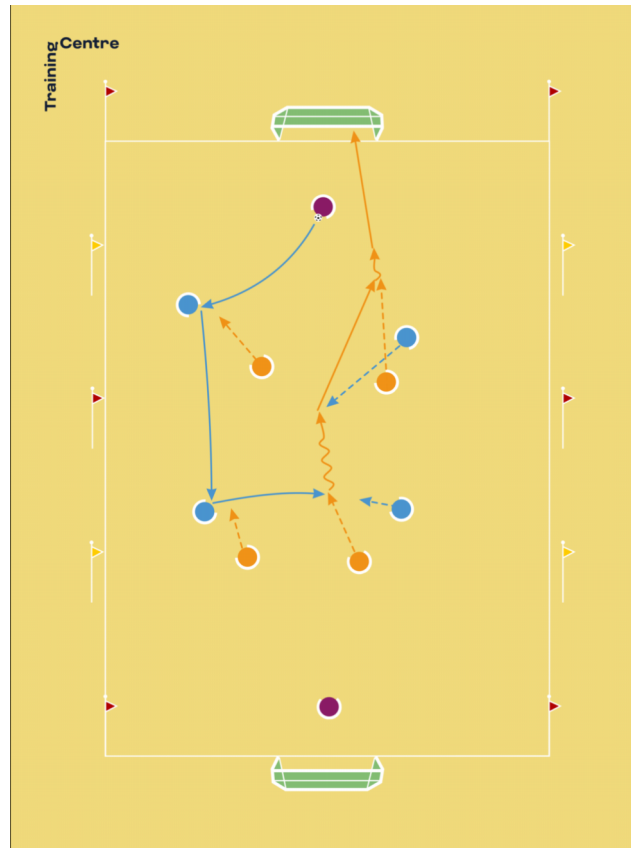


Beach soccer —●— Counter-attack



Organisation

- Use the full pitch and set up a 5v5.

Explanation

- The move starts from one of the goalkeepers, who exchanges passes with their 2 defenders, while the opposing team sit in a low block. The goalkeeper, who is out of his goal and advanced up the pitch, then plays a long pass with their feet towards the opposing goalkeeper to simulate losing possession.
- As soon as their goalkeeper recovers the ball, the team in a low block should burst forward quickly on the counter-attack and attempt to score within a maximum of three seconds after the long throw-out from the goalkeeper.
- During the first few moves, the defending team should drop back and allow the action to unfold to help illustrate the principles of counter-attacking play (analytical work).
- Rotate the teams after a few moves so that both sides have the opportunity to work on counter-attacking.

Variation

- This time, the team in possession at the beginning of the exercise tries to score rather than playing the ball to the opposing goalkeeper. Counter-attack in a match scenario: the defending team and the attacking team perform the exercise at full intensity.