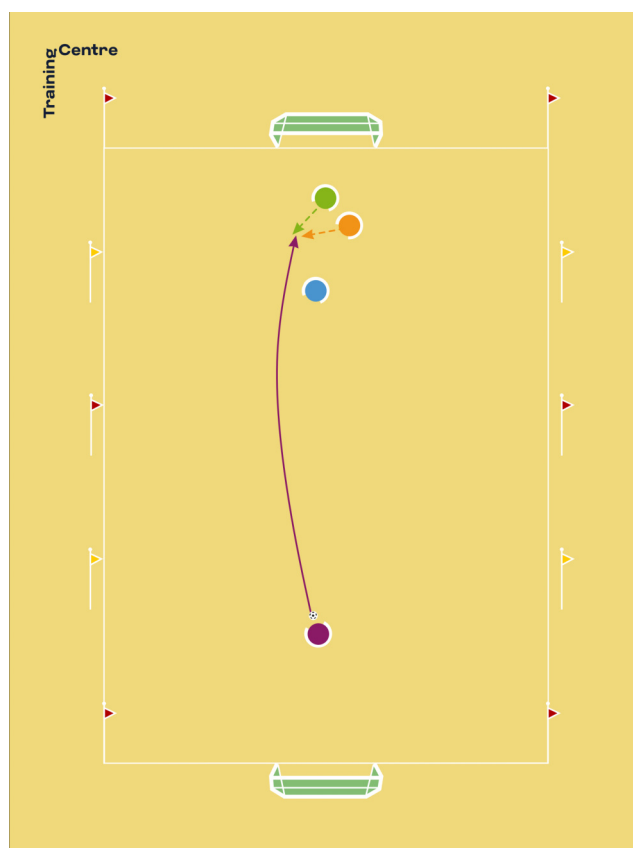


Beach soccer

—●— Positional marking



Organisation

- This exercise requires 2 goalkeepers, 1 attacker and 1 defender.
- The exercise is performed with 1 ball in play.
- Use a full-size pitch with 2 goals.

Explanation

- Position a goalkeeper in each goal. Position an attacker and a defender in one of the 2 penalty areas, placing the defender on the ball side of the attacker.
- One of the goalkeepers plays a long throw-out towards the attacker positioned in the opposing penalty area.
- The other goalkeeper has to read the trajectory of the ball, come out to mark the attacker and anticipate the situation in order to intercept the ball.
- The defender may only enter the penalty area once the ball has been played, which means that the goalkeeper has to read the play and come out of their goal to mark the unmarked attacker.
- Alternate the side on which the exercise is performed (left and right).
- Rotate the goalkeepers.

Coaching points

- 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.
- Work on the goalkeeper's ability to mark off the ball.