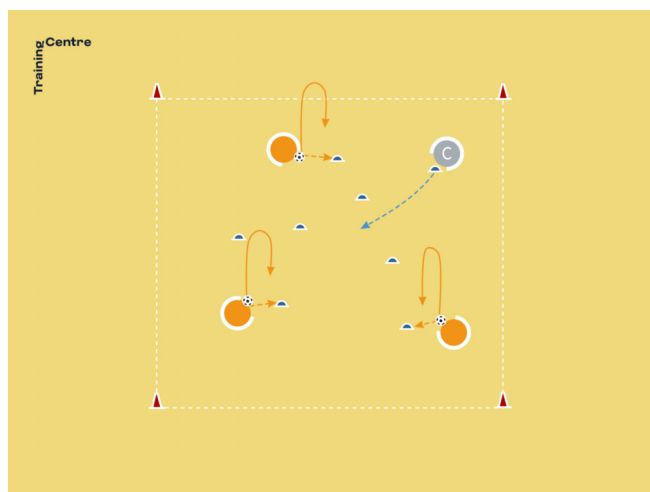
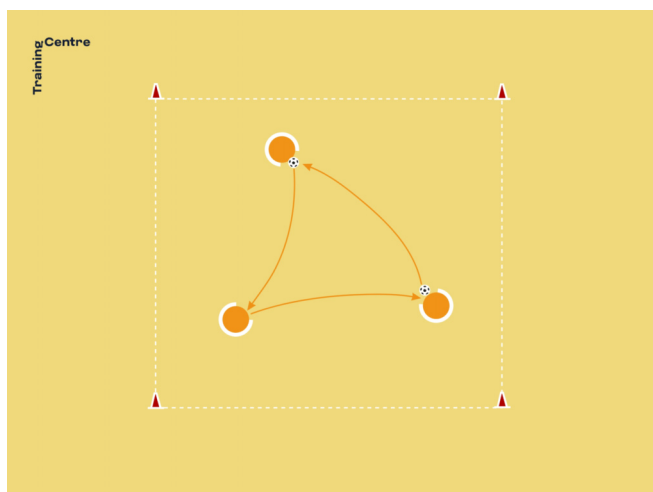


Beach soccer —●— Coordination



Organisation

- The exercise is to be performed simultaneously in several square playing areas, with 3-6 players in each area.

Explanation

- The initial exercise involves the players juggling the ball and playing volleyed passes to each other within the playing area. Perform the exercise with several balls in play, e.g. two balls amongst 3 players.

Competition

- Encourage the players to compete against each other to see who is the best at juggling the ball. Lay down markers on the sand and ask the players to pick them up while keeping the ball in the air. Award the players points for each cone they pick up while keeping the ball in the air. Establish a points system based on the colour of the cones to create a fun and competitive training environment.

Coaching points

- Play an active role in the exercises. Add new rules during the course of the game. Join in with the exercises to help to create a fun and competitive training environment.