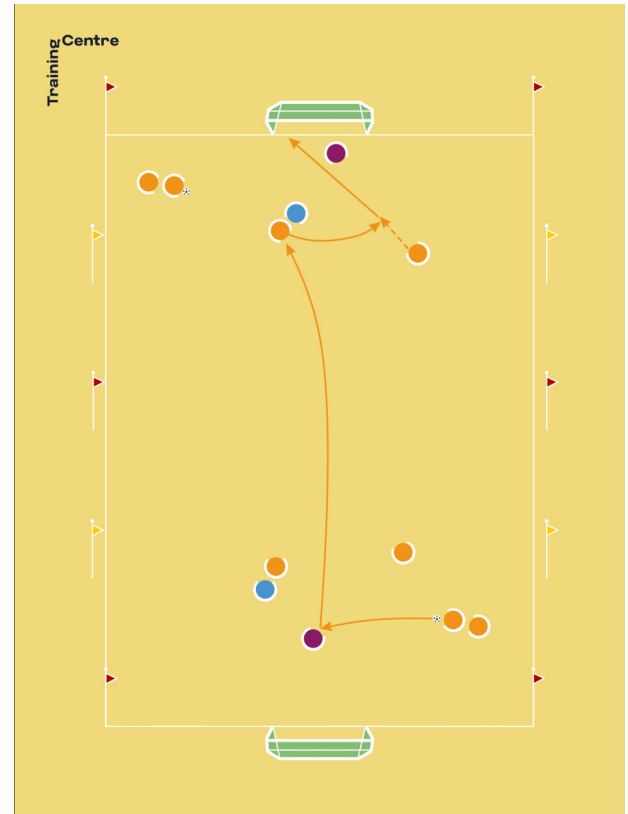
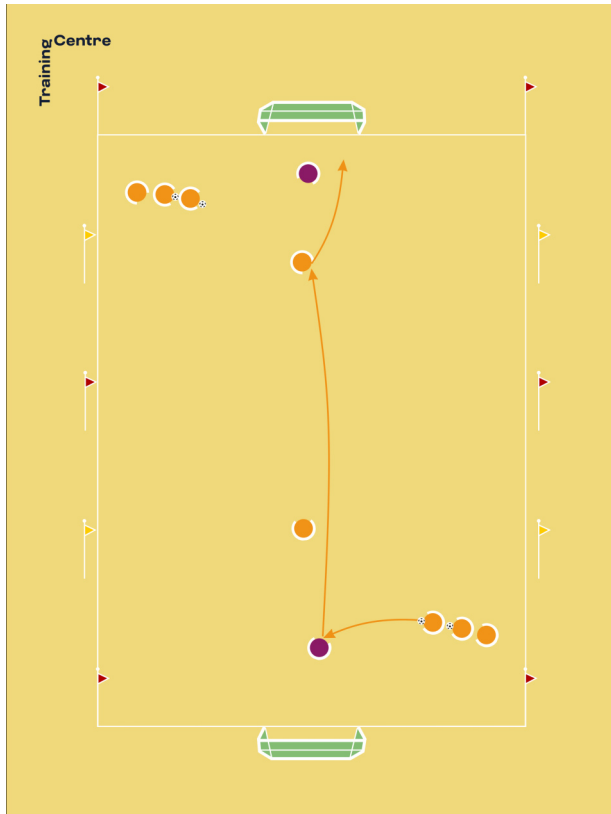


Beach soccer

—●— Pass to attacker by the goalkeeper



Organisation

- This exercise requires 10 outfield players and 2 goalkeepers.
- Use the full pitch and both goals.
- Set up 2 ball stations, one close to each goal.
- Place a goalkeeper in each goal and split the players between the ball stations at either end of the pitch.
- Place an attacker in each penalty area.

Explanation

- The player at the ball station plays a backpass to their goalkeeper. The goalkeeper then plays a long throw-out towards the attacker, who finishes the move with a shot on goal.
- The goalkeepers at either end of the pitch take it in turns to play the throw-out to alternate the direction of the attacking sequence.

Variation

- Set up a scenario with 2 attackers v. 1 passive defender in each penalty area. The attackers have a maximum of 4 seconds to score after receiving the ball from the goalkeeper. For their part, the defenders should provide low intensity opposition, without pressing the attackers too hard.

Coaching points

- Ask the attackers to finish the move swiftly. They can attempt to score with an acrobatic overhead kick and thereby work on their body shape and shooting accuracy.
- Ask the goalkeepers to practise throwing the ball out accurately and at a good height to help the attackers finish the move with an acrobatic overhead kick.