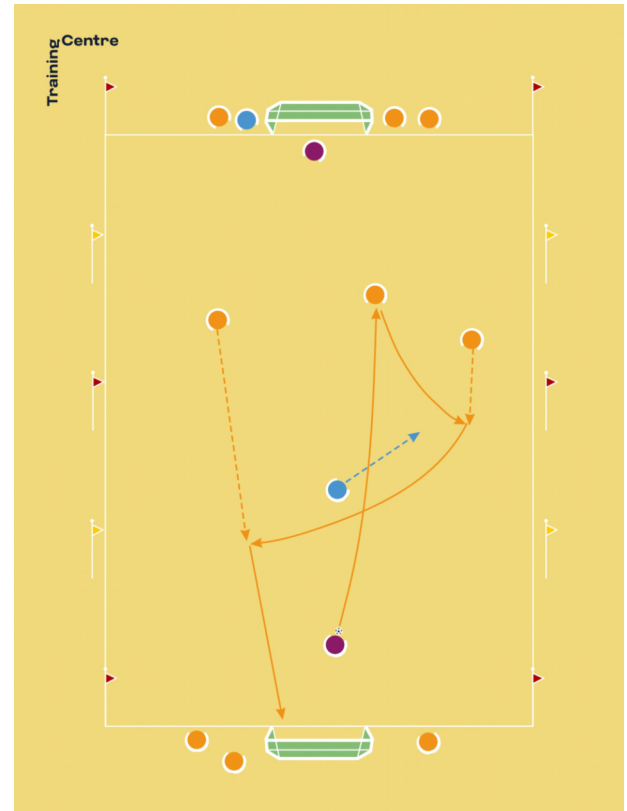
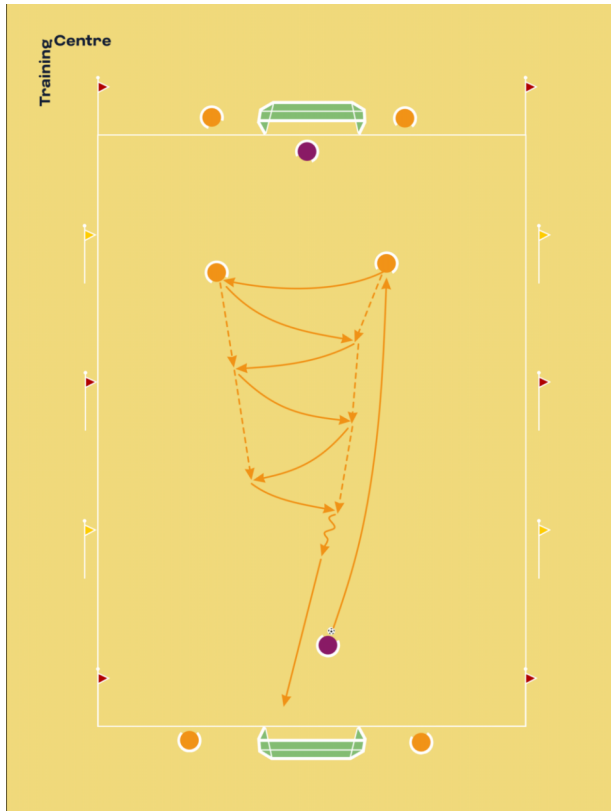


Beach soccer

— Playing quickly



Organisation

- Use the full pitch and both goals.
- Set up a ball station beside each goal.
- Divide the outfield players into pairs.

Explanation

- The goalkeeper begins the exercise with a long throw-out towards the 2 players positioned at the edge of the opposing penalty area. The 2 players have to try and score into the goal defended by the goalkeeper who played the throw-out.
- From the goalkeeper's throw-out, the pair progress towards goal as quickly as possible by exchanging aerial passes while moving. They should try to score in no more than 6 touches (including touches to control the ball).
- 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

- Create a 3v1 situation in favour of the attacking team. In this variation, the attacking pair are again asked to finish on goal in no more than 6 touches. Where appropriate, a pair may shoot on goal in fewer than 6 touches.

Coaching points

- The exercise allows players to work on aerial passes.
- Players should try to finish on goal as quickly as possible by setting up their team-mates in the most favourable shooting positions.