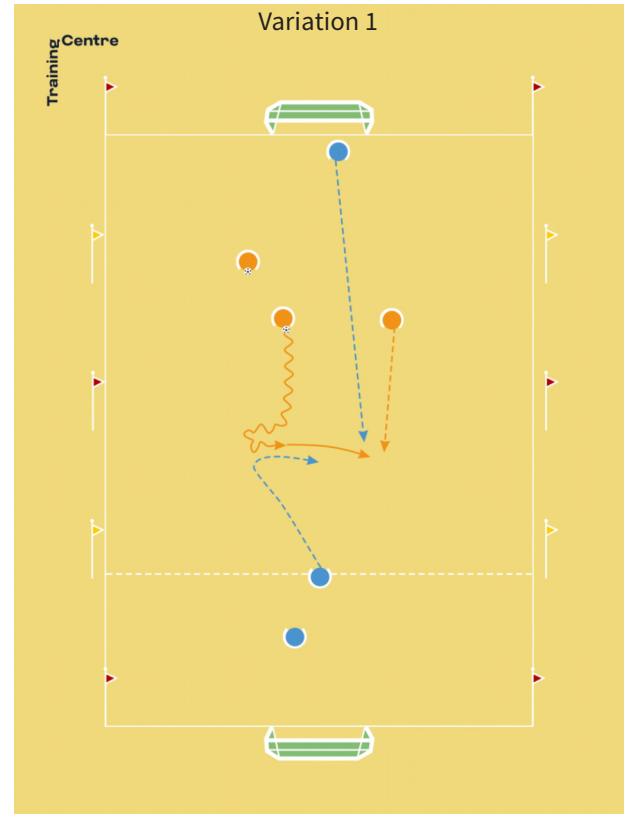
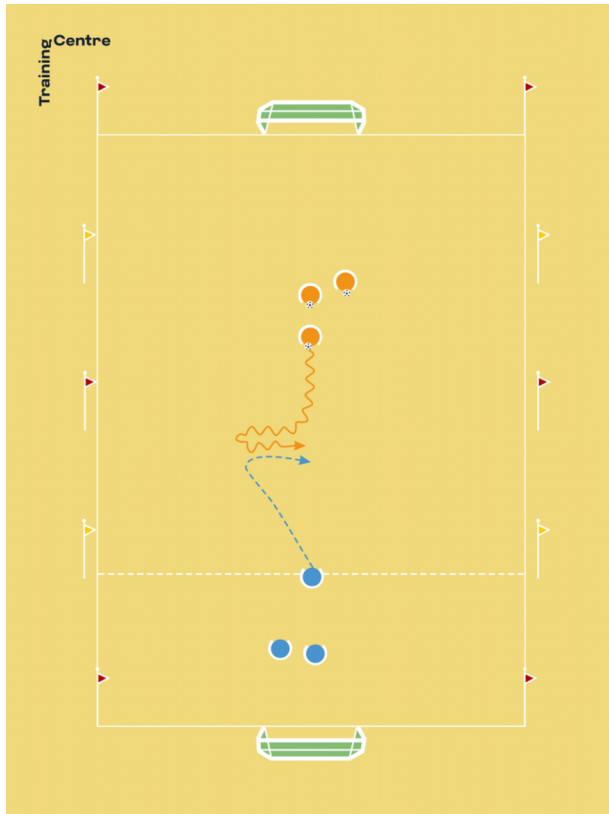


Beach soccer

—●— Delaying an opposition attack



Organisation

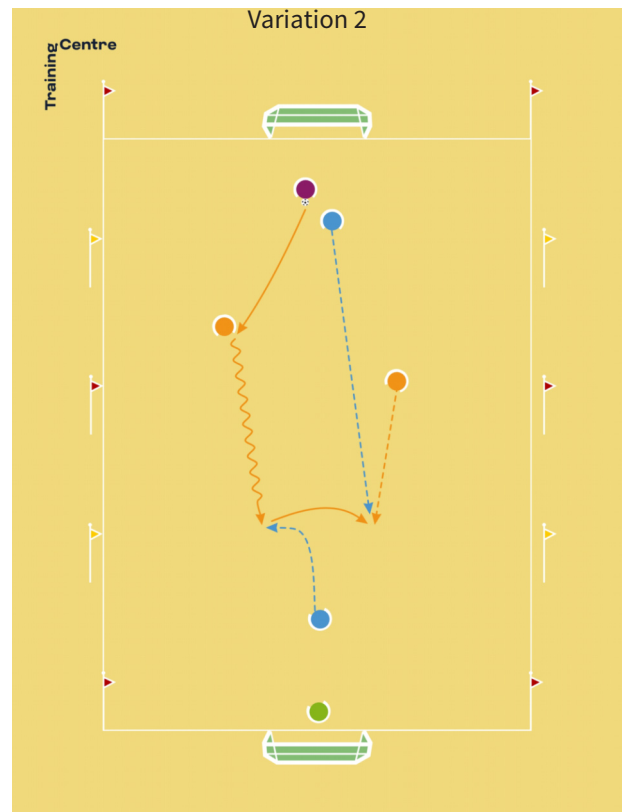
- Use the full pitch and set up 3 stations for the attackers using cones.
- Position 1 station on the right, 1 centrally and 1 on the left for each of the teams. (Watch the video back).
- The exercise begins with the oranges attacking against the blues.

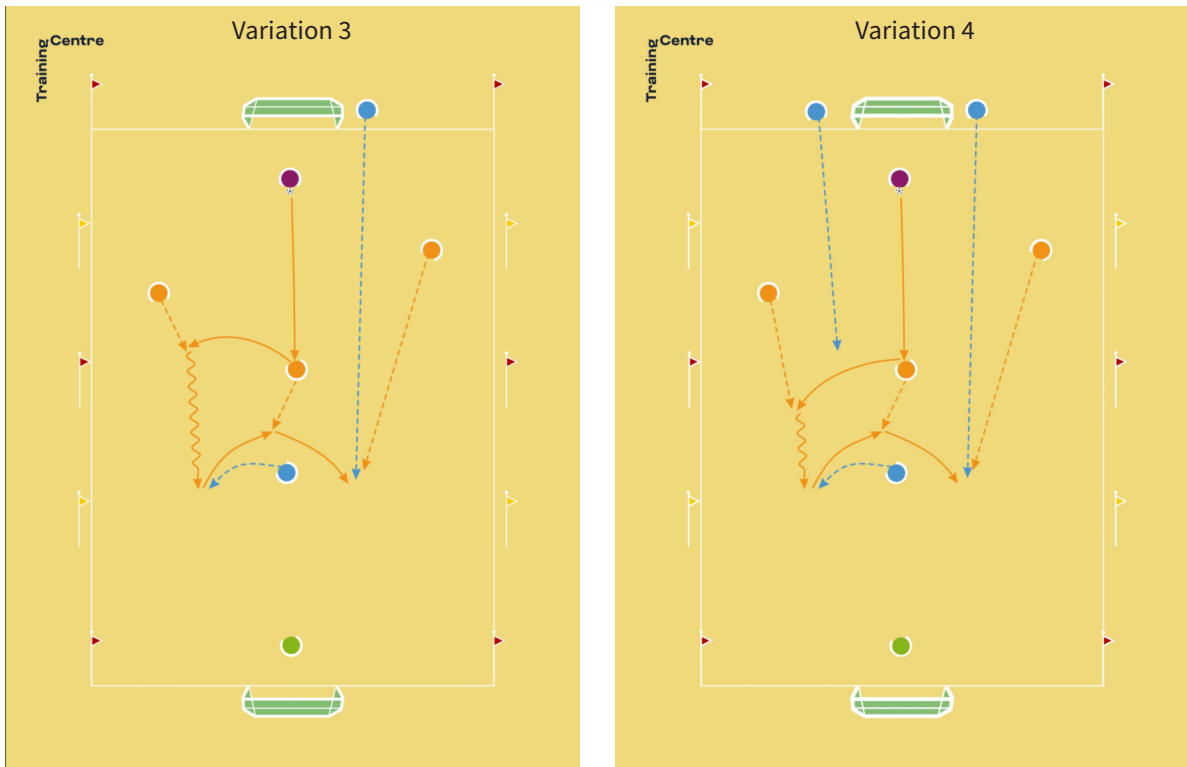
Explanation

- Begin the exercise by setting up 1v1 situations. The attackers take it in turns to try to dribble past the defender in front of them. Attackers may only begin dribbling towards the defender once the defender has moved forward from their starting station.
- The defenders aim to reduce the distance between themselves and their opponent, while slowing their progress up the pitch.
- Introduce the following instructions and variations to progress this defensive exercise.

Variations

- **V1:** Place 2 attacking players in a starting position in the middle of the pitch against 1 defender, who is positioned in front of them. Place an additional defender in the opposite goal and ask them to sprint back to help their team-mate facing a numerical disadvantage, thereby turning the 2v1 situation into a 2v2 scenario in the opposite half. The player facing the numerical disadvantage must try to slow the attacking players' progress as much as possible to allow their team-mate to recover and provide defensive support.
- **V2:** Add 2 goalkeepers, 1 in each goal. One of the defenders begins the exercise behind the goalkeeper – who starts the sequence with a throw-out – and tries to recover their position as quickly as possible to support their team-mate. The sequence begins with a short throw-out from the goalkeeper.
- **V3:** Progress the exercise to a 3v1 situation that becomes a 3v2 once the additional defender, who begins the exercise behind the goalkeeper, has recovered their position. The





aim and priority for the defenders is to defend and protect the central areas of the pitch as much as possible.

- **V4:** The next variation involves an initial 3v1 that becomes a 3v3. In this variation, 2 additional defenders, who again take up a starting position behind the goalkeeper who begins the sequence with a short throw-out, try to recover their defensive position.

Coaching points

- The aim of the exercise is for the defenders to delay the opposition's counter-attack by orienting their body to force their opponent towards the touchline or infield, depending on the situation.
- The defenders should try to reduce the distance between themselves and their opponent as much as possible. The defenders should feint to close the attacker down, delaying the progress of the attack involving a numerical advantage for as long as possible and allowing their team-mates to recover their defensive position.