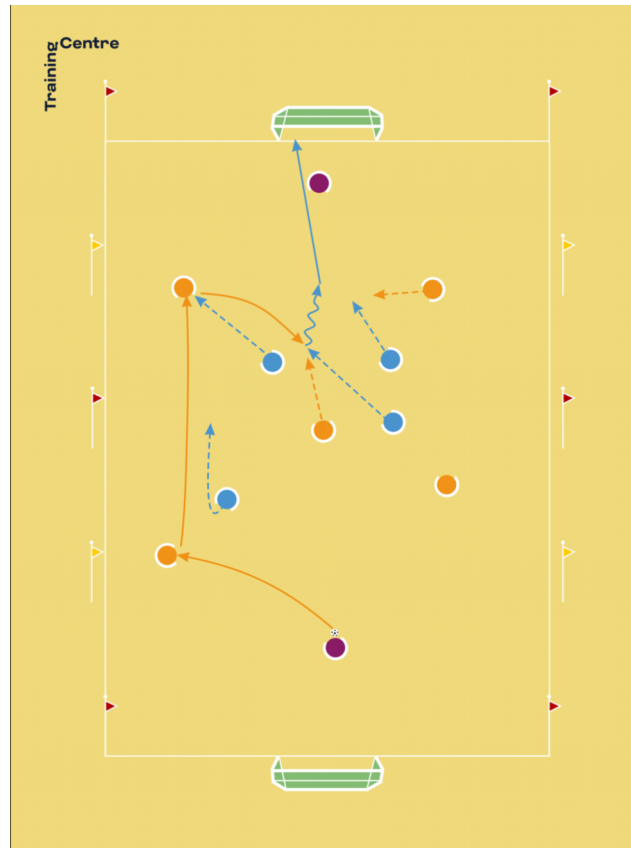


## Beach soccer

### — Defensive work as a group



#### Organisation

- Place a goalkeeper in each goal and set up a team of 5 players in possession (orange) against 4 defenders (blue) to create a 7v4 numerical advantage in favour of the team in possession. Use the full pitch and both goals.

#### Explanation

- The 2 goalkeepers and 5 outfield players (orange) try to keep possession against 4 defenders (blue) in a 7v4 scenario. The 7 players in the team with the numerical advantage aim to keep possession of the ball, while the 4 defenders try to identify the right time to apply the press.
- The principle being practised in this exercise is to press as a compact unit in an attempt to recover possession. Players should defend as a unit and identify the right time to apply the press and recover possession when facing a numerical disadvantage. Anticipation, communication and coordination are key elements in this exercise.
- Once they regain possession, the defending team should try to score as quickly as possible to complete the sequence.

#### Coaching points

- Ask the players about the most ideal in-match situations in which to apply the press.
- An example of an ideal situation in which to press as a unit is when an opposing goalkeeper or outfield player plays a long ball, with the defending team encouraged to press the recipient of the long pass and the team-mates closest to them.