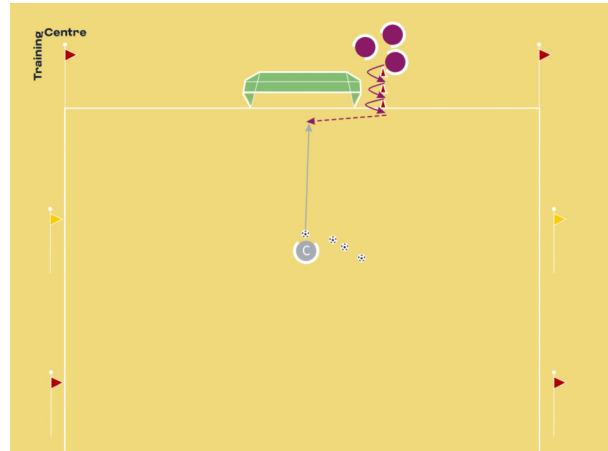
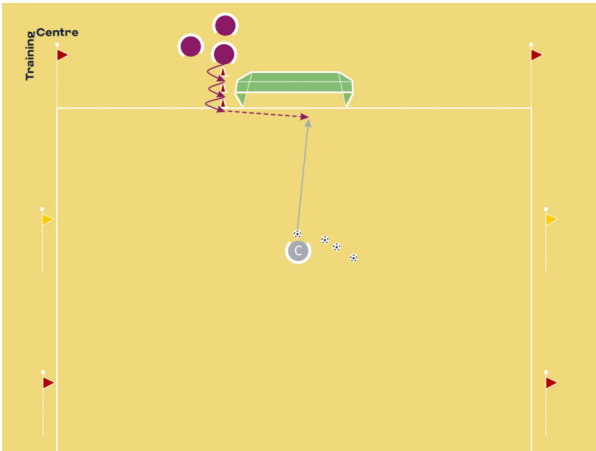


## Beach soccer Explosive strength – goalkeepers



### Organisation

- Place four cones in a row running backwards from the goal line on either side of the goal. Take up a central serving position on the edge of the penalty area or ask one of the goalkeepers to occupy this position.

### Explanation

- The first goalkeeper jumps over each of the four cones. They then take a few steps to get into position and try to save a shot directed towards the far side of the goal.
- The goalkeepers take it in turns to perform the exercise.
- After jumping over each of the four cones, the goalkeeper is tasked with catching or parrying a mid-height shot from the coach/goalkeeper positioned centrally on the edge of the penalty area. The shot is directed towards the far side of the goal from whence the goalkeeper has come, forcing them to react quickly.

### Variations

- **V1:** Vary the side of the goal on which the exercise is performed.
- **V2:** The goalkeepers perform standing knee-to-chest jumps over the cones and are then asked to catch or parry a shot along the sand, before quickly getting back up to deal with a mid-height shot directed towards the far side of the goal.

### Coaching points

- Ask the goalkeepers to take small steps to adjust their position before throwing themselves into the dive.