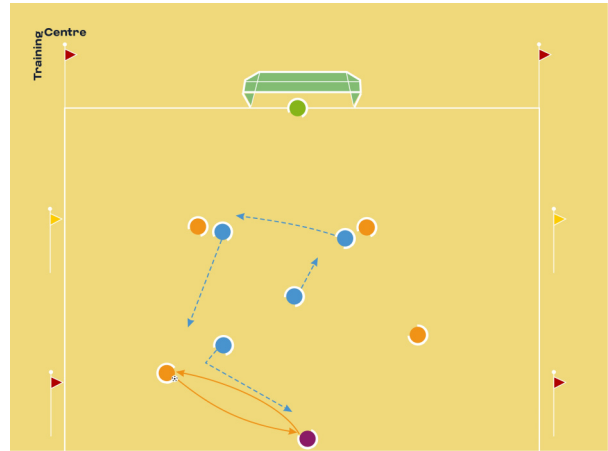
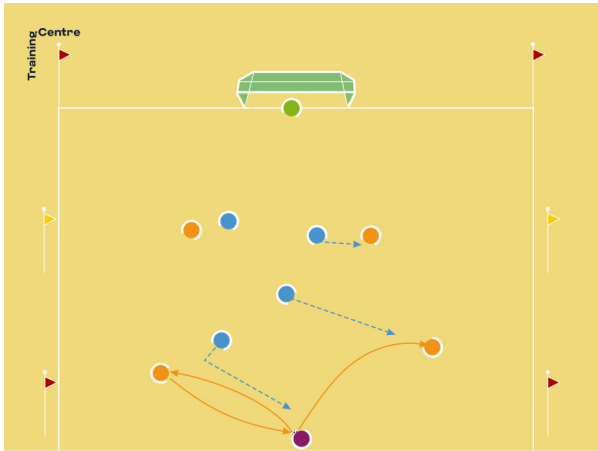


## Beach soccer —●— Changing position



### Organisation

- Create a 4v4 plus 2 goalkeepers and use a full pitch.

### Explanation

- Put the players in a match situation and ask the defenders to come out systematically to press the player on the ball.
- The defenders should try to cover the change of position as much as possible. Initially, only the attackers may change position. Start the exercise by organising the players in a 1-2-2 formation.
- Practise the attacking moves by building the play, always starting from the goalkeeper.

### Variations

- Allow attackers and defenders on both sides to change position as a team. This variation works on defensive coordination and anticipating positional changes.

### Coaching points

- Communication is key in this exercise.
- Players must learn not to leave key tactical spaces open, such as the middle of the pitch.
- Create a defensive plan with a specific rotation to steal the ball from the opposition.