two players from the defending team position themselves in two of the three empty boxes. Attacking team must complete 5 passes for a point. If the defender intercepts, their aim is to transfer the ball into one of the two boxes (where team mates are positioned) either by passing or dribbling. Players transition to the new situation.

Key Coaching Points

- **Quality of actions**
Closely monitor the quality of the core skills
- **Quick transitions**
Ensure that players quickly transition when they lose or win the ball



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

MSB Academy Team

Set Up

🕒 30 mins

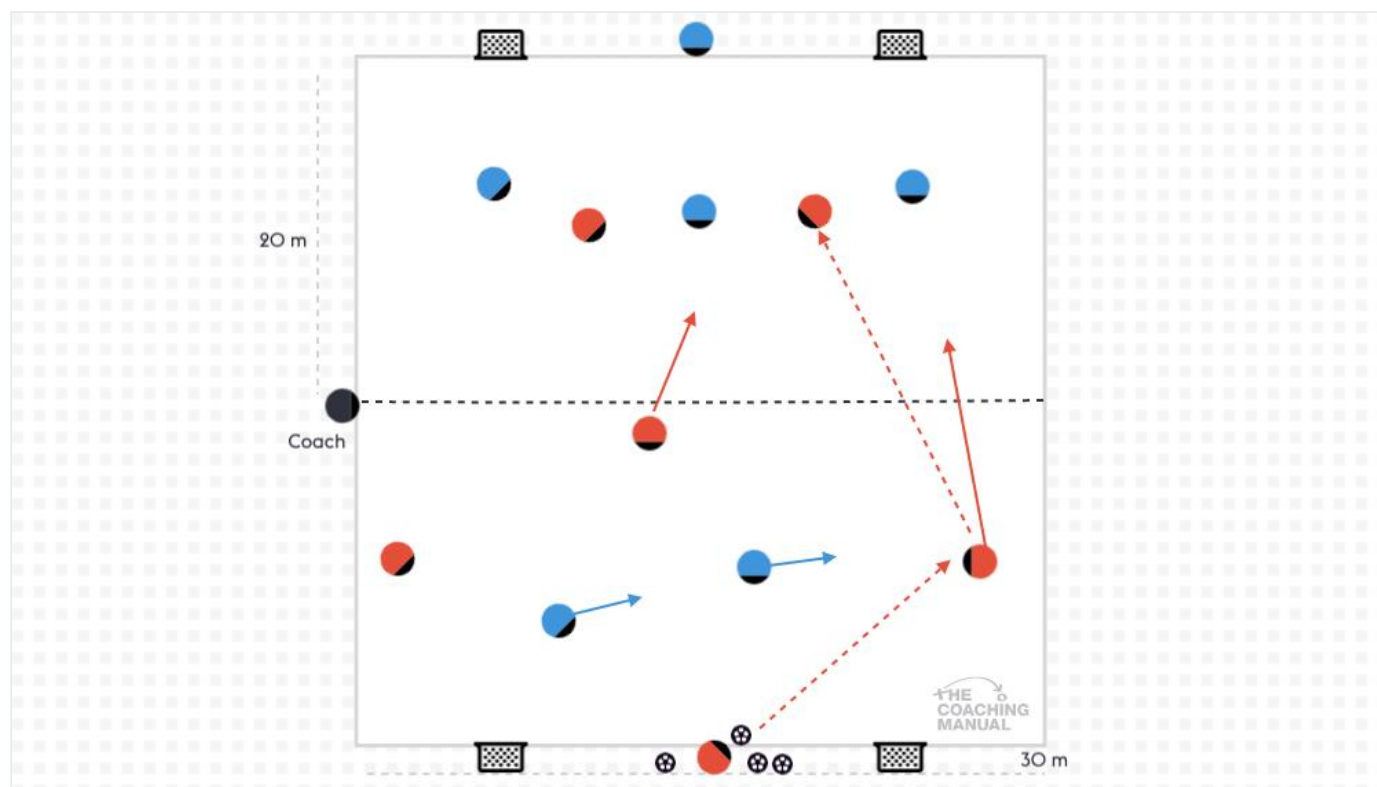
👤 12 players

⚽ 8 balls

👕 6 bibs

🚧 6 cones

📏 40m x30m area



Create a halfway line. Players are initially locked into their half to create 4v2 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 4v3 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: 1 point for a goal 2 points for a goal that started with sweeper/keeper without a loss of possession

Encourage attackers to create problems for defenders. You can also give pointers on pass communication and setting the receiver up for success.

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**
Players should focus on performing quality actions throughout
- **Movement**
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.

Using the correct body shape in a 4v4(+5) positional game

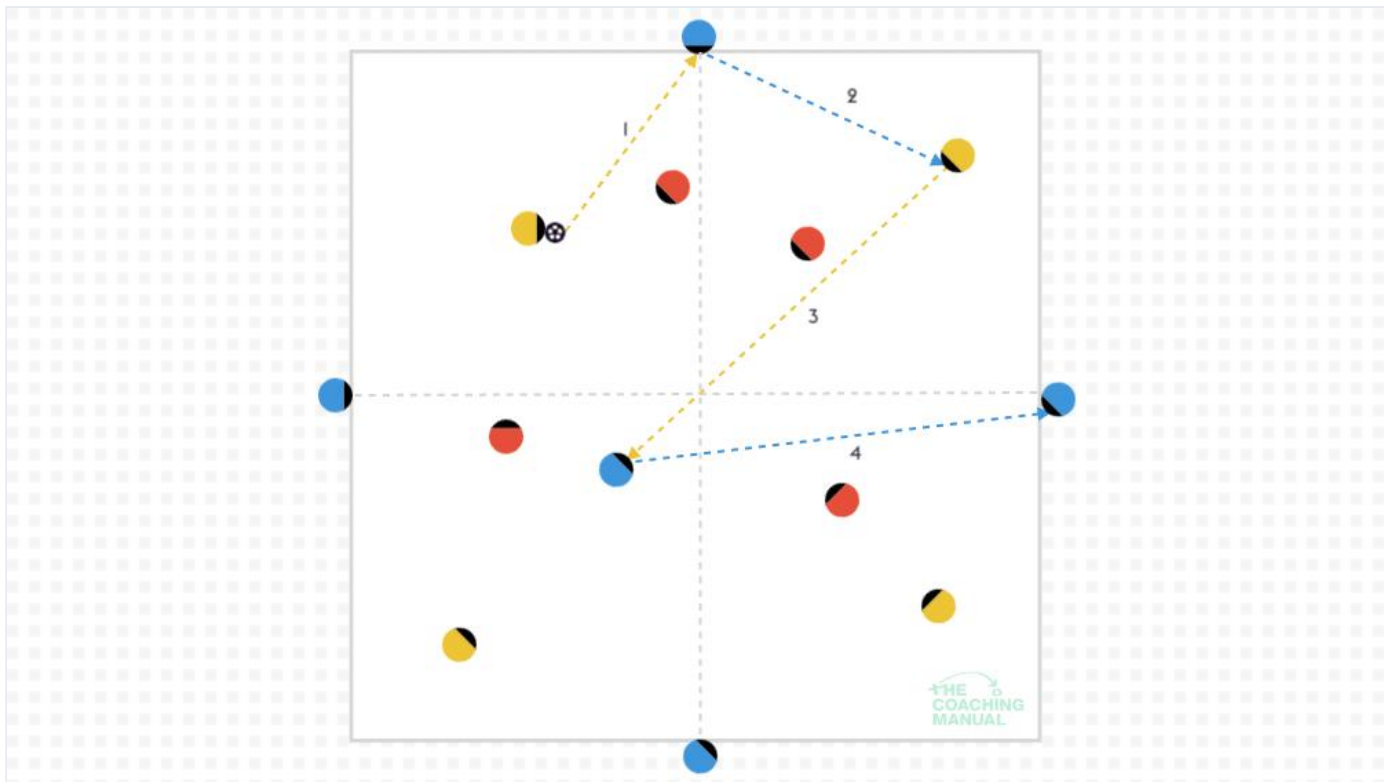
Written by the MSB Academy Team

Set Up

🕒 30 mins

👤 13 players

🏟️ 40m x 40m area



30x30 area with a 4v4 plus one neutral inside, and four neutral players on the outside. The team with the ball aim to retain possession with the help of the five neutrals. The aim is to complete 10-20 passes in order to score a point. When a player passes to an outside neutral, they move and take up the correct body shape as it helps them to be aware of the available passing options in depth before they receive again.

Progression

Only the passes between the players inside the playing area count towards the completed passes needed to win a point.

Skill Game - Midfield Play

Written by the MSB Academy Team

Set Up

🕒 25 mins

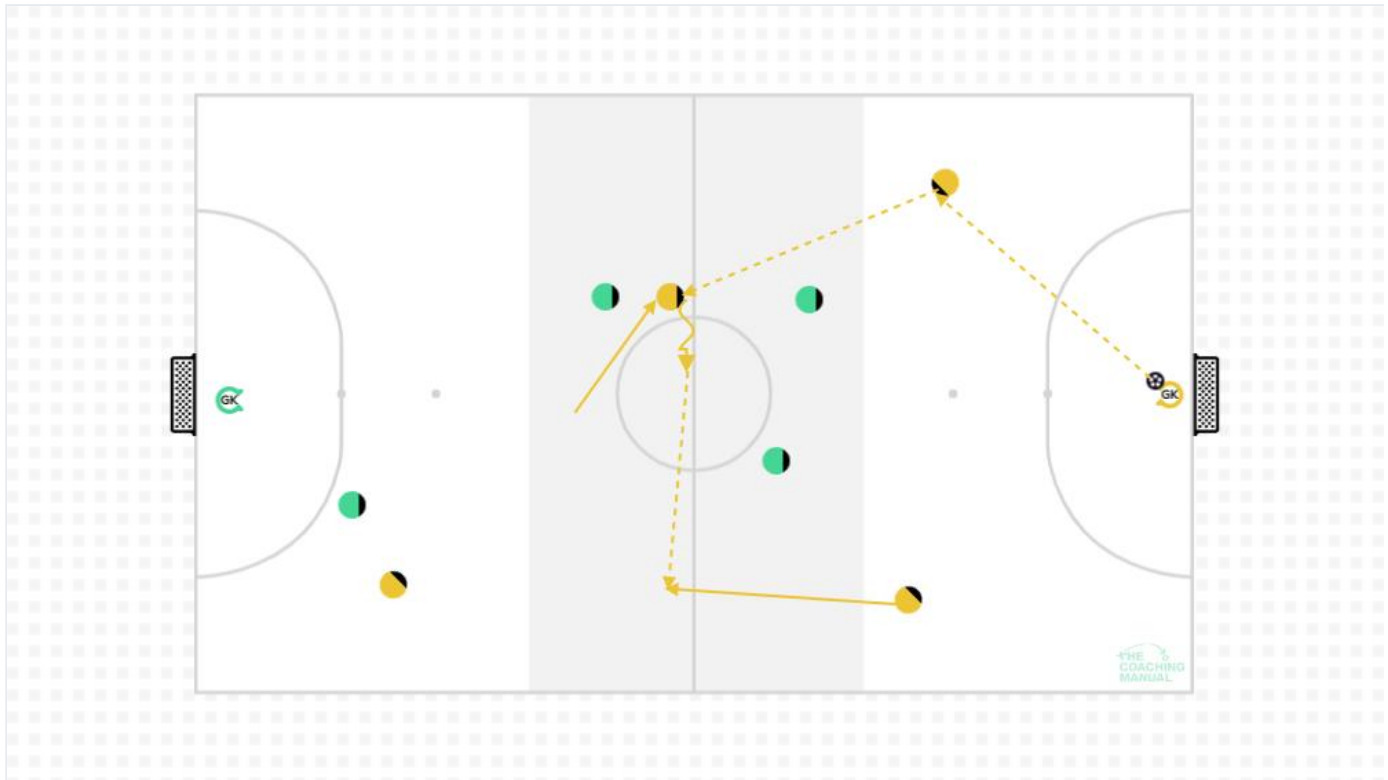
👤 10 players

⚽ 4 balls

👕 5 bibs

🚧 4 cones

🏟️ 40m x 30m area



Players should be encouraged to create quick combinations. 2 points if a goal is scored after a combination was successfully created in the middle zone (grey area). In this example, a combination is created between the ball carrier, a second player making a run to receive in the midfield, and a third player recognizing the space that opened up on the opposite side.

Challenge players to come up with other combinations, for example one-twos.

Moving past a defender to create an opportunity

Written by the MSB Academy Team

Set Up

🕒 20 mins

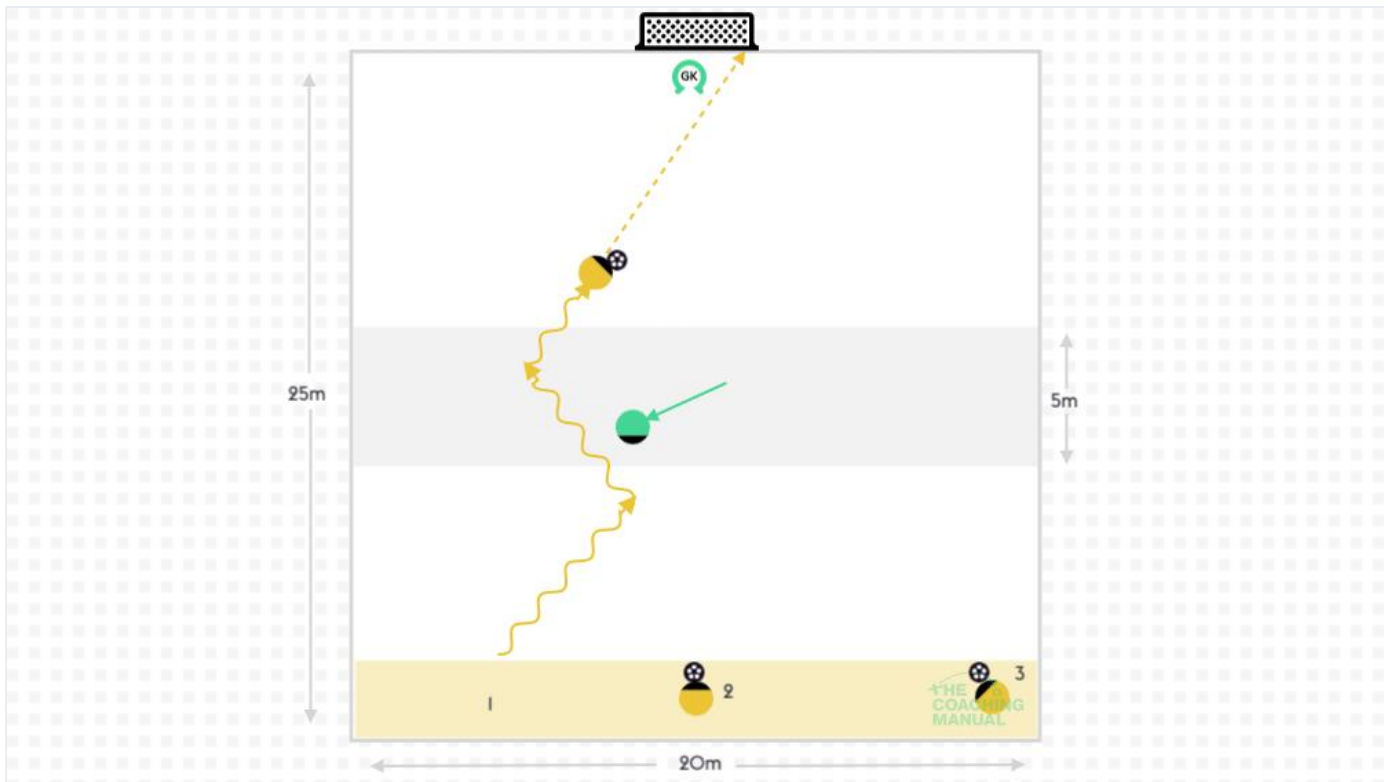
👤 5 players

⚽ 8 balls

👕 4 bibs

🚧 4 cones

📏 20m x 30m area



Set up a 20m x 5m zone in the middle of the playing area. One defender is positioned inside this zone and their aim is to block any attempts from the attackers to get behind and create a scoring opportunity. If defenders intercept, they must dribble forward into the end zone (highlighted in yellow).

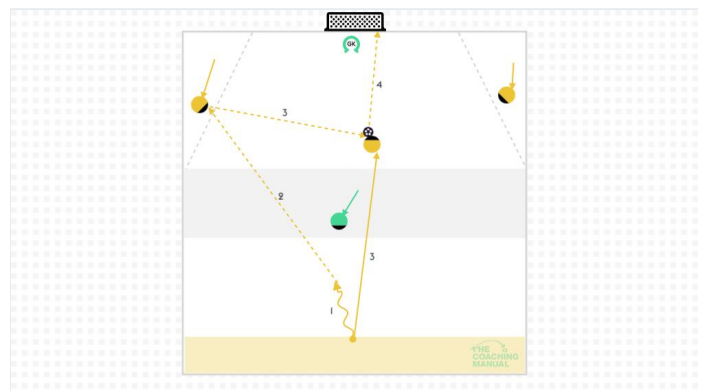
Attackers take turns in attempting to beat the defender in a 1v1 situation. Attackers can take shots on goal as soon as they enter the area highlighted in grey.

As soon as the attacker in front takes a shot, the next attacker join in. This is to ensure a good tempo is maintained.

Progression

Set up is slightly different now. Two of the three attackers are positioned in the wide areas (wingers) and their role is to play one-touch passes for the attacker who starts centrally.

Same way of getting points for the defender in case they intercept.



Finishing through 3rd player actions

Written by the MSB Academy Team

Set Up

🕒 20 mins

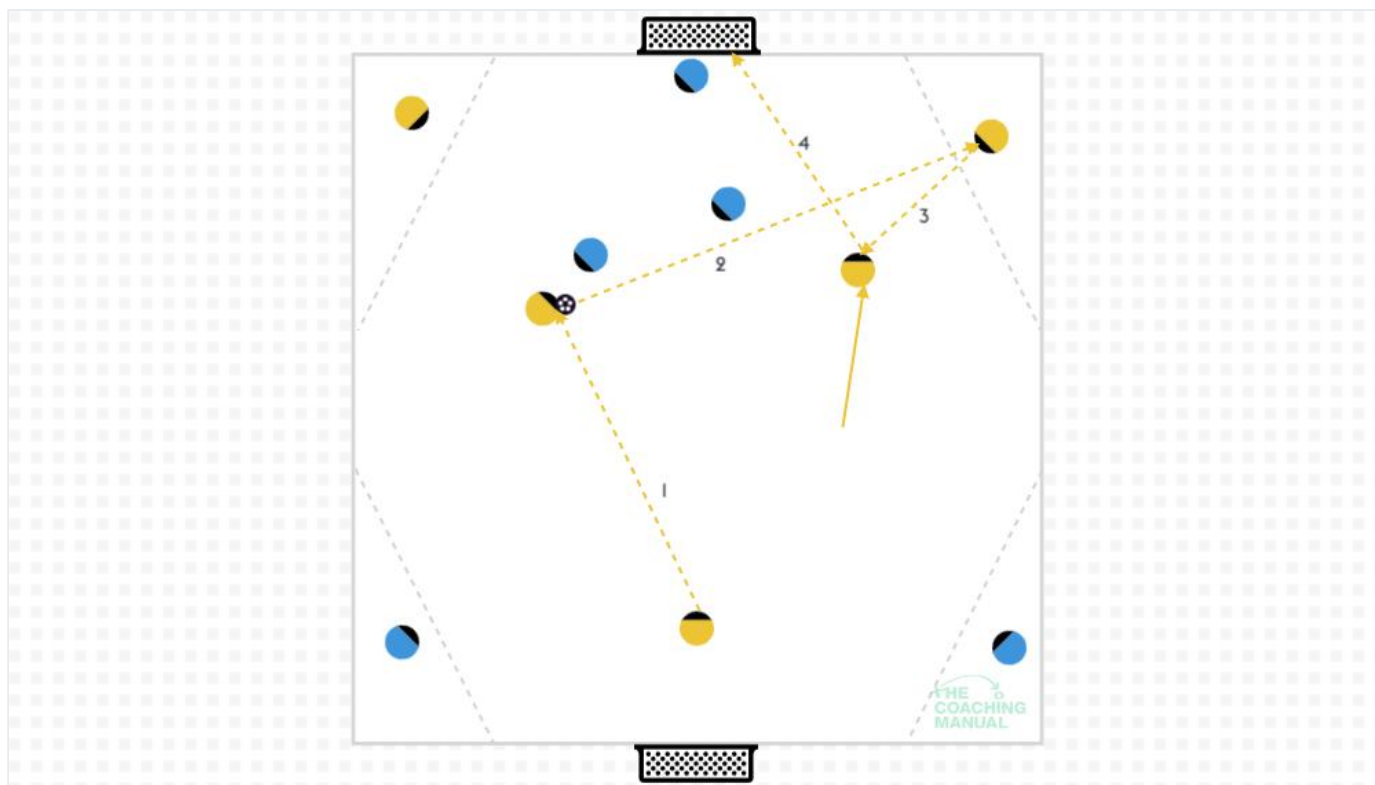
👤 10 players

⚽ 6 balls

👕 10 bibs

🚧 8 cones

📏 30m x 20m area



Each team has two players positioned in the wide areas of the attacking third. They are locked in those zones and act as support players.

There is a 3v3 situation in the middle. Support players can rotate on the fly as long as their teammate takes their space. Challenge support players to play maximum 2 touches whenever possible.

Scoring options: 1st time finish = 2 points

Give pointers on teammates away from the ball to make blindsides movements to attack space near goal when teammates find support players in depth. Give tips on scanning to first look towards goal. Thought process before receiving must be “can I shoot or create a shot as soon as I receive?”

5v5 Small Sided 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.

Think about other challenges for your players in relation to the coaching theme.

Quick reactions to win the ball back intro

Written by the MSB Academy Team

Set Up

🕒 20 mins

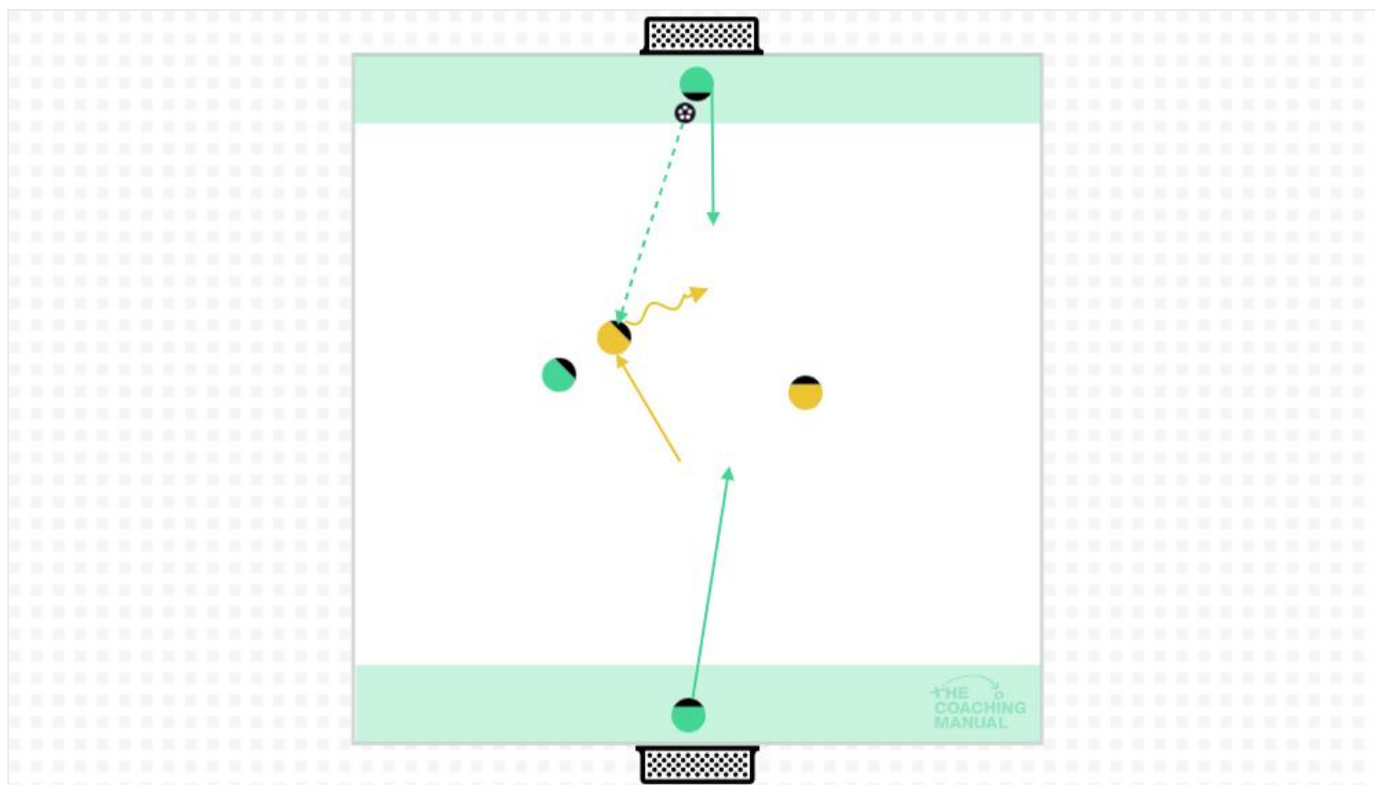
👤 5 players

⚽ 8 balls

👕 5 bibs

🚧 4 cones

🏟️ 20m x 15m area



Green has two players locked in the end zones (in front of the goals). This rule applies when their team is in possession.

Another green is locked in the main area against the two yellows.

The green team is tasked with retaining the ball. One transfer from one end to the other counts as a point.

Yellow attempts to intercept and score in of the two goals.

Challenge the green team to regain possession as soon as possible. The two players initially locked in the end zones can enter the main area as soon as their team lost the ball. This will create a 3v2 situation for the green team.

Quick reactions to win the ball back

Written by the MSB Academy Team

Set Up

🕒 25 mins

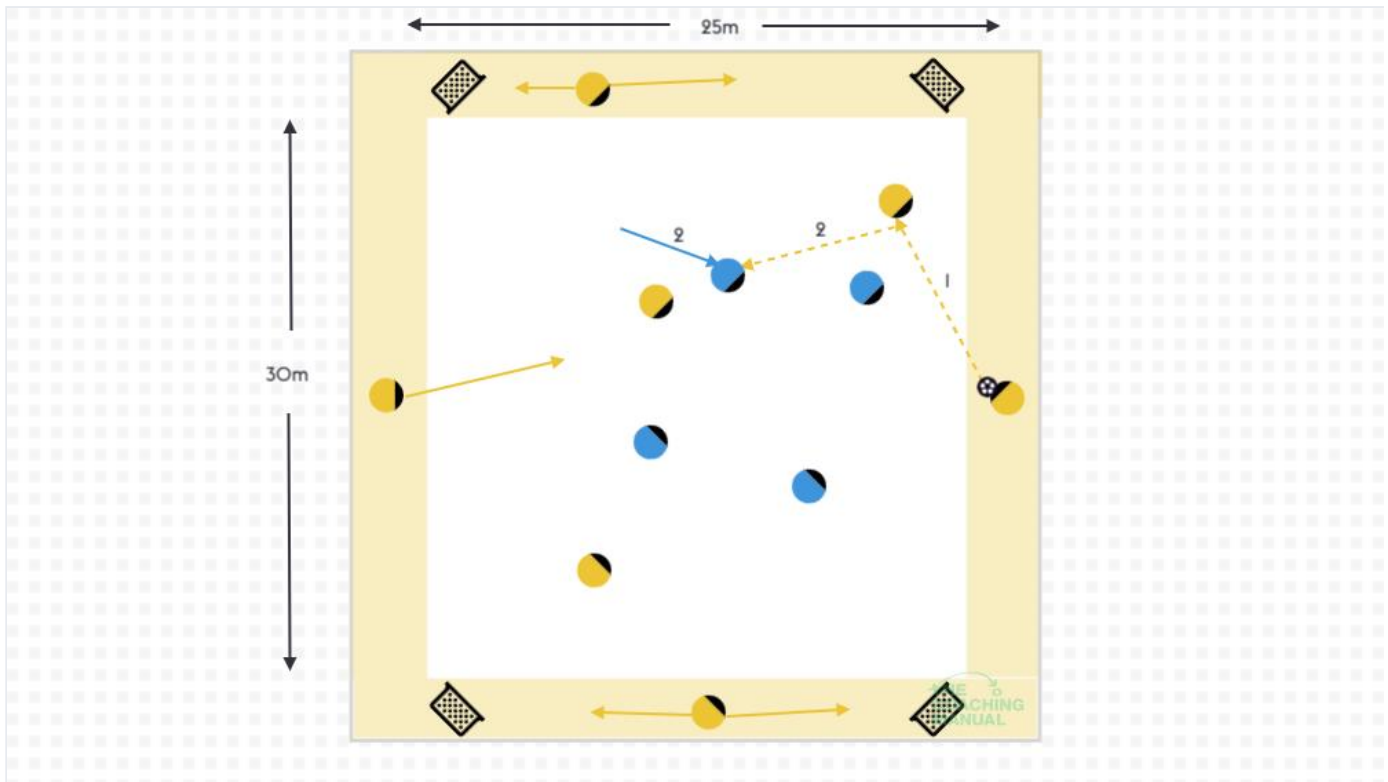
👤 11 players

⚽ 10 balls

👕 11 bibs

🚧 4 cones

🏟️ 30m x 25m area



Four of the yellow players are positioned in the end zones (one side each)

The other 3 yellow players are locked in the main zone and they play against four blues.

Yellow attempts to maintain possession as their primary objective. One point if they transfer the ball from one side to the opposite one, with two of the players locked in the middle having to touch the ball as an extra challenge.

Blue attempts to intercept and score in one of the four goals. The yellow player on the goals side can move side to side in order to block any shots.

If yellow lose possession, the two players positioned on the sides without goals can enter the main area to create a 5v4 situation in their favor.

3v3 quick transition games

Written by the MSB Academy Team

Set Up

🕒 20 mins

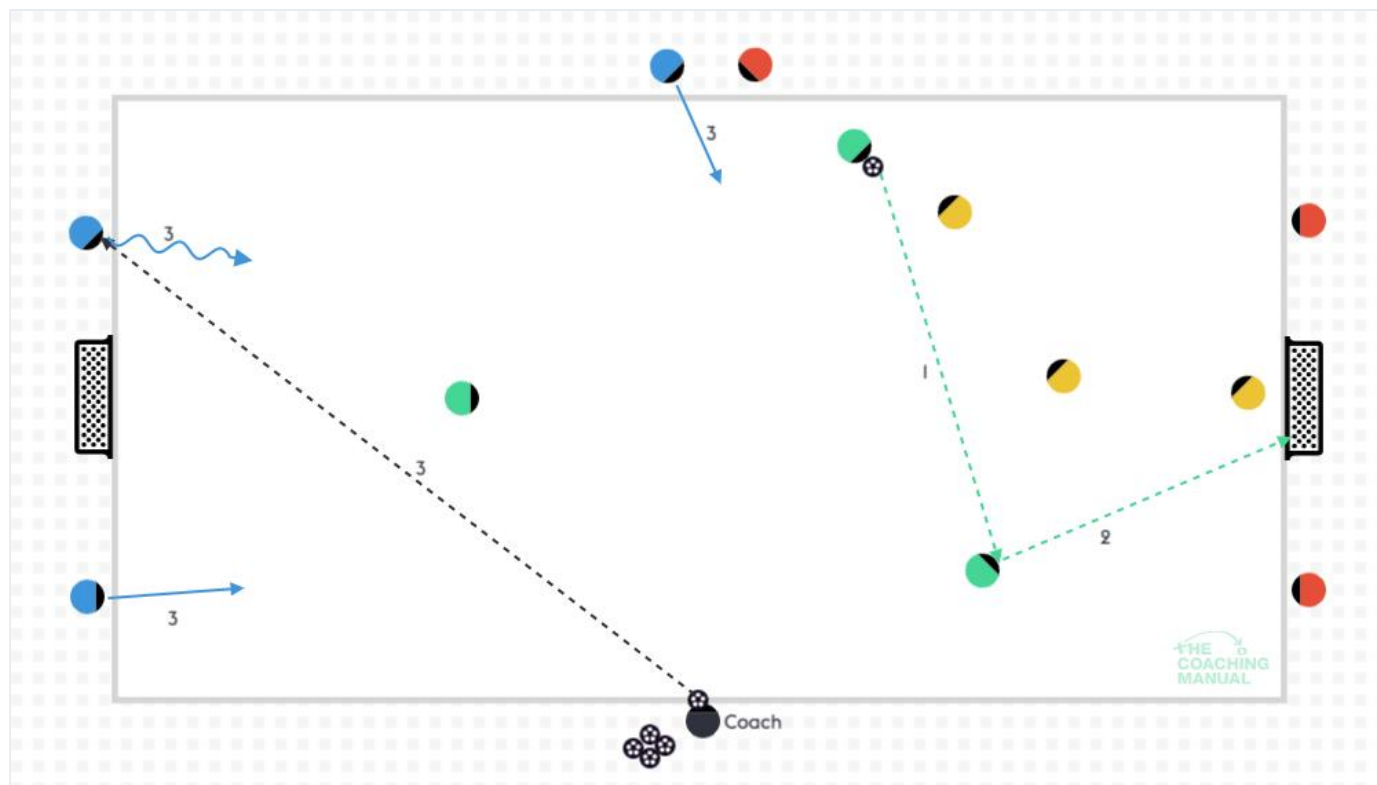
👤 12 players

⚽ 12 balls

👕 12 bibs

🚧 4 cones

🏟️ 40m x 30m area



4 teams of 3 wearing different-color bibs.

The scoring team stays on, and they quickly change the point of attack (opposite direction)

Coach is positioned on the halfway line, and as soon as a goal is scored they pass to the team positioned directly opposite to the net where the goal was scored (blue in the diagram). The scoring team (green on the diagram) occupies the half where yellow was defending.

Ensure that the coach has a good supply of soccer balls to ensure a good flow. You want to create a lot of situations where teams are disorganized. This will offer players plenty of self-learning opportunities.

Quick reactions to win the ball back intro

Written by the MSB Academy Team

Set Up

🕒 20 mins

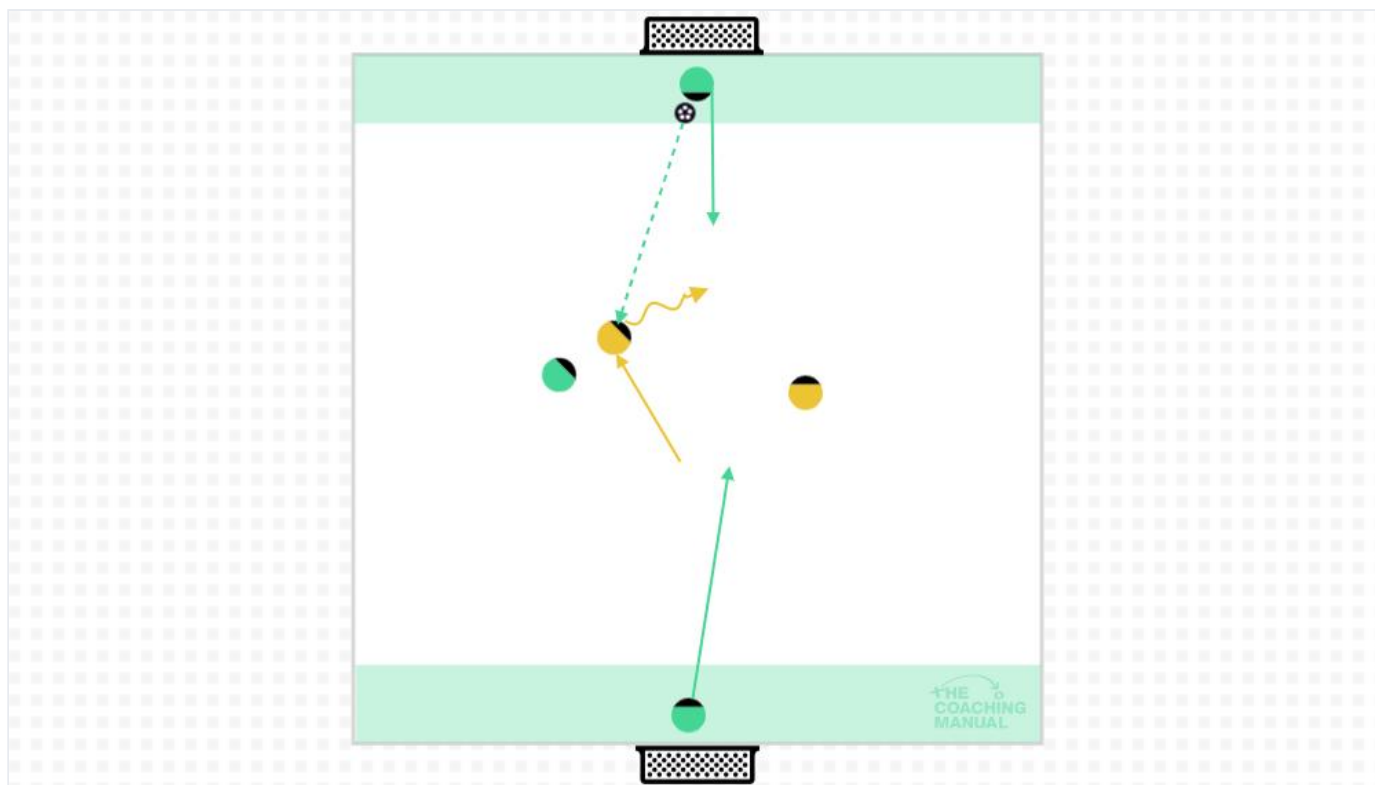
👤 5 players

⚽ 8 balls

👕 5 bibs

🚧 4 cones

🏟️ 20m x 15m area



Green has two players locked in the end zones (in front of the goals). This rule applies when their team is in possession.

Another green is locked in the main area against the two yellows.

The green team is tasked with retaining the ball. One transfer from one end to the other counts as a point.

Yellow attempts to intercept and score in of the two goals.

Challenge the green team to regain possession as soon as possible. The two players initially locked in the end zones can enter the main area as soon as their team lost the ball. This will create a 3v2 situation for the green team.

Quick reactions during the transition to defense in a wave type activity

Written by the MSB Academy Team

Set Up



20 mins



12 players



12 balls



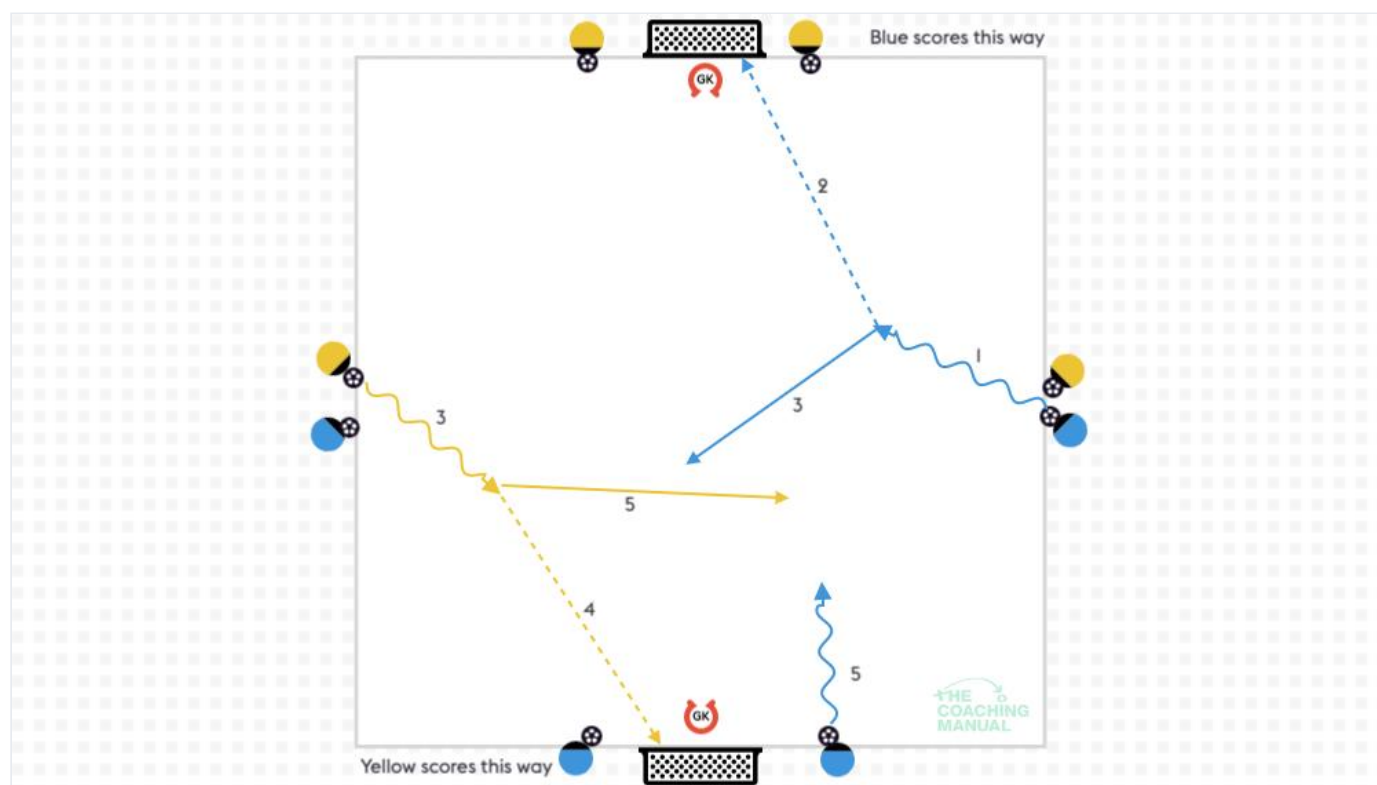
12 bibs



4 cones



30m x 30m area



Give each team 30 seconds to discuss how they are going to take turn. They can either number themselves 1 to 4, or they can go randomly.

In this example, one of the blue players starts the play by attacking the yellow goal. If they score, one yellow player quickly attacks the blue goal, while the blue player that just scored quickly tracks back to intercept.

If the initial defending team intercepts, they quickly transition to attack and attempt to score.

Players that join the game must do so with the ball at their feet.

Progression

Coach randomly pass to one of the players instead of having them join in with the ball at their feet.

Quick reactions to win the ball back version 2

Written by the MSB Academy Team

Set Up

🕒 20 mins

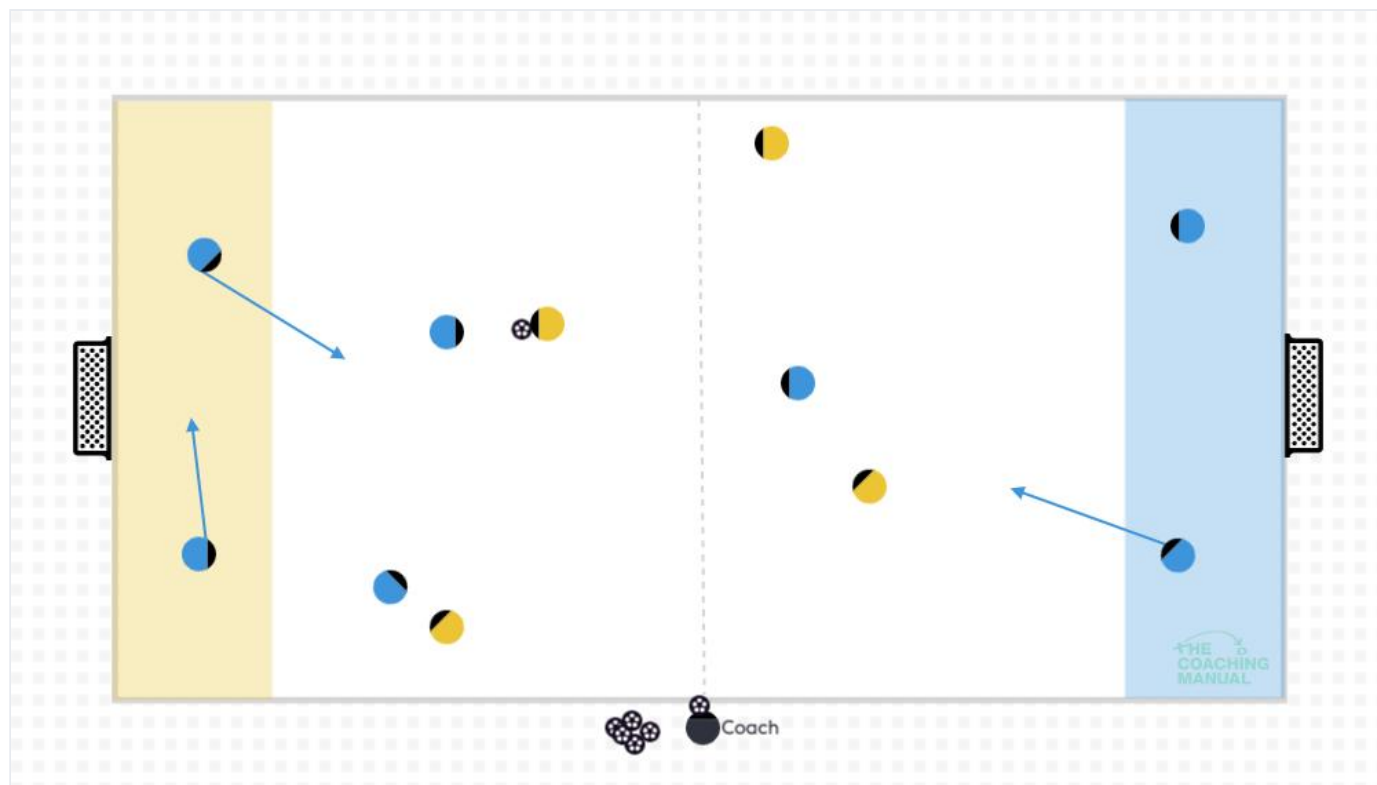
👤 11 players

⚽ 8 balls

👕 11 bibs

🚧 4 cones

📏 40m x 30m area



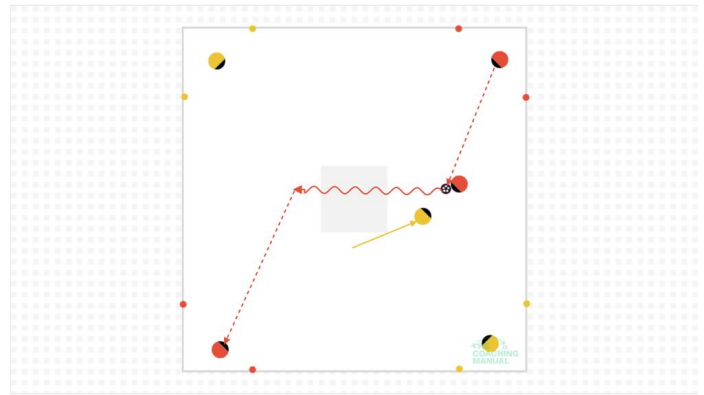
4v3 situation in yellow's favor in the main area.

2 blue players in each end zone.

Blue attempts to retain possession with a view to play forward when possible. One point for a successful transfer one end zone to the other.

When yellow intercepts, they attempt to score in one of the two goals. The blue team needs to react quickly and apply immediate pressure on the ball. In those moments, two blue players can enter the main area to create a 5v4 numerical advantage. Once blue regains possession, two of their players need to drop back in the end zones.

Coach restarts each play after the ball is out of play. Ensure you have a good supply of balls and keep the tempo high. Allow players a few minutes of play without any interventions. This way the players can organize themselves which is a great learning opportunity for them.



Playing out from the back against a 2-man press

Written by the MSB Academy Team

Set Up



25 mins



6 players



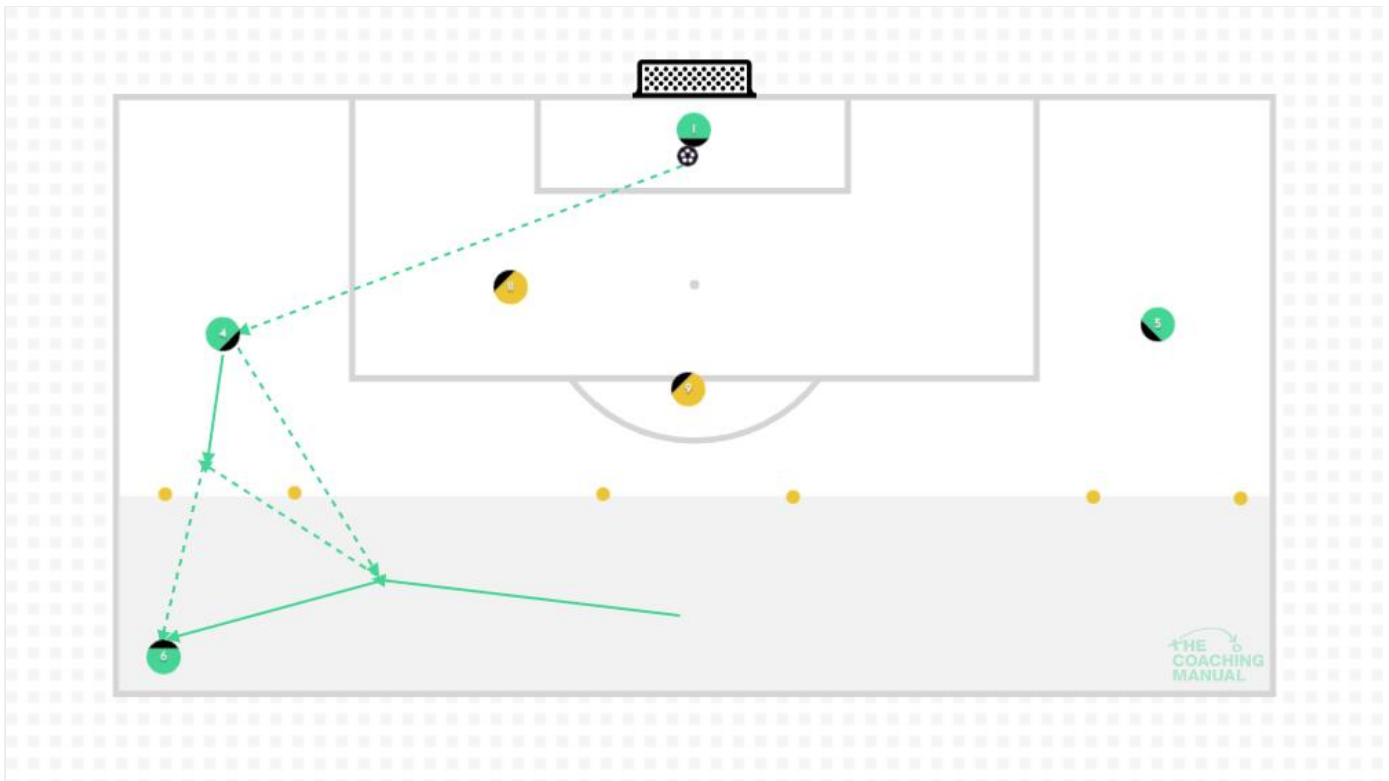
6 balls



6 bibs



20m x 30m area

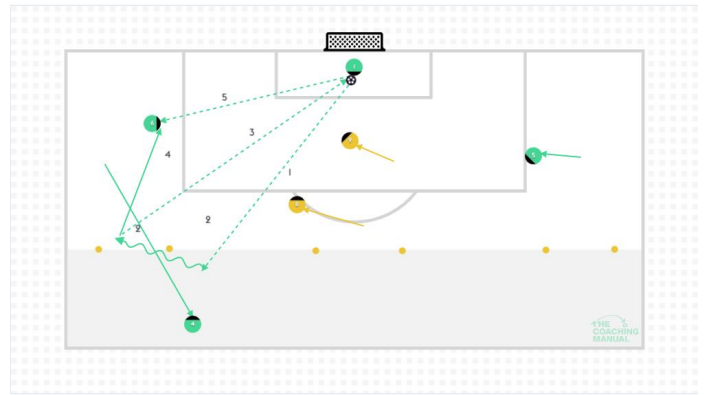


Play starts from the goalkeeper. 3v2 situation in the white zone. Green number 6 positioned in the greyed area can provide support from within their zone. They are limited to two touches only. Players in yellow are allowed in the grey zone but only when green number 6 is in possession. Yellow attempts to score in central goal if they intercept (2v3 situation)

Green team attempts to make a pass into number 6 through one of the 3 yellow gates. Number 6 must receive behind one of the gates for a point to count. Play continues after this is achieved with green trying to get as many points as possible in a set time.

Progression

The midfielder in the grey zone can now swap positions with a teammate. Ensure that a good shape is maintained by green after players rotate. See example.



5v5 Small Sided 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 play out from the back. 2 points awarded if a team starts the attack from the goalkeeper, and finished the play with a goal.

Think about other challenges for your players in relation to the coaching theme.

Midfield 3 rotation 3v1 Intro

Written by the MSB Academy Team

Set Up

🕒 20 mins

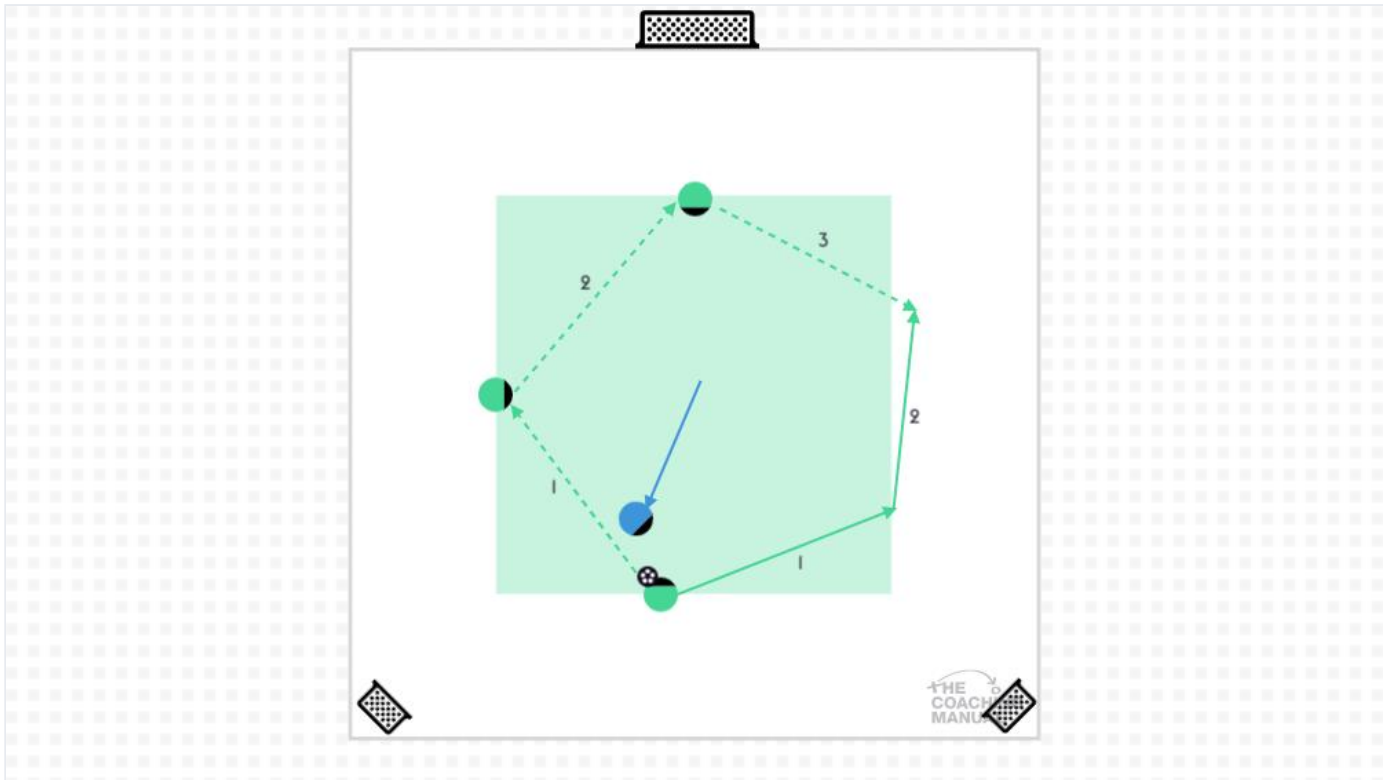
👤 4 players

⚽ 4 balls

👕 4 bibs

🚧 4 cones

🏟️ 10m x 10m area

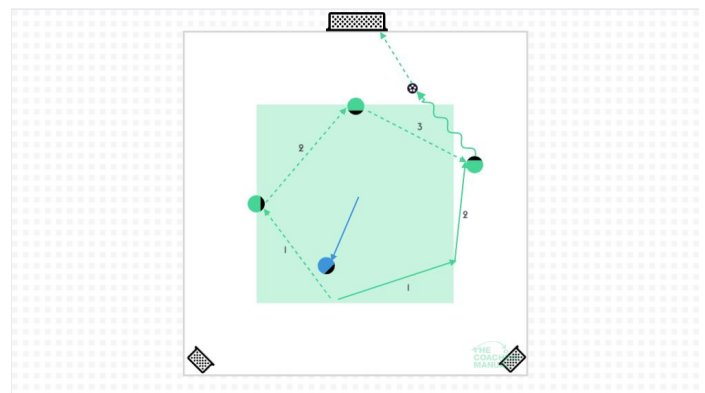


One point for three consecutive one-touch passes. To add to the challenge, each of the three passes must go to a different side of the square for the point to count (advanced players only). This forces players to move after each pass.

Defender can score in any of the three goals if they intercept.

Progression

After a set number of passes, the 3 players in green can attempt to score in one of the 3 goals too. To add to the challenge, the finish must be with a one-touch shot.



Midfield 3 rotation 3v3 (+4)

Written by the MSB Academy Team

Set Up



30 mins



12 players



12 balls



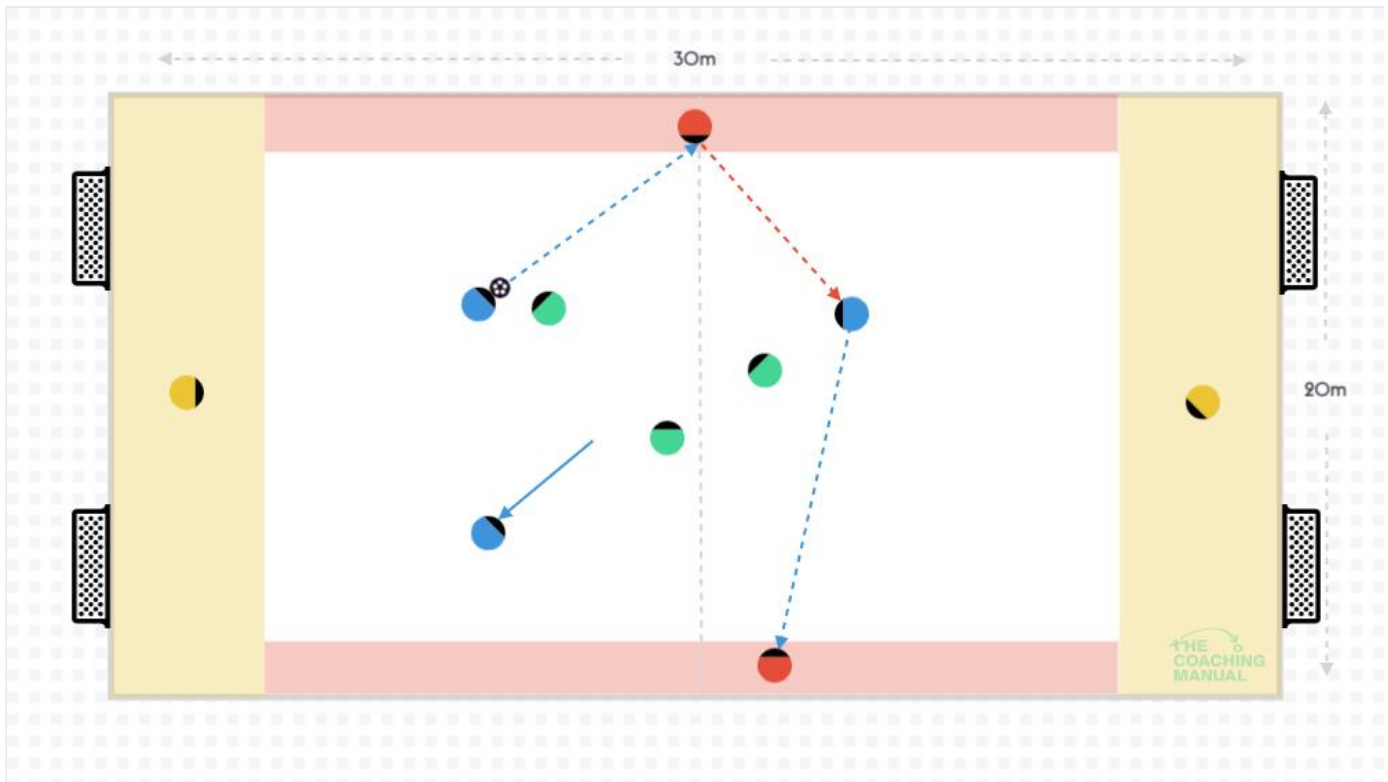
12 bibs



4 cones



40m x 30m area



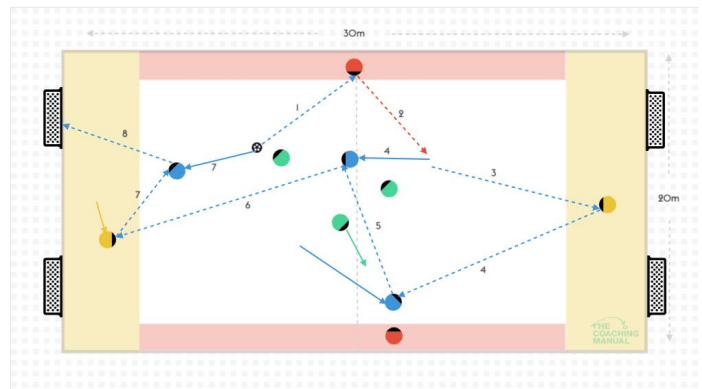
3v3 situation in the main zone.

One supporting player on each side of the main zone. They can move freely along the side while playing with the team in possession.

Objective for team in possession is to transfer the ball from one side to the opposite side for a point. Increase challenge by adding a set of passes that the players must complete in the middle prior to transferring the ball to the other side.

Progression

As soon as the transfer from one side to the other is achieved, the attacking team can attempt to score by playing a one-two with one of the supporting players. To add to the challenge, the finish must be one-touch.



4v4 SSG Midfield Combinations

Written by the MSB Academy Team

Set Up

🕒 20 mins

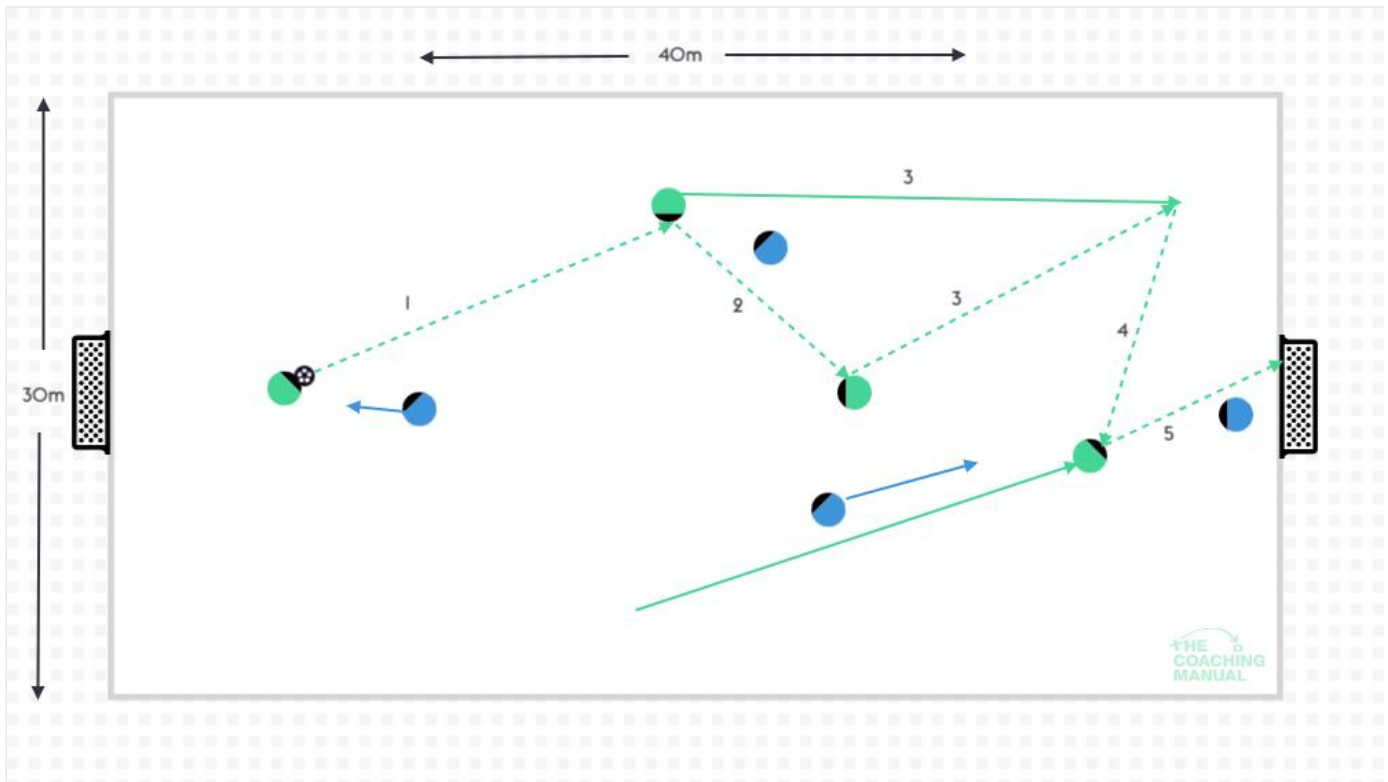
👤 8 players

⚽ 4 balls

👕 8 bibs

🚧 4 cones

🏟️ 40m x 30m area



Double points for a goal scored after 3 out of the 4 players have touched the ball. To add to the challenge, the finish must be one-touch.

Think about various challenges for the players in relation to the theme of the session.