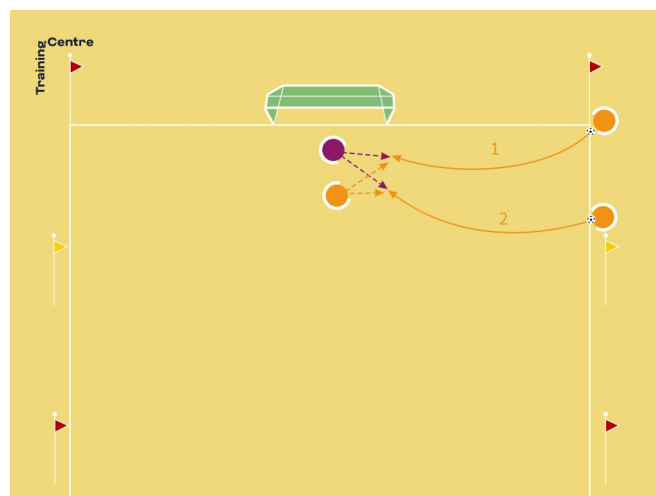
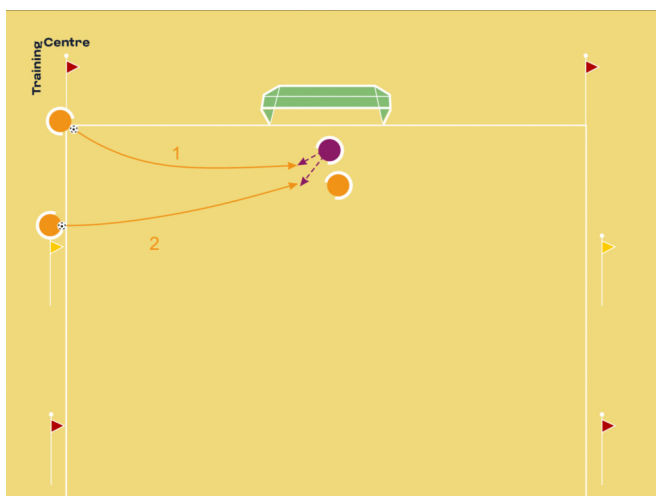


## Beach soccer

### — Aerial play and punching clearance



#### Organisation

- The exercise requires 3 goalkeepers and an attacker.
- Set up two stations with balls: one in the corner area and one on the touchline.
- Use a full-size pitch with 2 goals.

#### Explanation

- To start with, the exercise is performed with 1 goal. The goalkeeper is asked to catch the balls, which are delivered from the corner area and then the touchline.
- To begin with, the attacker positioned in the penalty area remains passive.
- Rotate the goalkeepers.

#### Variations

- Deliver the balls from the other side of the pitch and ask the attacker to hinder the goalkeeper. Depending on the situation, the goalkeeper may choose to either catch or punch the ball.
- Add a third station: position a goalkeeper in the second goal and ask them to play a long throw-out. Once again, the goalkeeper may choose to either catch or punch the ball.

#### Coaching points

- Ask the goalkeeper to call when coming out to catch or punch the ball.
- Where necessary, the goalkeeper should adjust their positioning by taking small crossover steps, while keeping their eyes on the ball.
- The goalkeeper should read the situation to decide whether they should come out or stay put. If the delivery is too short, the goalkeeper should stay on their line to protect their goal.
- Depending on the situation, the goalkeeper may choose to either catch or punch the ball. If they opt for the latter, they should try to punch the ball towards a team-mate.

