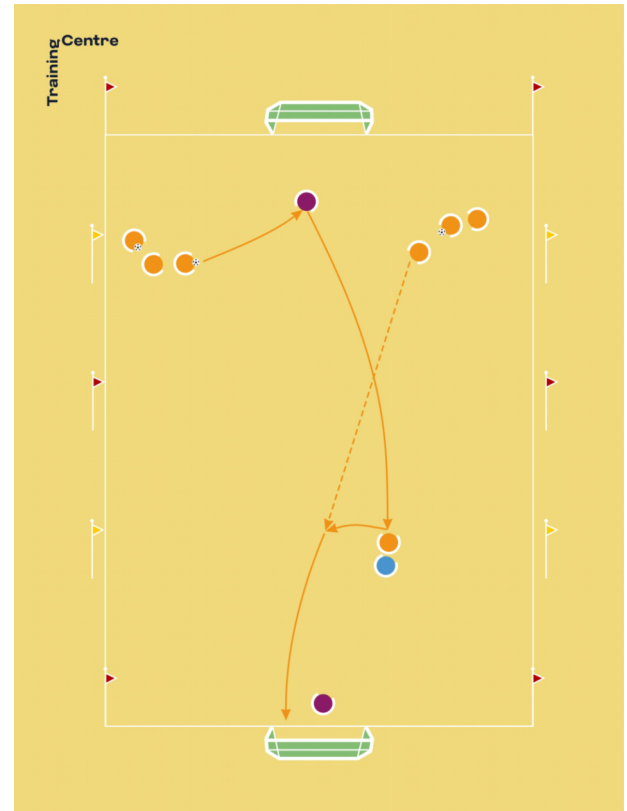
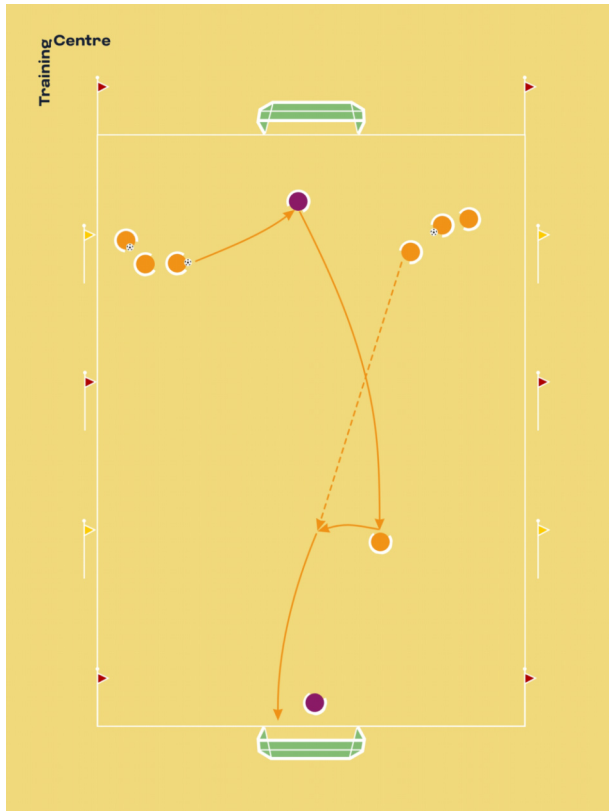


Beach soccer

— Delaying attack to wait for support



Organisation

- The exercise requires 6 outfield players and 2 goalkeepers.
- Use the full pitch and both goals.
- Set up two ball stations on the edge of one of the penalty areas (one on the left and one on the right).
- Place a goalkeeper in each goal and a supporting attacker in the penalty area at the opposite end of the pitch to the two ball stations. Divide the remaining players between the two ball stations.

Explanation

- A player at one of the ball stations plays a backpass to the goalkeeper. The goalkeeper then plays a long throw-out towards the supporting attacker in the opposing penalty area, who holds the ball up with their back to goal. A player from the other ball station runs forward and shows for the ball, meeting the supporting attacker's lay-off with a first-time attempt on goal from inside the zone marked by the blue cones.
- Players positioned at the ball stations on the right and left take it in turns to perform the sequence.

Variation

- Add a defender into the penalty area to mark the supporting attacker.

Coaching points

- The supporting attacker should hold the ball up with their back to goal and play a well-timed lay-off to their team-mate.
- Ask the supporting attacker to make a decoy run before receiving the ball to allow them to lose their marker and get their body between them and the ball, while waiting for their team-mate to join them in the attacking third.