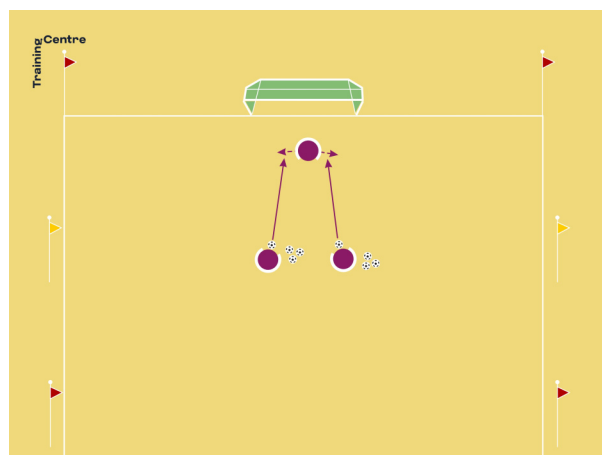
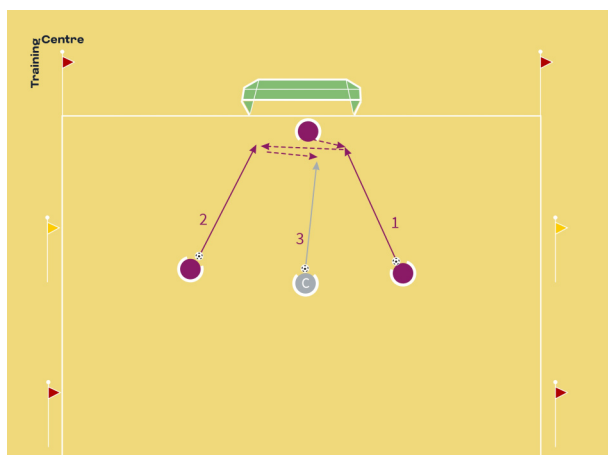


## Beach soccer — Defensive anticipation



Variation I

### Organisation

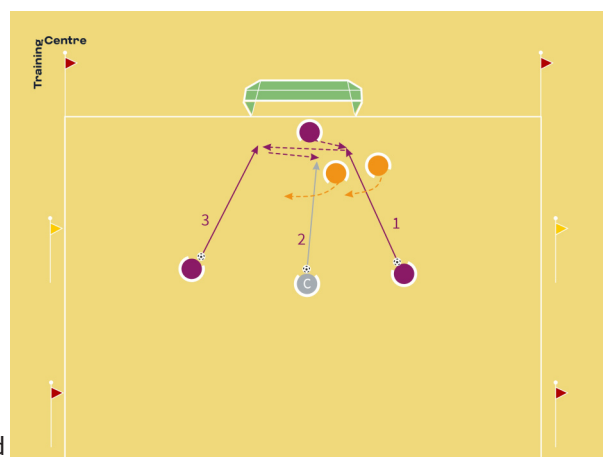
- The exercise requires 3 goalkeepers, a coach who participates in the exercise and 2 attackers (to be added during the exercise).
- Set up 3 stations with balls on the edge of the penalty area (left, centre and right).

### Explanation

- The players positioned at the stations take it in turns to take volleyed shots that bounce directly in front of the goalkeeper, allowing the goalkeeper to practise reflex saves and anticipate deceptive bounces. Shots are taken in turn from the three stations.
- The goalkeeper either catches the ball or parries it before gathering it in.
- Rotate the goalkeepers.

### Variations

- Work on catching the ball at mid-height. Depending on the situation, the goalkeeper either catches the ball open-handed or between their hands, forearms and chest.
- Work on catching the ball in the air (at head height).
- Work on reflex saves from shots taken in central areas and at close range that bounce in front of the goalkeeper. Perform the exercise using 2 shooting stations.
- Revert to the initial set-up (3 stations) and add 2 attackers, who are placed in front of the goalkeeper and are asked to distract them without touching the ball. This recreates a scenario that may be encountered in a match.



Variation II

### Coaching points

- Maintain a low centre of gravity to be able to react and readjust at any time.
- Anticipate deceptive bounces off the sand.
- Choose the most appropriate action, depending on the situation.
- Be on their toes when the shot is taken.