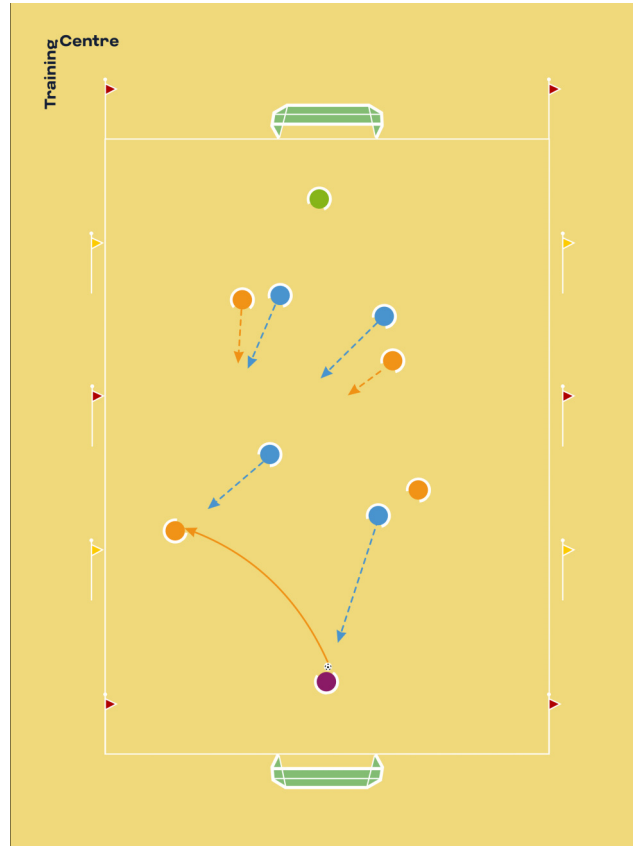


## Beach soccer

### Pressing



#### Organisation

- Use the full pitch and create a 4v4, plus 2 goalkeepers.

#### Explanation

- Ask 1 team (the blues) to press the opposing team (the oranges) across all areas of the pitch. The blues must apply a coordinated press to recover possession.
- The exercise begins with a set-up that simulates a match scenario, with the blues' goalkeeper playing a long restart towards the opposite goalkeeper to simulate a turnover in possession.
- The team in possession then try to score. The defending team look to hinder the attacking team's progress by applying a high press, as they aim to regain possession.

#### Variation

- Switch the roles played by the two teams (the pressing team and the team in possession).

#### Coaching points

- The coach should explain the benefit of counter-pressing and how it can be used in the different phases of the game.
- The defending team should also press the goalkeeper when they are in possession.
- The attacking players should limit the number of touches per player to overcome the opposition's press. Attacking players should look to combine with the player furthest from the press to try to break through this defensive phase.