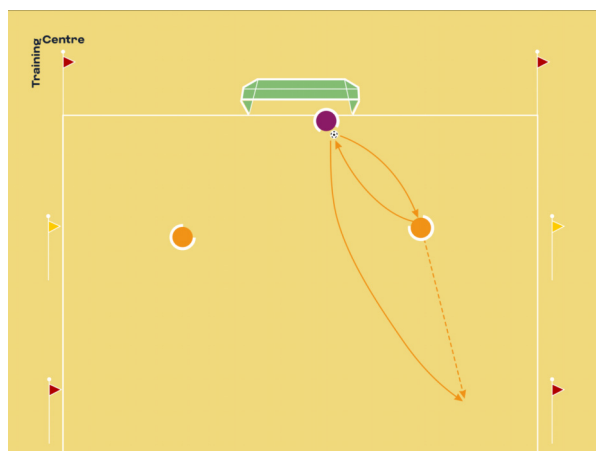
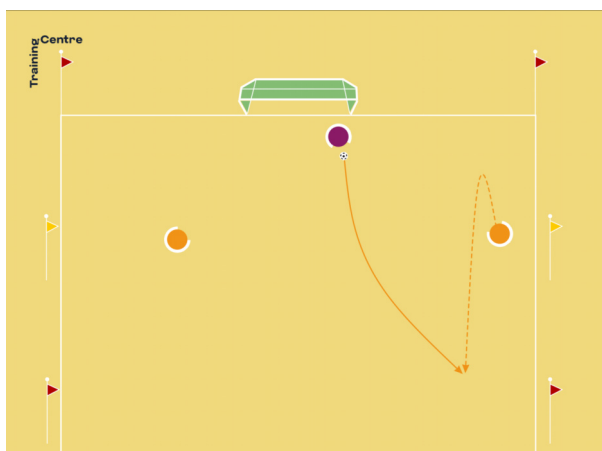


Beach soccer

Short and long throw-outs



Organisation

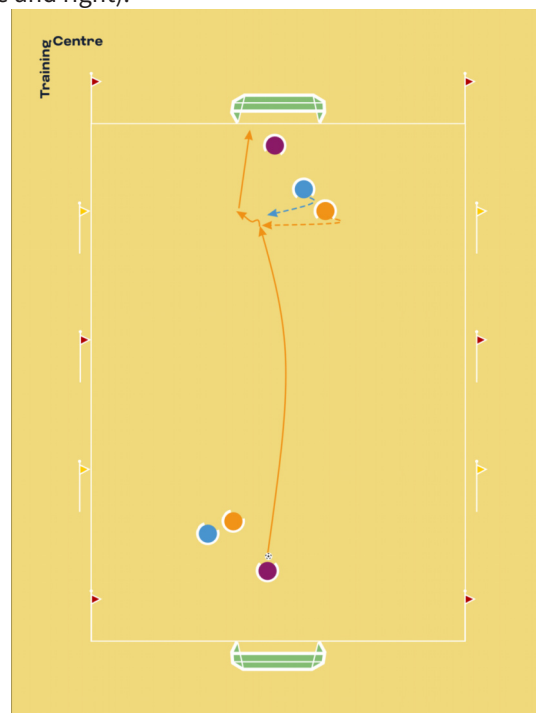
- The exercise requires 3 goalkeepers and 4 outfield players (to be added during the exercise).
- Set up a station with balls.
- Use a full-size pitch with 2 goals.

Explanation

- A goalkeeper is positioned in 1 of the goals, while the other 2 goalkeepers are deployed as defenders.
- The goalkeeper plays short throw-outs (underarm throw) to the defenders, who must control the ball before playing a return pass using their feet.
- The defenders move across the width of the pitch (left, centre and right).
- The goalkeeper varies the height of the throw-outs played to the defenders (to the feet, thigh and then chest).
- Rotate the goalkeepers.

Variations

- The goalkeeper plays a short throw-out to the feet of the defender, who showed for the ball. The defender plays the ball back to the goalkeeper's hands, and the goalkeeper then throws it into the path of the same defender, who has made a forward run.
- The second variation is identical to the first one, but one of the goalkeepers deployed as a defender is asked to press the goalkeeper on the second throw-out.
- Add an outfield player. The goalkeeper plays long throw-outs (overhead and underarm) to pick out their three team-mates in turn (left, centre and right).
- Position an attacker and a defender in each half and a goalkeeper in each goal. The goalkeeper is awarded 1 point every time their throw-out finds the attacker directly and a further 3 points if the attacker goes on to score after having been picked out by the goalkeeper's throw-out. Keep a tally of the score. The game is played for 1 minute.



Coaching points

- Improve the accuracy of throw-outs and practise short and long restarts.
- Emphasise the importance of the quality and timing of the throw-out.
- Read the play and team-mates' calls to receive the ball.
- Choose the most suitable throw-out depending on the situation.