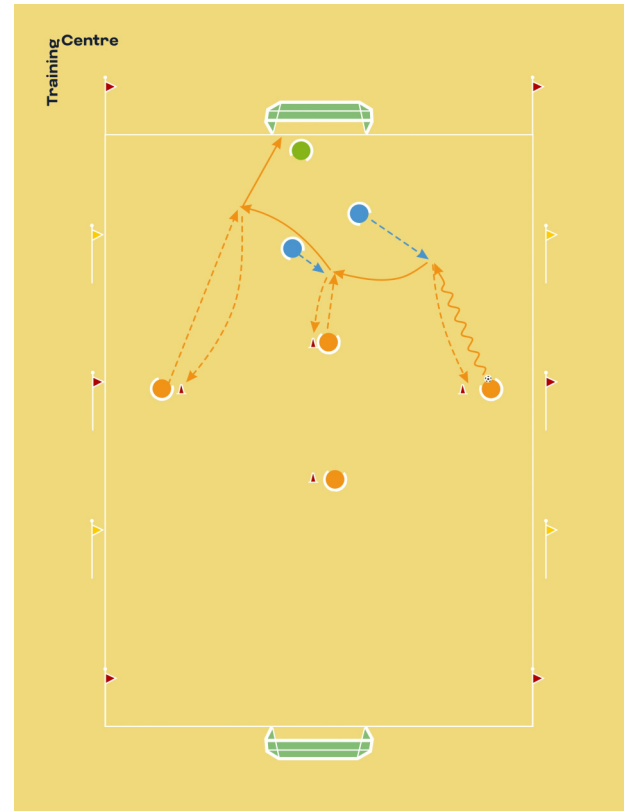
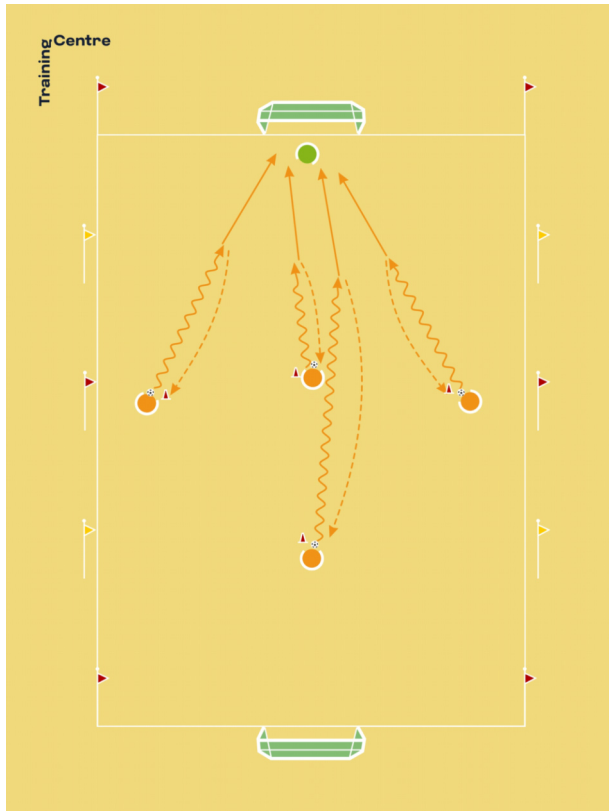


Beach soccer —●— Recovering



Vatiation 1

Organisation

- Organise 1 goalkeeper and 4 outfield players in a 1-2-1 formation. Each player dribbles the ball and has a shot on goal before quickly dropping back into their original defensive position.
- The exercise is initially performed without any opposition to help explain the scenario and work on dropping back into a defensive position.

Explanation

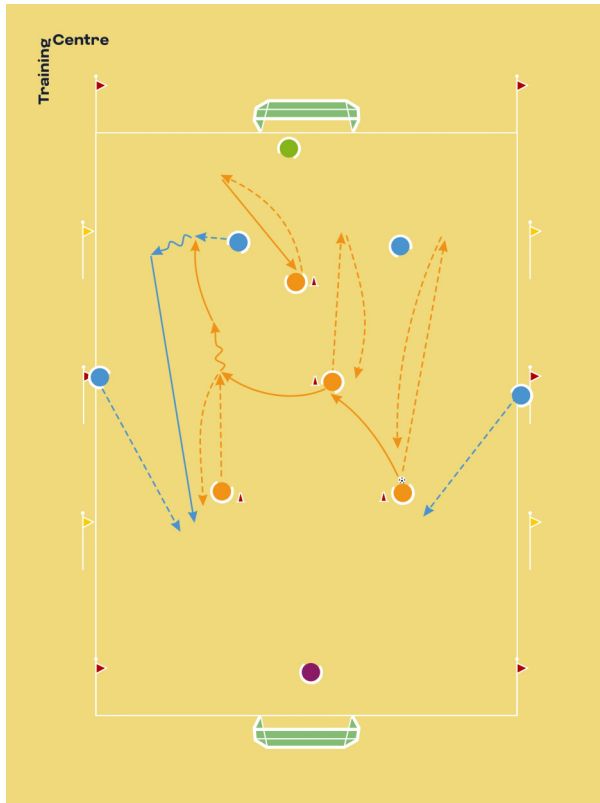
- Each attacking player dribbles the ball and has a shot on goal before quickly dropping into a defensive position.
- This exercise focuses on quick defensive recovery.

Variations

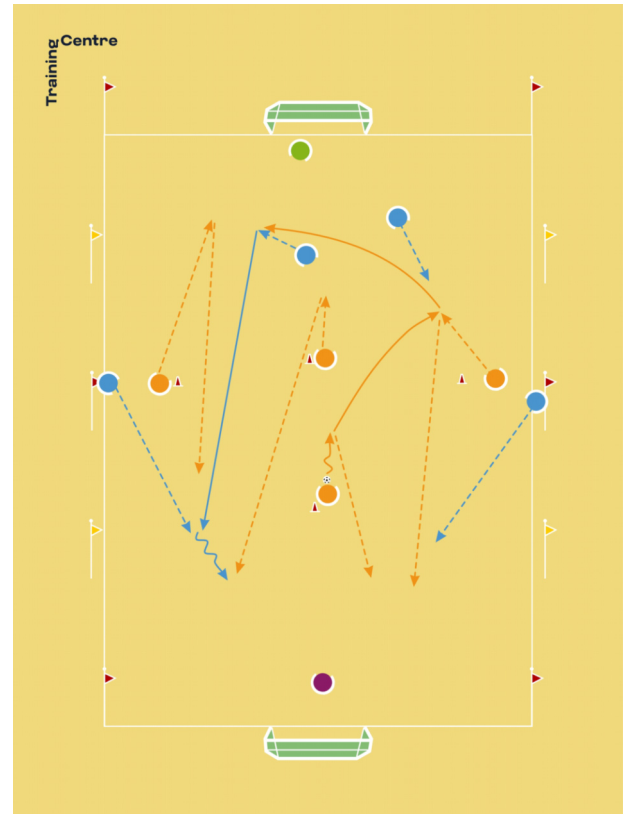
- **V1:** Add 2 defenders. Set up 4 attackers v. 2 defenders (where only 3 attackers can form part of the attacking move). Once the attacking move comes to an end, the attackers must quickly recover their initial positions by dropping back into a 1-2-1 formation (no counter-attack permitted at this stage).
- **V2&3:** Allow the opposition to counter-attack and tell the players to drop back into their nearest defensive position as soon as they lose the ball. 4v4 counter-attack, with two more players being added to the defending team.
- **V4:** Set up the attacking team in a 2-1-1 formation

Coaching points

- Emphasise the idea that players recover their initial defensive positions as quickly as possible after the attacking move comes to an end.
- Communication is also key in this exercise.
- Players must keep their eyes on the ball while recovering their defensive position.



Variation 2&3



Variation 4