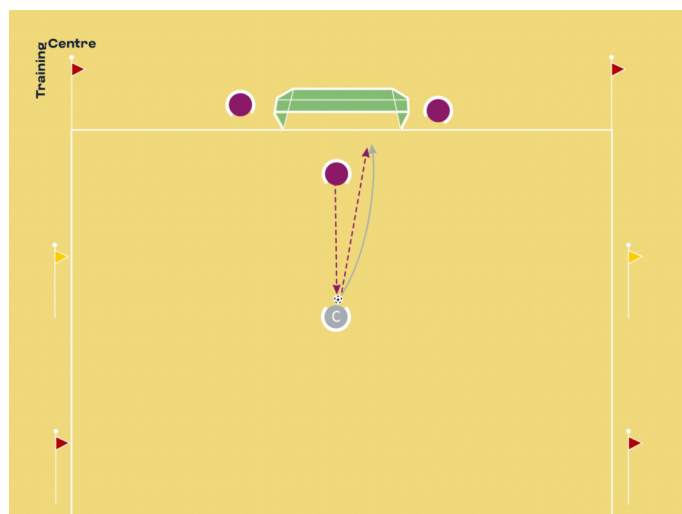
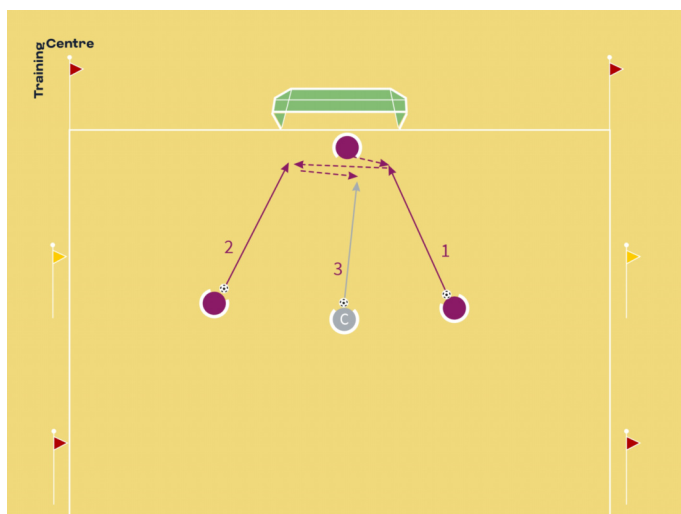


Beach soccer —●— Diving, catching and reflex



Organisation

- The exercise requires 3 goalkeepers and a coach who participates in the exercise.
- Set up 3 stations with balls on the edge of the penalty area (left, centre and right).
- The exercise is performed using 1 goal.

Explanation

- Position 1 goalkeeper in the goal and the other 2 goalkeepers and the coach at one station each with balls.
- The players take shots off the sand in the following order: right (near-post shot), left (near-post shot) and centre (the player decides).
- Vary the height of the shots (along the ground, then at mid-height, then high).
- Within the same sequence, players have the option to vary between a shot along the ground, at mid-height and high.
- Rotate the goalkeepers.

Variations

- Work on diving backwards. Position a goalkeeper in the goal. The coach takes up a central position with a ball in their hands. The goalkeeper runs out of their goal and taps the ball being held by the coach, before retreating towards their goal to deal with the coach's lobbed throw. The sequence is performed twice in a row, once on the right and then on the left.

Coaching points

- Adjust positioning and work on catching.
- Read the play and the attackers' intentions.
- Avoid committing too early, stay on the feet for as long as possible and always keep eyes on the ball.