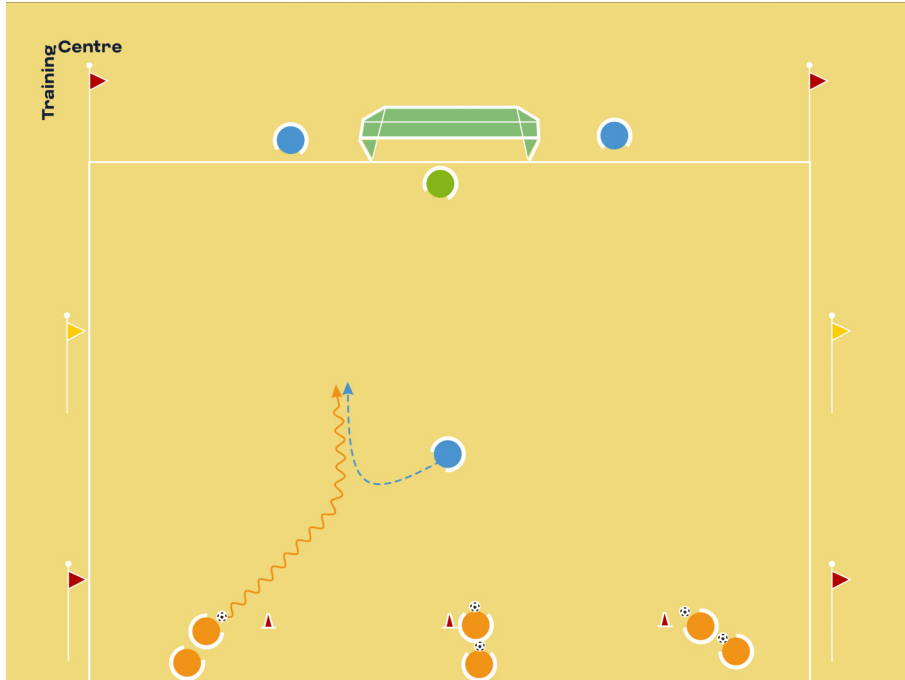


## Beach soccer —•— Shepherding your opponent



### Organisation

- Divide the attackers between 3 stations located on the edge of the penalty area (1 on the right, 1 centrally and 1 on the left) and ask them to dribble the ball towards the opposite goal.
- Set up a station with defenders behind the goal being attacked.
- Mark out an attacking corridor using cones.
- Give each attacker a ball so that the next player is able to attack as soon as the previous player has completed the sequence.
- Create 1v1 situations.

### Explanation

- A defender stationed behind the goal being attacked enters the pitch to defend against an attacker who tries to dribble past them at pace.
- The defender should shepherd the attacker away from goal to prevent the attacker from scoring.

### Coaching points

- Encourage the defenders to adopt the right body orientation to shepherd their opponent towards either flank. The defenders should position themselves at a 45-degree angle to their opponent.
- The defenders should try to keep their back to goal and their opponent in front of them at all times. Players should defend with their back to goal.
- This exercise allows players to work on the timing of their tackles to try to win the ball at the right time.