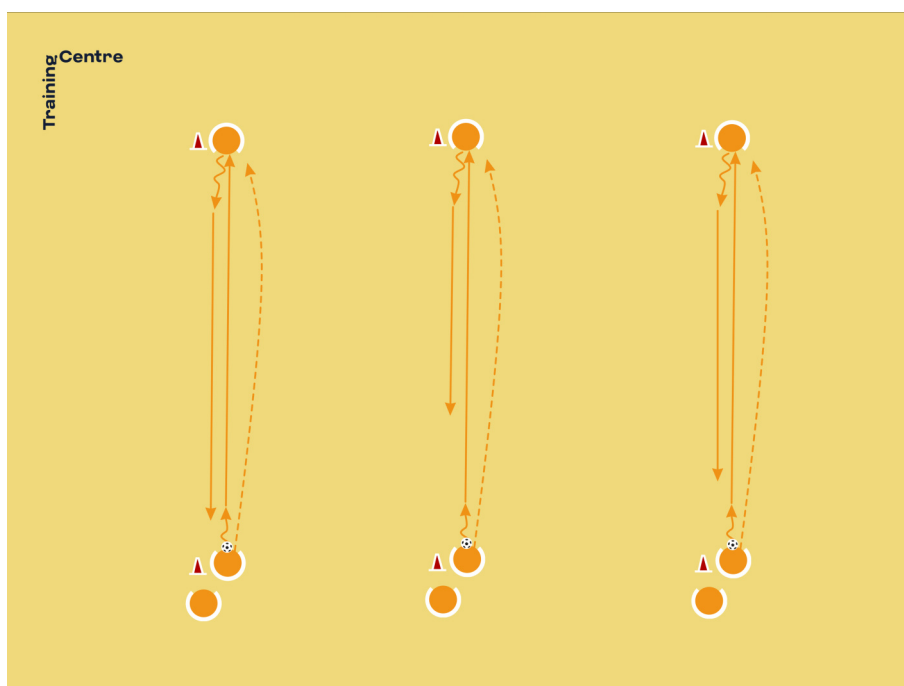


## Beach soccer —●— Passing



### Organisation

- Set up a series of 10-metre lanes by using markers.
- Position 3 players at each lane, 2 at the starting point and 1 at the opposite marker.
- Give the players a ball at the starting point of each lane.

### Explanation

- The players dribble 2-3 metres, play a pass in the air while the ball is moving to the player stationed at the opposite marker, then follow their pass.

### Variations

- Carry out the same exercise, but this time the players stop the ball before playing a scooped pass.
- Carry out the same exercise, but this time the players stop the ball, flick it up off the sand and hit a volleyed pass.
- The players must then perform the move in 3 touches: control the received pass, flick the ball up off the sand and play a volleyed pass.

### Coaching points

- Passes should ideally land at the feet of the recipient, giving them the best possible chance to control the ball without any deceptive bounces.
- When playing passes while the ball is moving, players should take care to ensure that the ball is not in a depression in the sand.