

Juniors - The Beginning - Tag, Ball Mastery & Scoring Goals

Written by the MSB Academy Team

Set Up



20 mins



6 players



8 balls



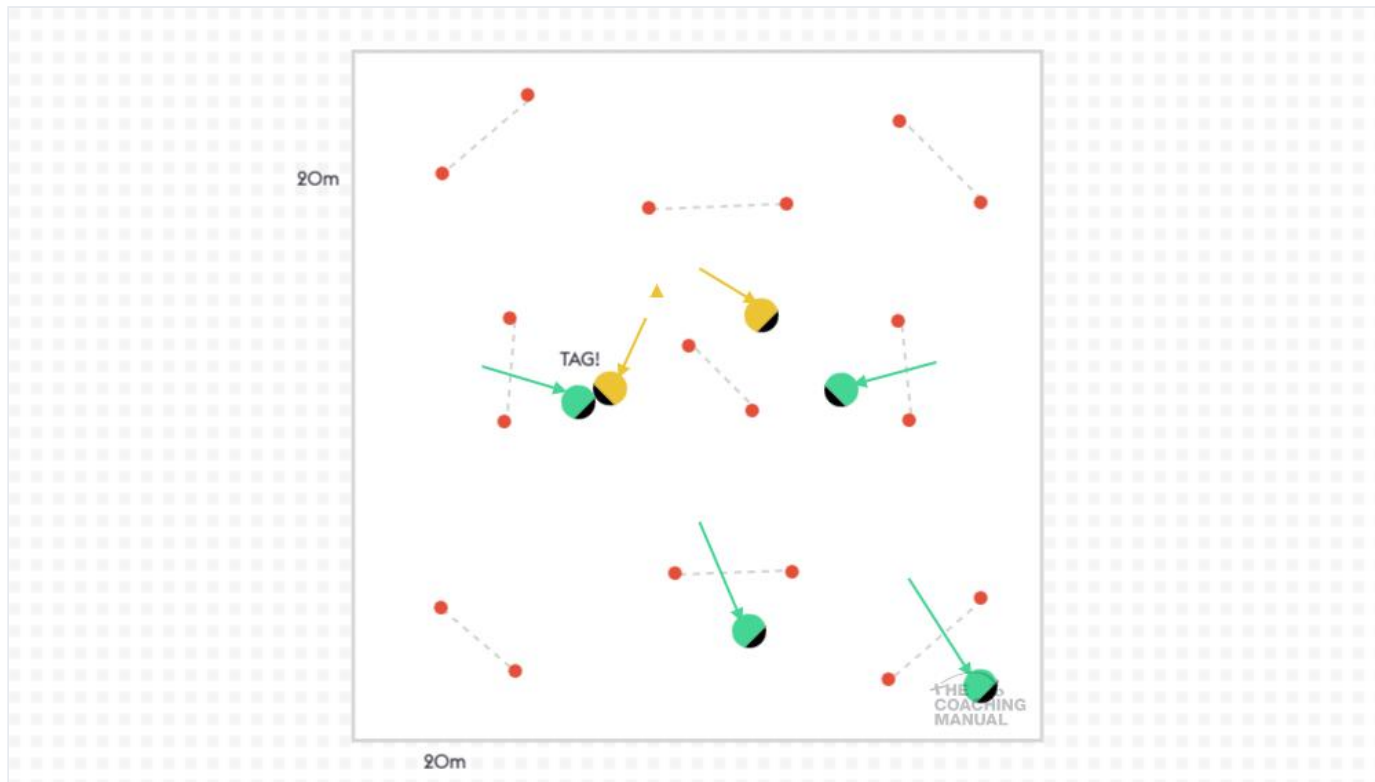
2 bibs



4 cones



20m x 20m area



Set up a few gates (red cones on the diagram) for players to dribble through. 2 players will be the taggers, the other will be the runners. Runners - try to get as many points as possible in a set time (60 seconds). One point for each gate they visit. Taggers - one point for each player tagged. Change roles regularly.

Key Coaching Points

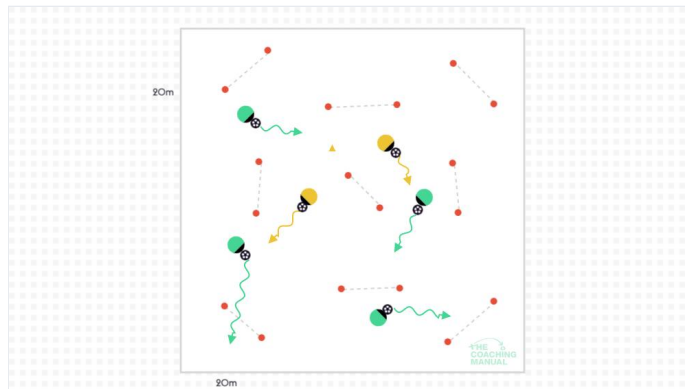
- **Quick changes of direction and pace**
Encourage runners to speed up & slow down in order to move past taggers
- **Awareness**
Encourage players to scan the surroundings in order to avoid others

Progression

All players have a ball. Greens - one point for each gate visited. Yellows - One point for each ball kicked out of bounds (not their own soccer ball). Switch roles after 60 seconds.

Key Coaching Points

- **Ball Control**
Players need to be encouraged to keep the ball under control at all times.
- **Use of various parts of feet**
Encourage players to utilize different parts of their feet in order to control the ball



Juniors - The Middle - Dribbling & Scoring Goals

MSB Academy Team

Set Up



20 mins



6 players



8 balls



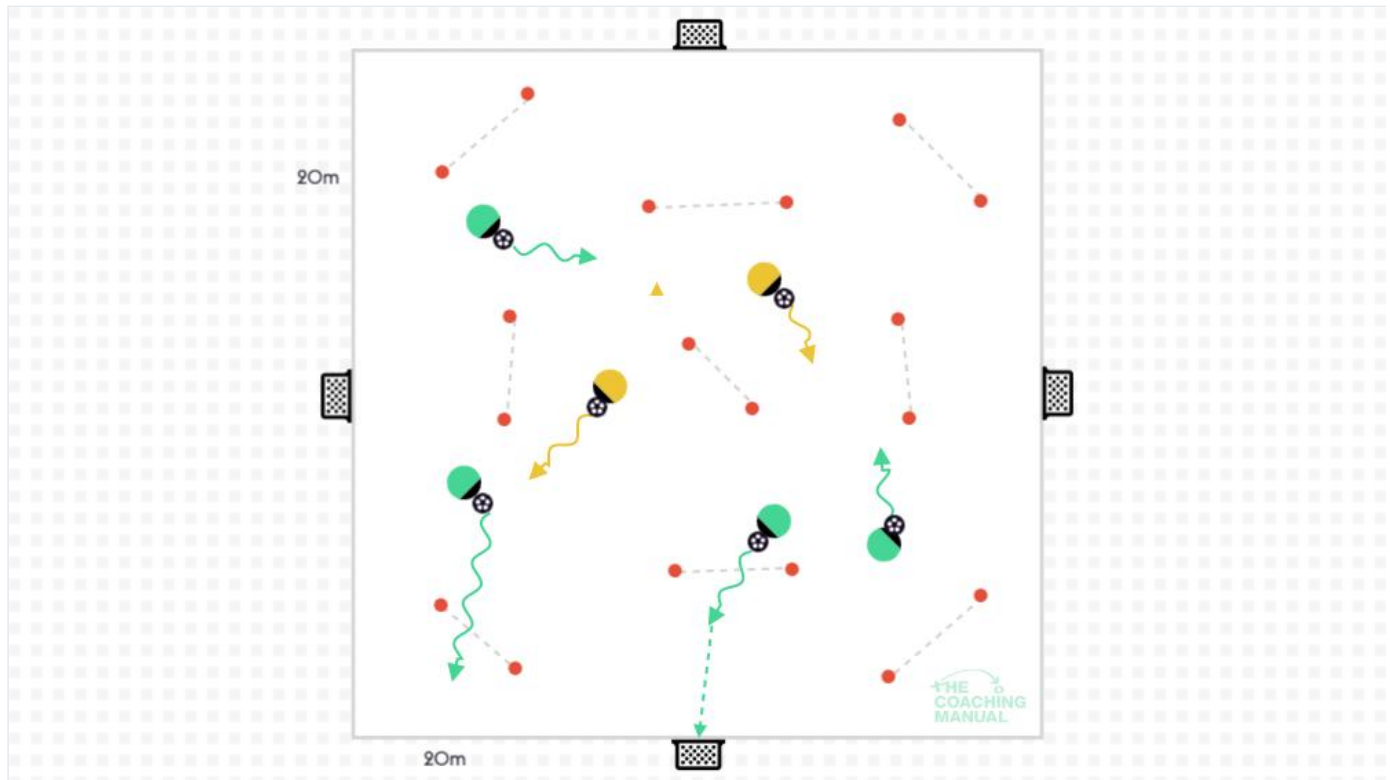
2 bibs



4 cones



20m x 20m area



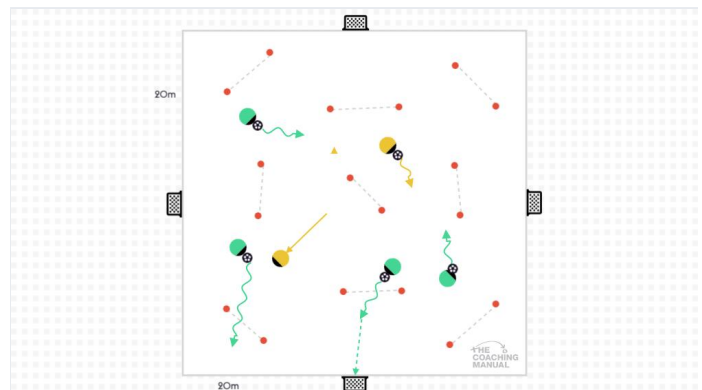
After dribbling through one of the red gates, greens can now score a goal in one of the four goals. Yellows trying to prevent that by pressuring the greens (while maintaining control of their own ball)

Key Coaching Points

- **Ball Control**
Players need to be encouraged to keep the ball under control at all times.
- **Use of various parts of feet**
Encourage players to utilize different parts of their feet in order to control the ball

Progression

One yellow defender doesn't have to control a ball while defending - this adds extra pressure on the attackers.



Juniors - The End - 1v1 & 2v2

MSB Academy Team

Set Up



20 mins



6 players



8 balls



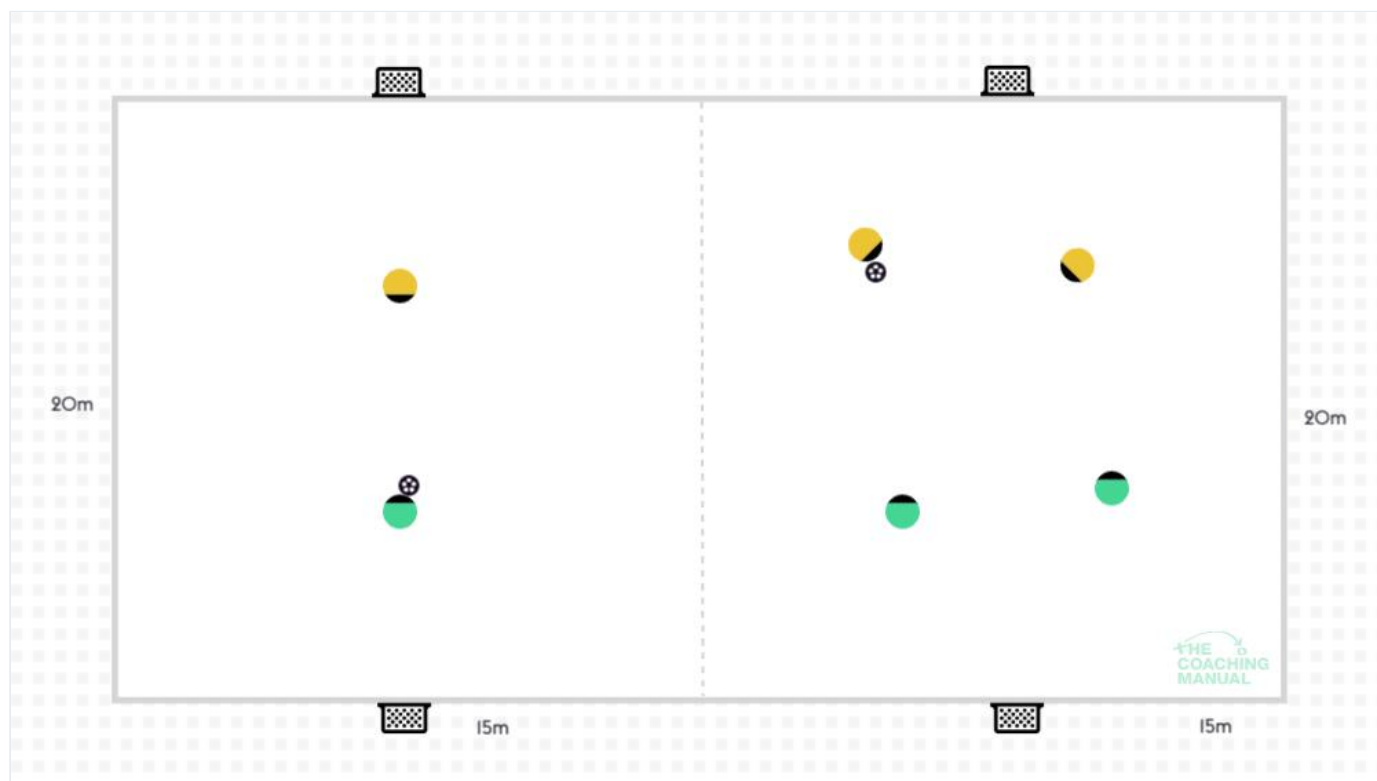
3 bibs



6 cones



20m x 15m - 2 fields area



Key Coaching Points

- Decision making
Allow players to make their own decisions

Adjust the game format if more players are available.

Juniors - The Beginning - Flip it & Score goals

Written by the MSB Academy Team

Set Up



20 mins



8 players



8 balls



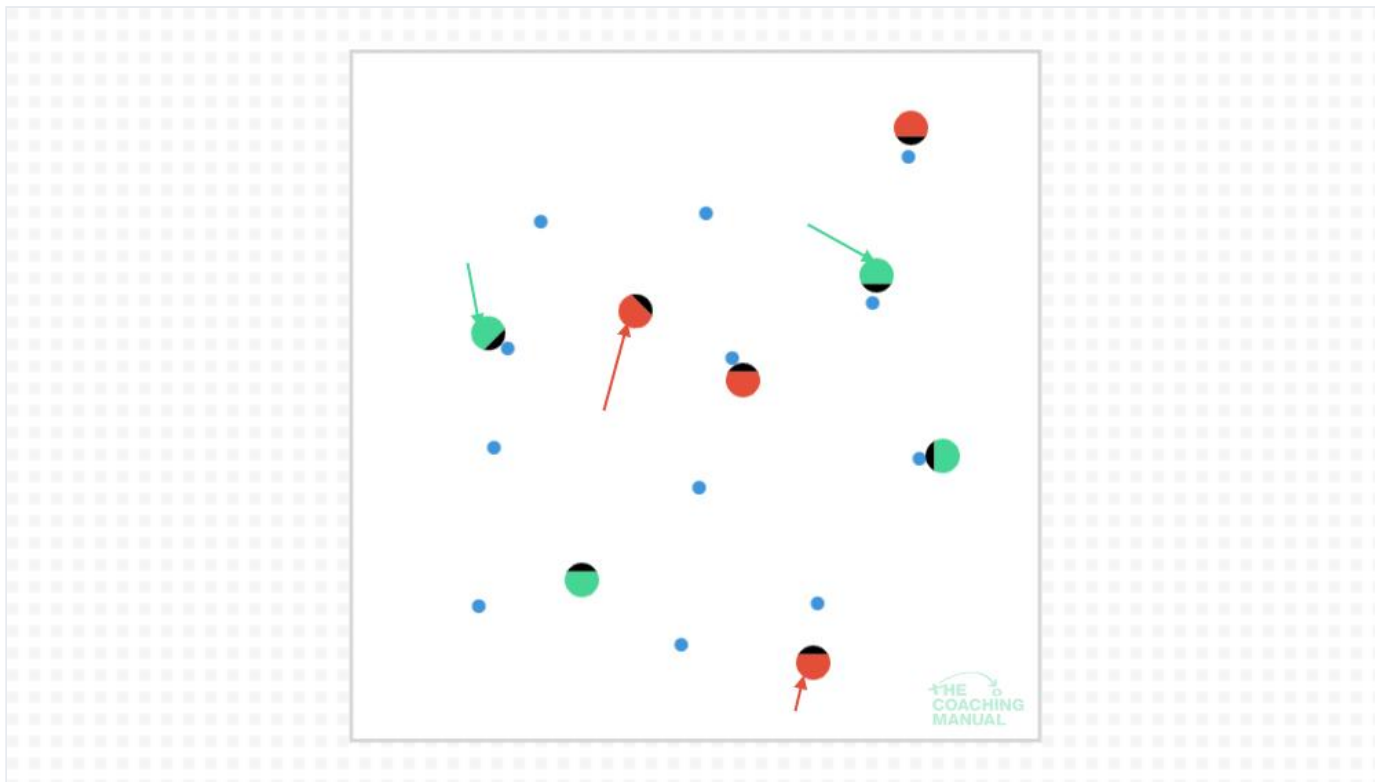
4 bibs



16 cones



20m x 20m area



2 groups. Fill playing area with as many markers as possible, with approximately half of them upside down. Half the players try to turn the markers with the round side up and the other half with the round side down (dish up). On the coaches signal, players run around trying to flip over the other group's markers to match their own.

Key Coaching Points

- Quick changes of direction
Players should be encouraged to quickly run from one cone to another
- Head up
Remind players about the importance of scanning for cones

Progression 1

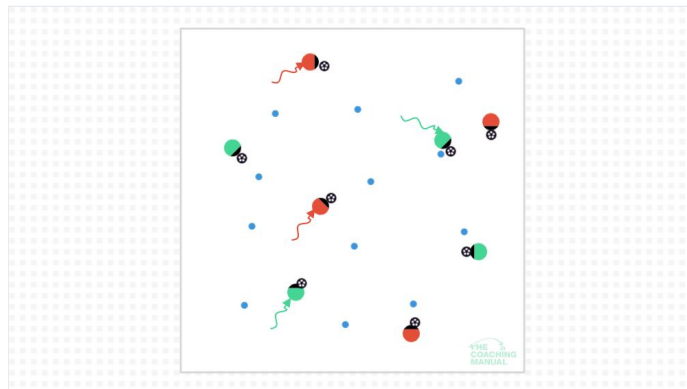
Players are now given a ball each. They are encouraged to perform the same task (flipping the cones) while dribbling around with the ball at their feet.

Key Coaching Points

- Quality of actions
Encourage players to keep the ball under control while being aware of other players

Progression 2

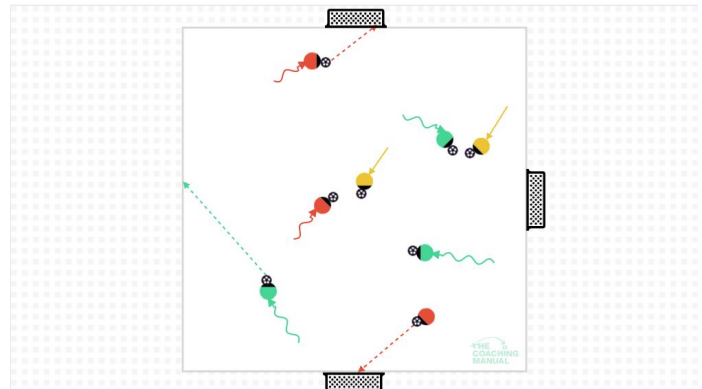
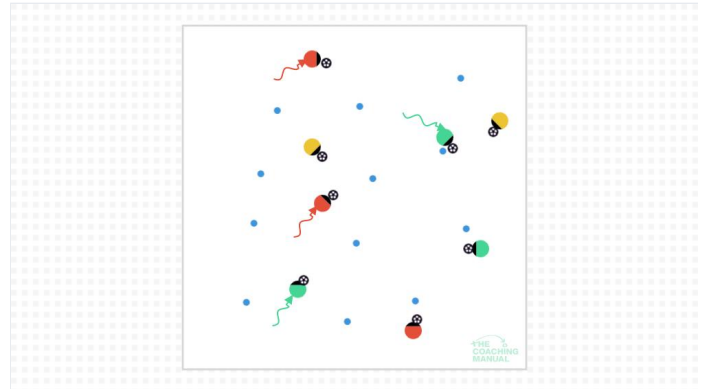
Two defenders (yellow) are introduced to the game. Red and green teams are still trying to flip the cones while avoiding the defenders in yellow. The role of the two defenders is to intercept



the ball from the players in red and green (while keeping control of theirs). Change the two defenders regularly (every 60 seconds for example)

Progression 3

Remove all the cones from the playing area. Red and green teams are trying to score as many goals as possible in a set time (60 seconds for example). Defenders in yellow will try to prevent that (while controlling their soccer ball)



Juniors - The End - 1v1 & 2v2

Written by the MSB Academy Team

Set Up



20 mins



6 players



8 balls



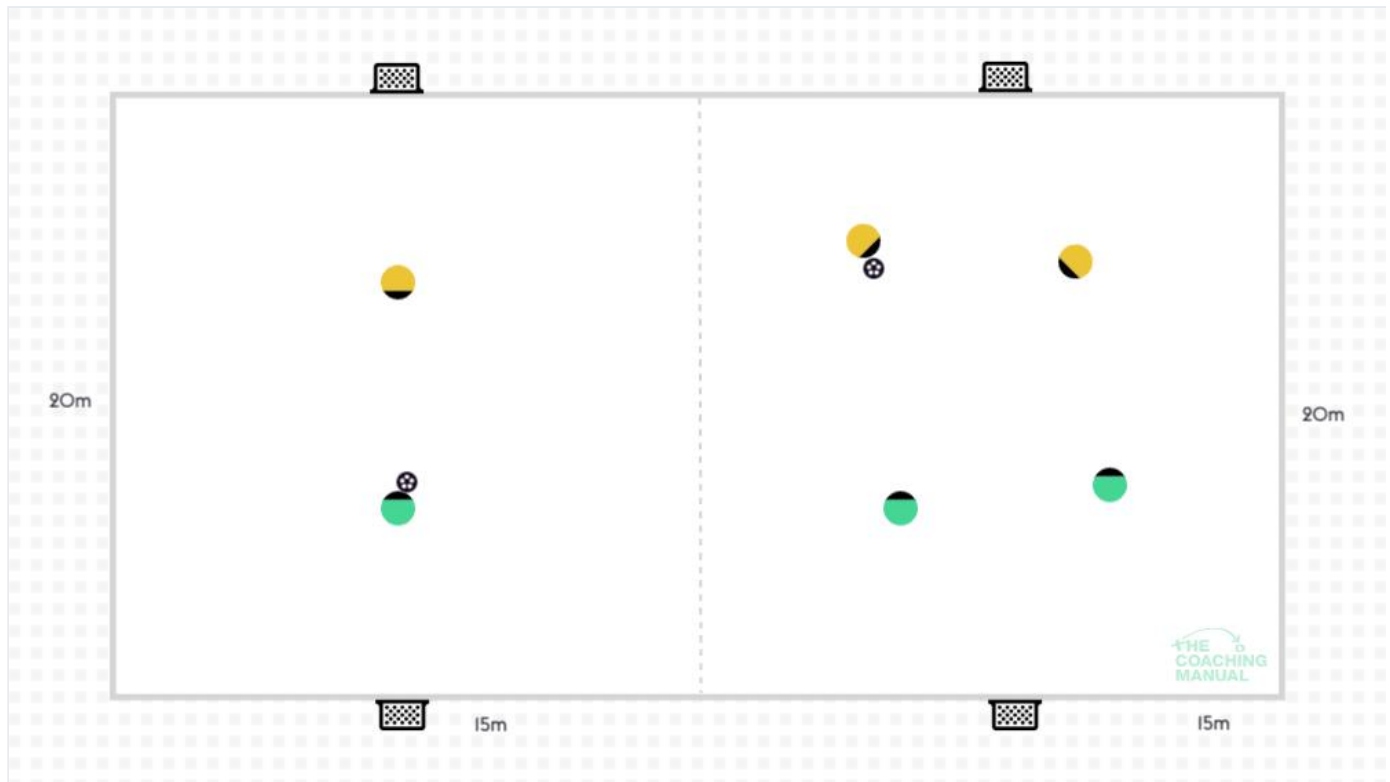
3 bibs



6 cones



20m x 15m - 2 fields area



Key Coaching Points

- Decision making
Allow players to make their own decisions

Adjust the game format if more players are available.

Discover Phase - Intro - Defending in 1v1 situations

Written by the MSB Academy Team

Set Up



15 mins



8 players



8 balls



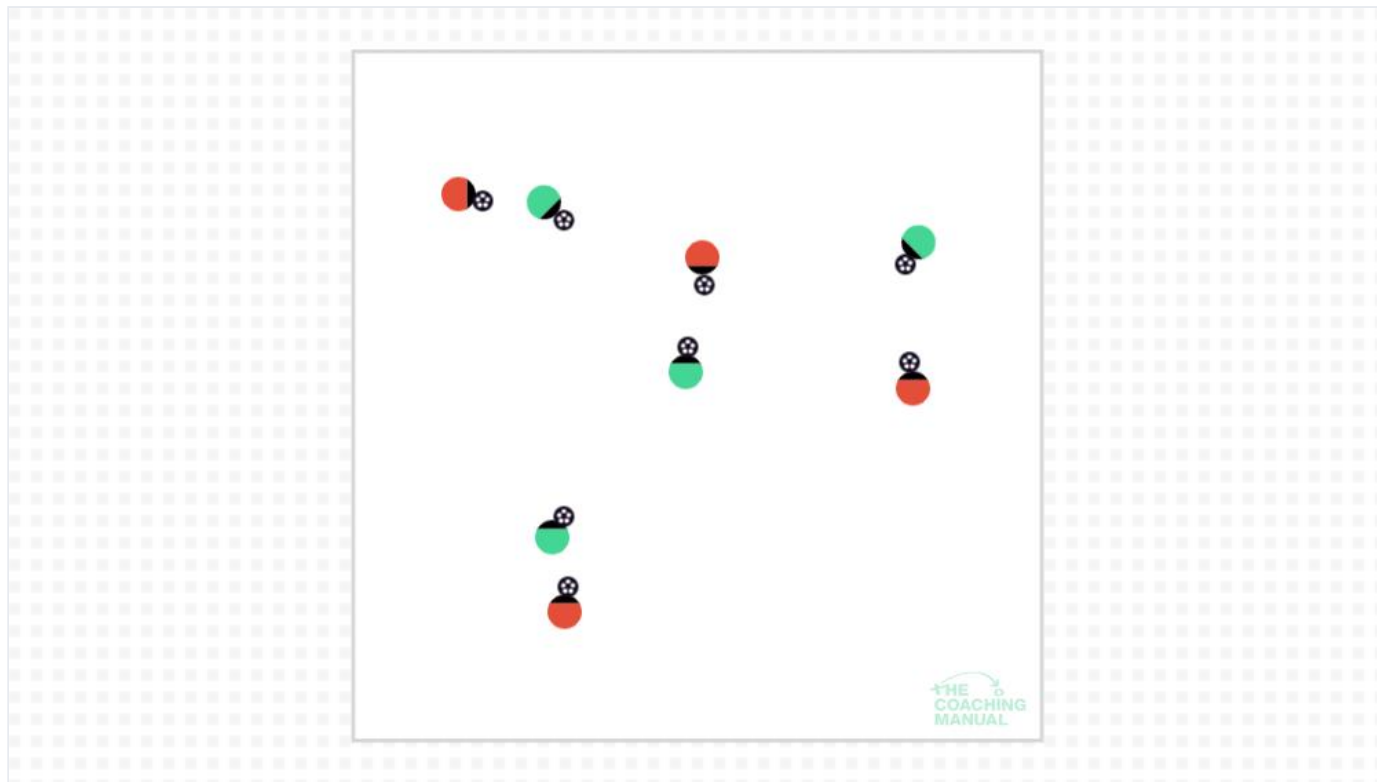
8 bibs



4 cones



40m x 30m area



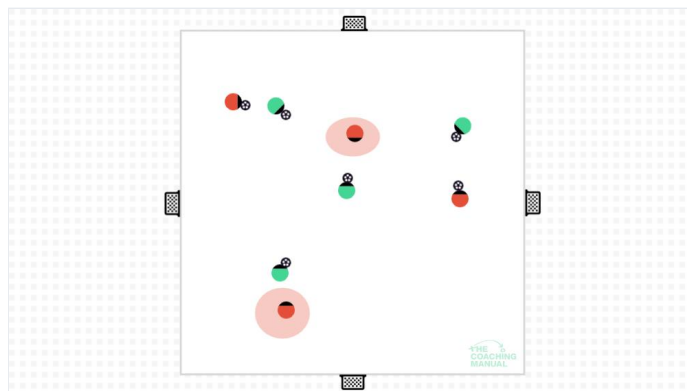
All players have a ball. One team is tasked with keeping the ball. The players on the other team attempt to keep their ball under control, while applying pressure on the players on the opposite team. Switch roles regularly.

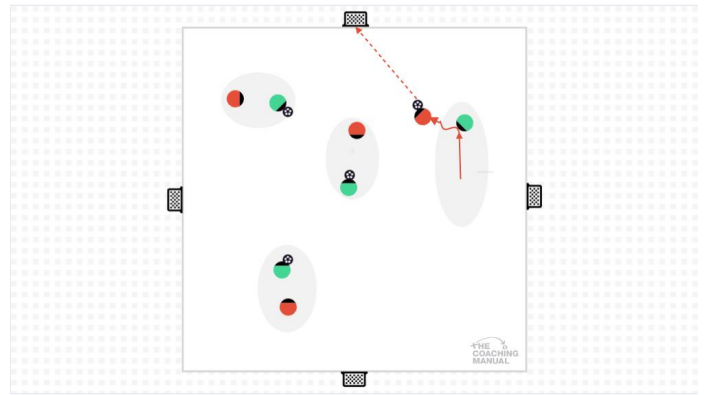
Progression

Increase the pressure on the team tasked with keeping the ball by removing two balls from the defending team (see example above). The two players without the ball attempt to intercept from the opposite players and score in any of the four goals. Switch roles regularly.

Progression

One final progression in this activity. Players work in pairs (see above for example). Defenders can only apply pressure on their partner from the other team. Defenders can score in any of the four goals if they intercept.





Discover Phase - Middle - Defending in 1v1 situations

Written by the MSB Academy Team

Set Up



20 mins



8 players



8 balls



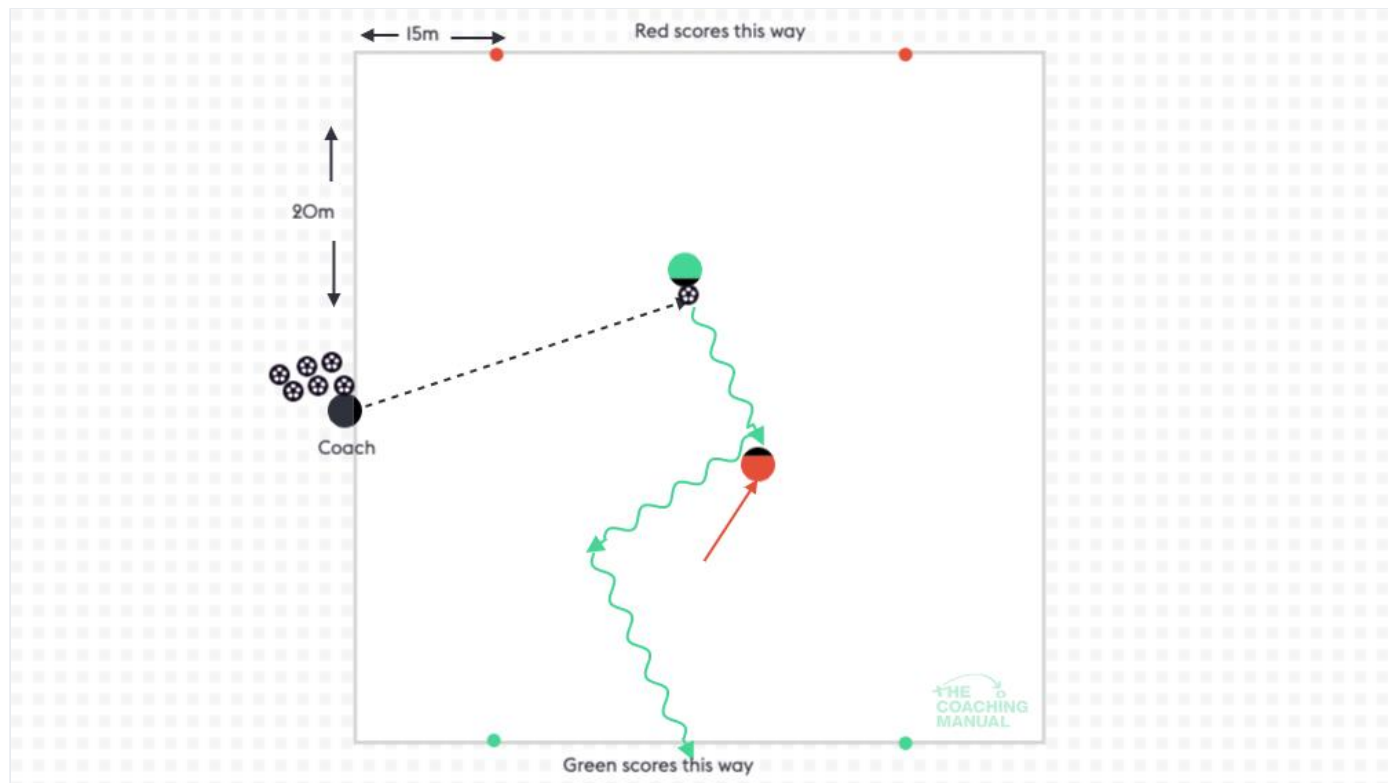
2 bibs



4 cones



15m x 10m area

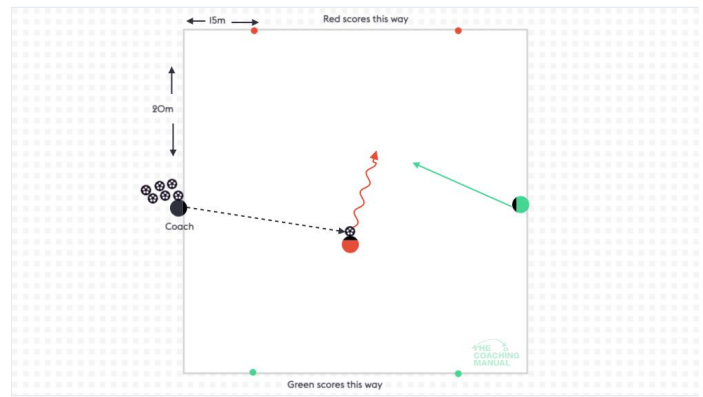


One player from each team face each other a few meters away. Play starts with the coach passing to one of the players. Receiving player attempts to beat the defender and dribble through the two cones. They must have the ball under control as they dribble through the cones for the point to count. Passing through the cones does not count as a point.

Encourage the defender to apply pressure on the attacker. 2 points if the defender intercepts and they score by dribbling through the cones while having control.

Progression

Starting point for the defender changes in order to add a bit of a challenge. Attacker receives in their own half, while the defender's initial position is on the opposite side from the coach. As soon as the attacker touches the ball the defender can run in to defend. Same way of scoring.



Juniors - The End - 1v1 & 2v2

Written by the MSB Academy Team

Set Up



20 mins



6 players



8 balls



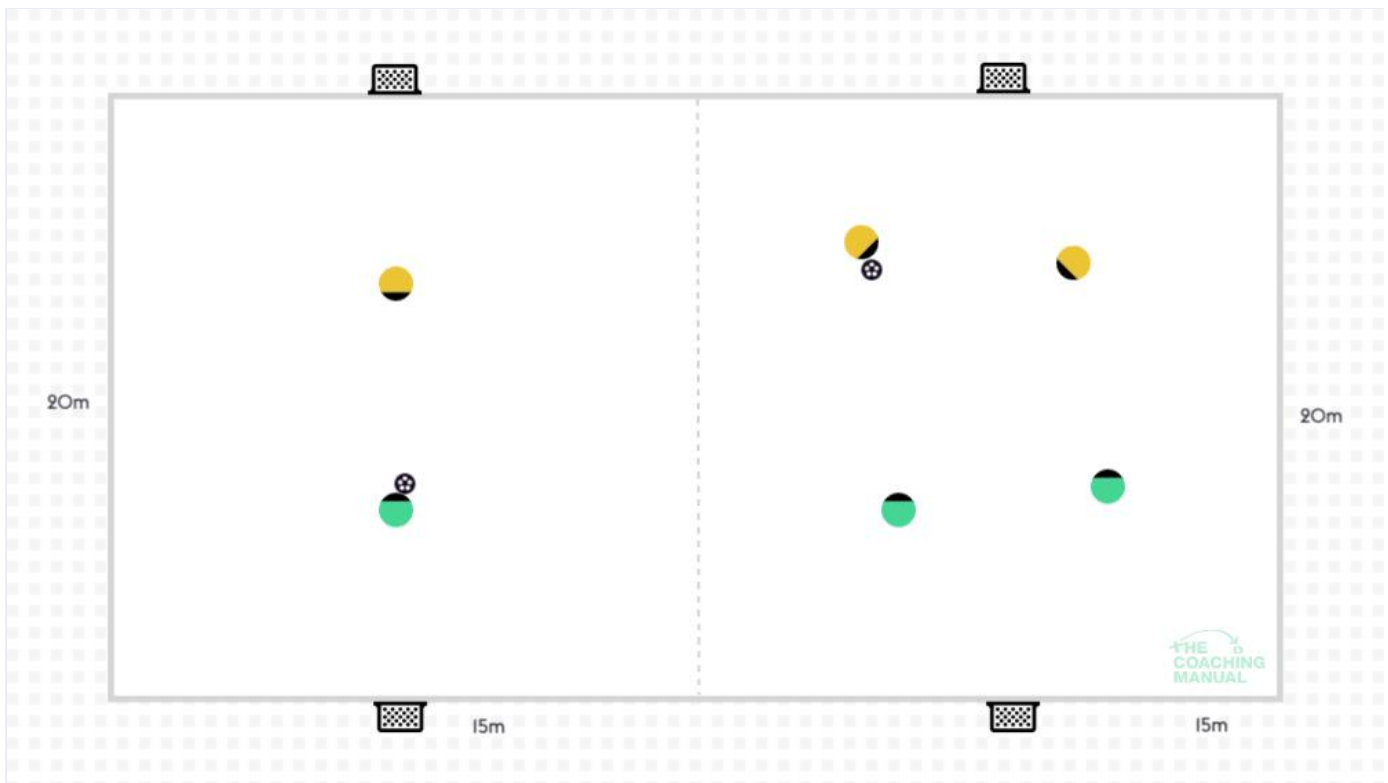
3 bibs



6 cones



20m x 15m - 2 fields area



Key Coaching Points

- Decision making
Allow players to make their own decisions

Adjust the game format if more players are available.

One-two combinations with limited pressure

Written by the MSB Academy Team

Set Up



20 mins



6 players



4 balls



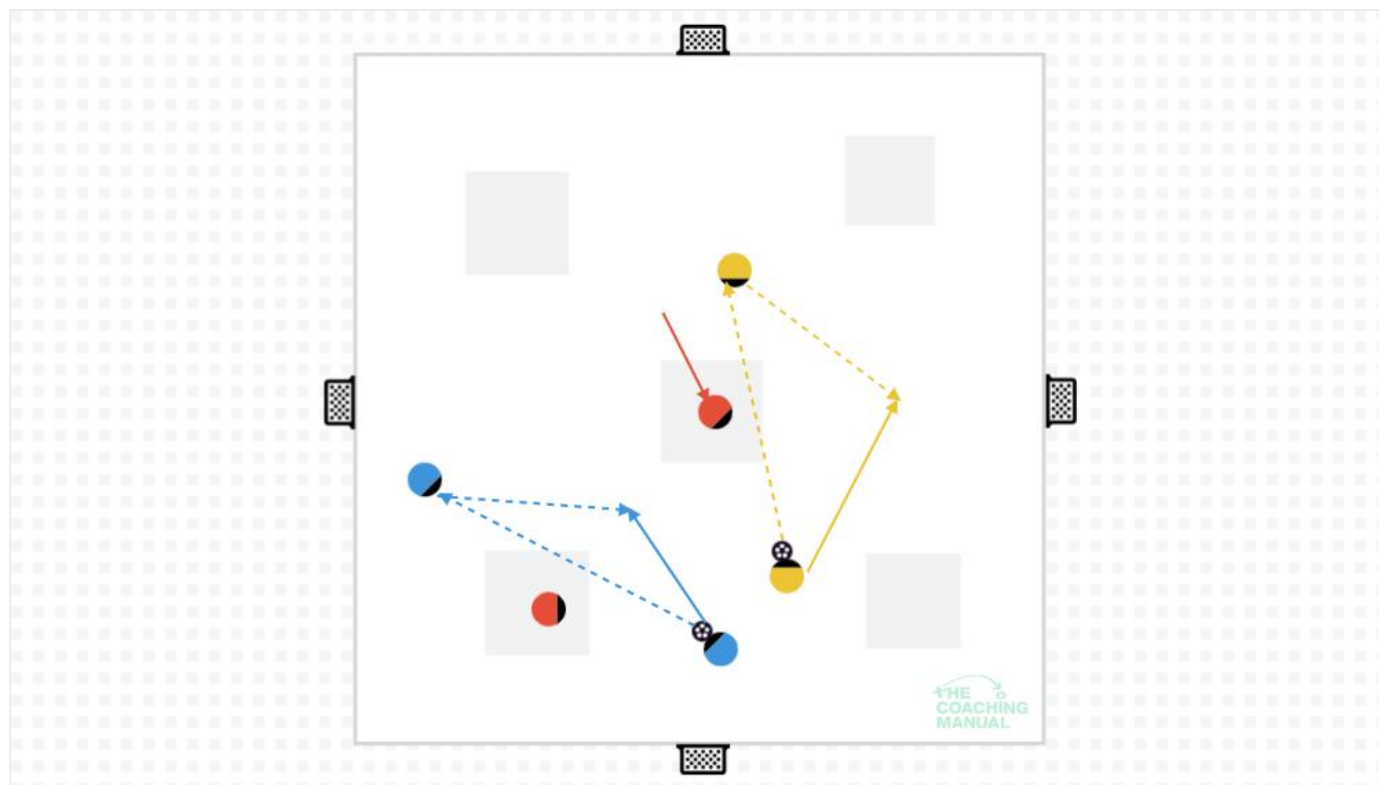
6 bibs



4 cones



30m x 30m area



Set up 3m x 3m boxes (use flat markers if available) inside the main area. Designate two defenders and instruct them to defend those boxes. They can move freely from one box to another, but they can't challenge the attackers unless they are inside the boxes.

Attackers can move freely anywhere inside the main area (including inside the smaller boxes). They must work together and play a one-two combination. One of the two passes of the combination must go through one of the boxes (see examples in diagram). After each successful one-two combination the attackers can score in any of the four goals.

If defender intercept, they can score in any of the four goals while the two attackers that lost the must apply immediate pressure and try to regain possession.

Progression

Both passes in the one-two combination must go through the box.

What other challenges for the players can you come up with?

Passing to move past a defender in a 2v1 situation

Written by the MSB Academy Team

Set Up



20 mins



4 players



4 balls



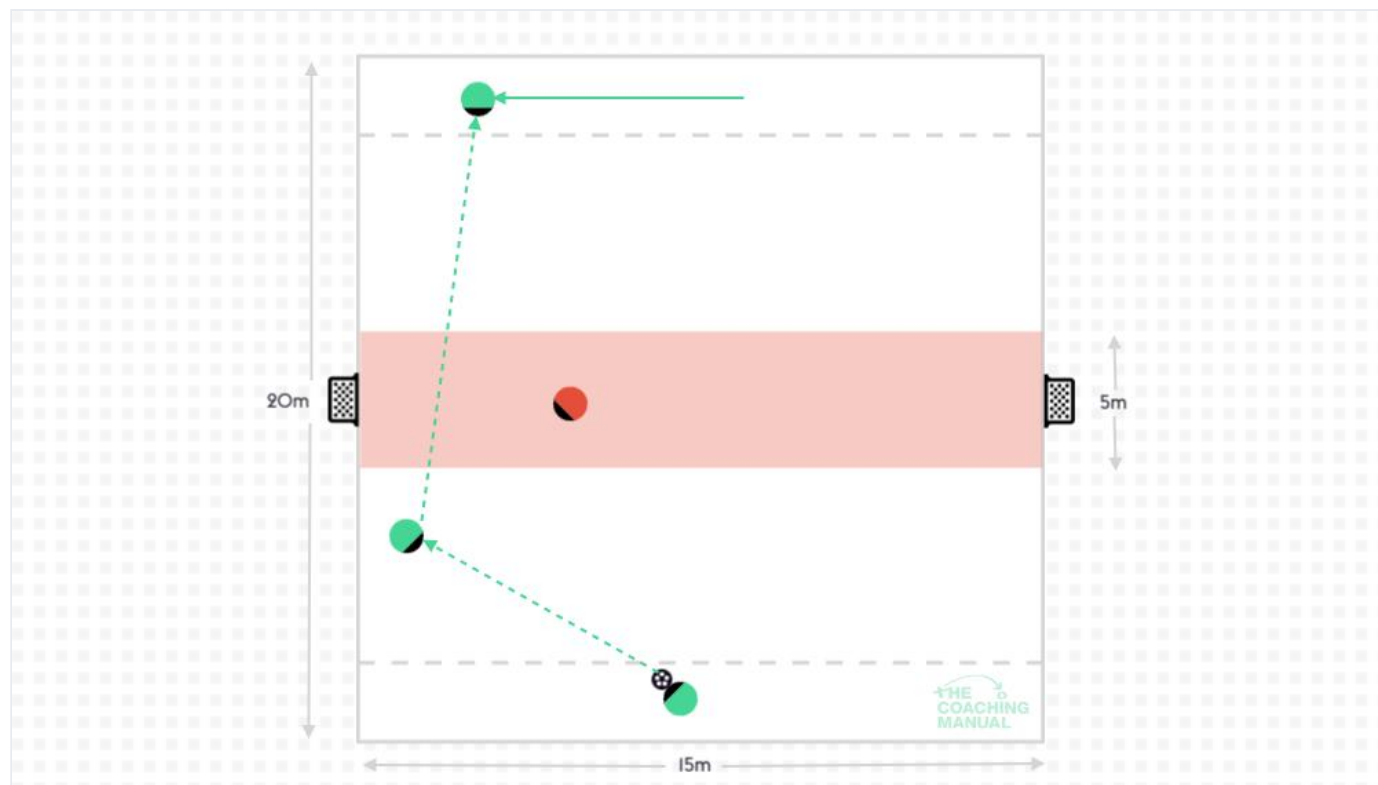
4 bibs



6 cones



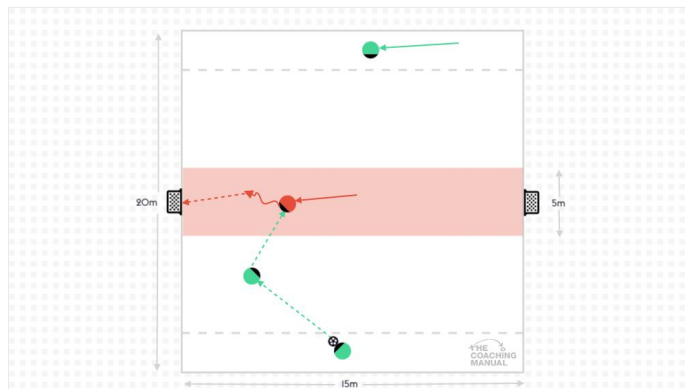
20m x 15m area



Two players in green positioned in the end zones. They can move side to side to provide support for their team mate positioned in the main zone.

Attacker in the main zone can move anywhere inside the playing area. Their objective is to get on the ball, and then transfer it to the opposite side. This can be done by passing or by dribbling through the red zone.

Defender in red is locked inside the red zone. If they intercept while trying to stop the attacker from dribbling or passing through, they can score in any of the two goals. The attacker quickly attempts to regain possession if this situations occurs.



Overload games 2v1

Written by the MSB Academy Team

Set Up



20 mins



6 players



4 balls



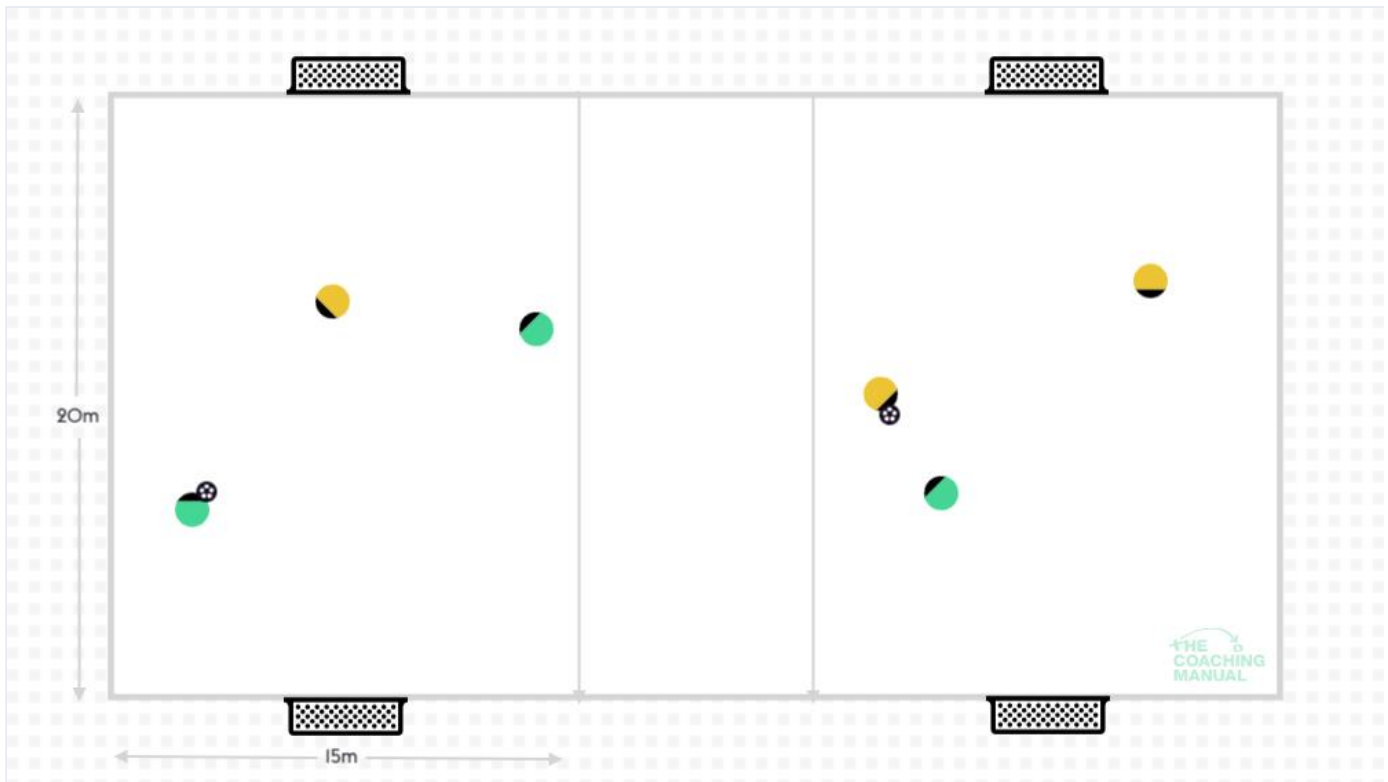
6 bibs



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.