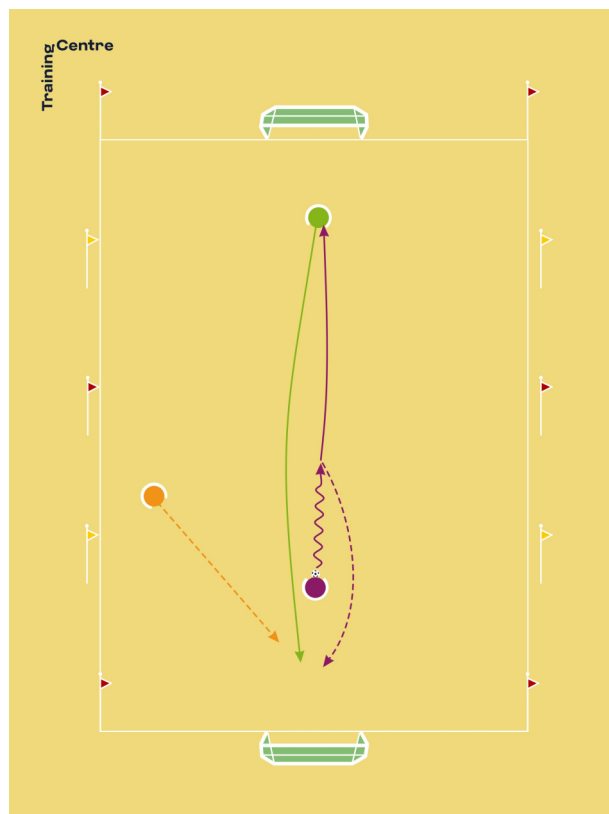
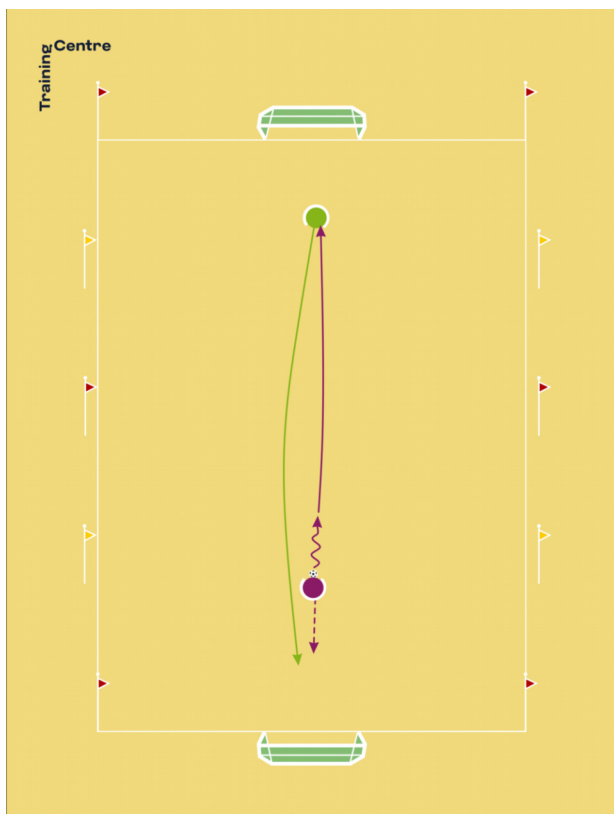


Beach soccer

—●— Dropping back



Organisation

- The exercise requires 2 goalkeepers and 2 outfield players (to be added during the exercise).
- Use a full-size pitch with 2 goals.

Explanation

- The goalkeeper who begins the exercise flicks the ball off the sand and progresses up the pitch by juggling it, before shooting towards the goalkeeper in the opposing goal, who recovers the ball and places it quickly on the sand, before attempting to score with a first-time lobbed shot.
- The goalkeeper who starts the exercise has to retreat to their goal as quickly as possible to divert the ball and avoid being lobbed.

Variations

- Add an attacking player, who becomes an option in the counter-attacking move. The goalkeeper who started the exercise should anticipate the lob or the goalkeeper's throw-out to the attacker.
- Add a second attacker to give the goalkeeper another option and work both left and right sides.

Coaching points

- The goalkeeper should take small crossover steps when retreating, while keeping their eyes on the ball.
- Emphasise the importance of timing when retreating.