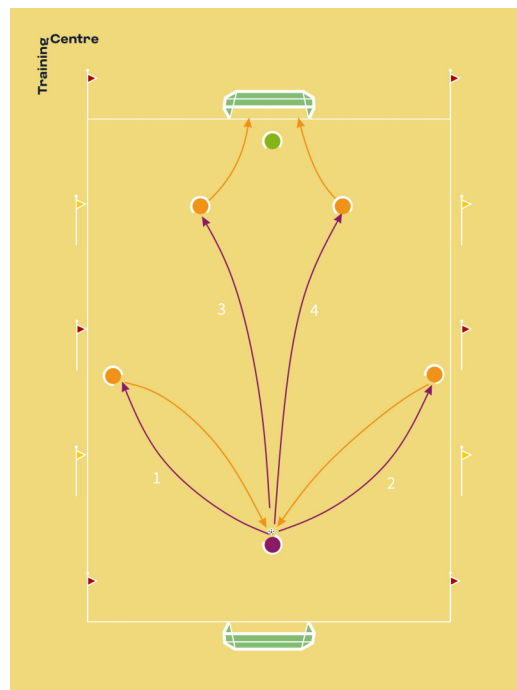
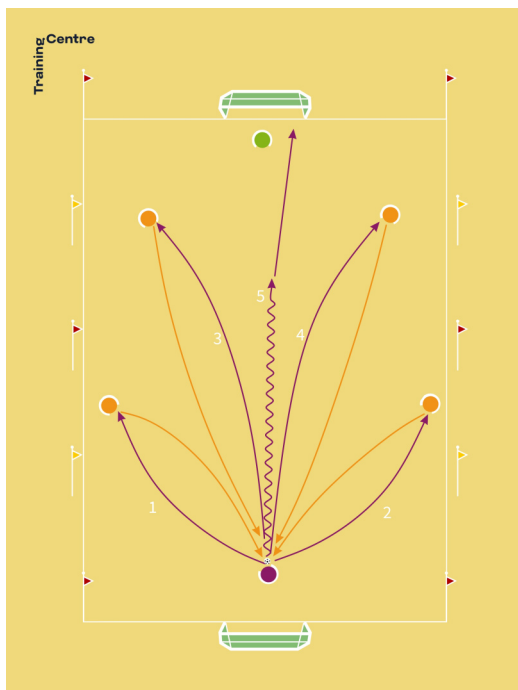


Beach soccer

—●— Playing with the feet



Organisation

- The exercise requires 2 goalkeepers and 4 outfield players.
- Set up 2 stations with balls in 1 half of the pitch (stations 1 and 2).
- Use a full-size pitch with 2 goals.

Explanation

- Position a goalkeeper and 2 outfield players in each half.
- The goalkeeper performing the exercise exchanges passes with each of their team-mates. The goalkeeper controls the ball, bringing it down to the ground, before lifting it off the sand to play the pass.
- The exercise involves the following sequence: short pass to the left and then to the right; long pass to the left and then to the right; and a shot from distance towards the opposing goal.
- Before taking the shot from distance, the goalkeeper advances a few metres while juggling the ball.

Variations

- After playing the 2 short passes into their team-mates' feet, the goalkeeper plays a pass to the chest of the players positioned at stations 3 and 4 to allow them to complete the sequence with an overhead kick or scissors kick.
- The goalkeeper must play the ball to their team-mates' chest when playing both long and short passes.

Coaching points

- Practise and improve the goalkeepers' ability to play with their feet when playing different passes (short, long, to feet and in the air).