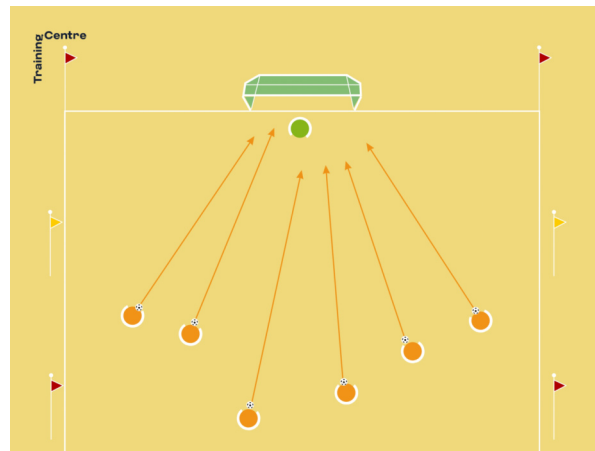


Beach soccer Free-kick



Organisation

- Set up free-kick stations in different positions around the pitch.
- The exercise is performed using one goal, which is defended by a goalkeeper. Rotate the goalkeepers.

Explanation

- The players take it in turns to take free kicks based on their position on the pitch.
- Start the exercise with free kicks taken by players situated closest to goal and finish with those furthest from goal.
- Create a competition between the outfield players and the goalkeepers.

Coaching points

- Ask the players to vary the height of their free kicks (along the sand to create deceptive rebounds that are difficult for goalkeepers to deal with, mid-height and high).
- Ask the players to vary their free-kick positions to simulate match scenarios.