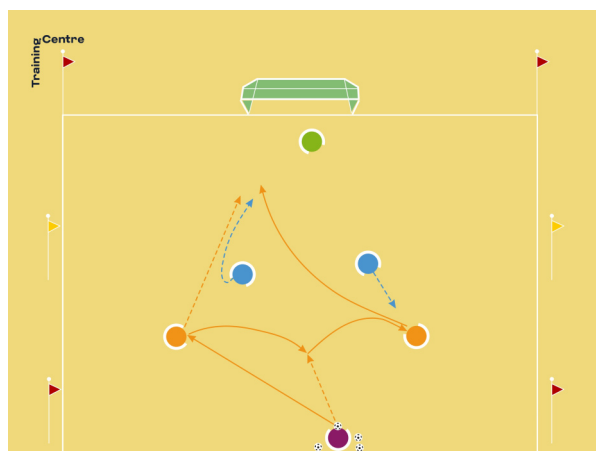
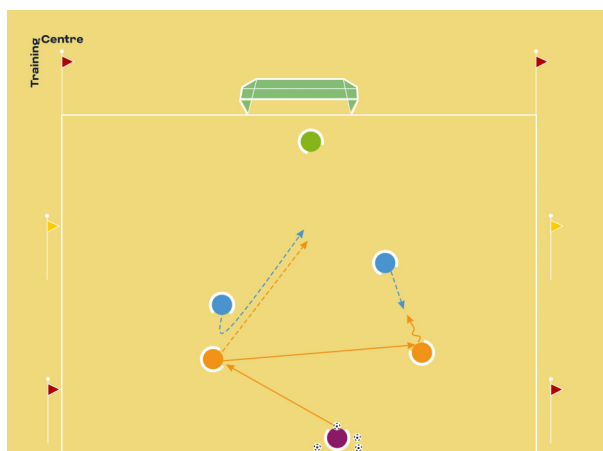


Beach soccer —●— Covering



Organisation

- Use the full pitch.
- Position a goalkeeper in each goal and 4 outfield players. Organise the outfield players into 2 teams (2 defenders v. 2 attackers).

Explanation

- Play a 2v2, starting with a short throw-out from the goalkeeper before attacking to opposite goal. The defenders must prevent the attackers from scoring by providing defensive cover for their team-mate.

Variations

- The goalkeeper may come out of their goal after their initial throw-out to create a 3v2 situation.
- The defenders must anticipate the play and press the goalkeeper higher up the pitch.
- The goalkeeper must then look to play the ball deeper to test the defensive cover.

Coaching points

- The defenders need to constantly communicate with each other to ensure cover in behind. Communication should be encouraged. Players must remain aware of their team-mate's positioning to be able to anticipate the cover. Also ask the goalkeeper to cover the space in behind the defenders.