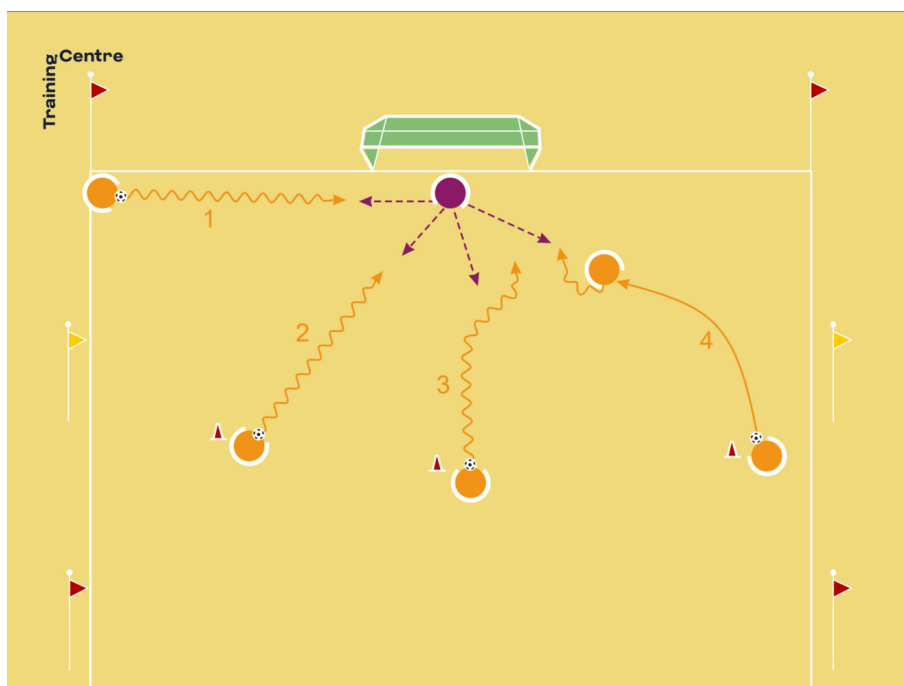


Beach soccer — One-on-one situations



Organisation

- The exercise requires 3 goalkeepers and 2 outfield players.
- Position 1 goalkeeper in the goal.
- Set up 4 stations, with a player positioned at each one with a ball:
 - Station 1: corner area
 - Station 2: left side of the penalty area
 - Station 3: centre of the penalty area
 - Station 4: right side of the penalty area

Explanation

- The players positioned at stations 1, 2 and 3 dribble the ball from their stations towards the goal to draw out the goalkeeper. The player occupying station 4 throws the ball to the chest of the attacker, who is positioned with their back to goal in the penalty area. The attacker may either perform an overhead kick or bring the ball down to the ground before turning to face the goalkeeper in a 1v1 situation.
- The goalkeeper faces 4 attempts at goal in a single sequence. The first three attempts involve players dribbling the ball and the goalkeeper having to decide whether to smother the ball or stay on their feet and set themselves to face a shot. When facing the player from station 4, the goalkeeper should either try to block the overhead kick or smother the ball.
- Rotate the goalkeepers.

Coaching points

- The goalkeepers should close down their opponent, reduce the size of their steps and lower their centre of gravity to smother the ball or set themselves to face a shot.
- The exercise works on three key areas: mental, technical and tactical.