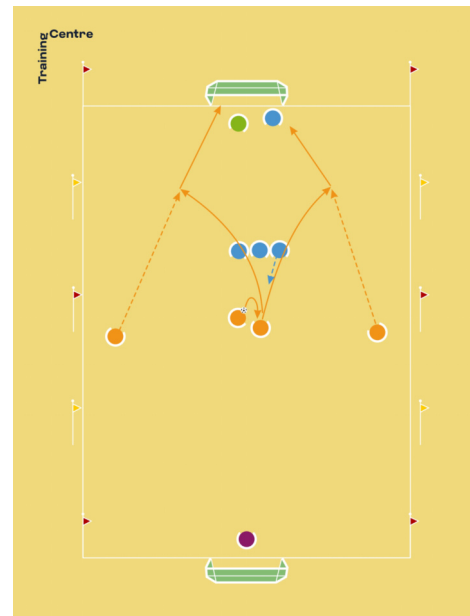
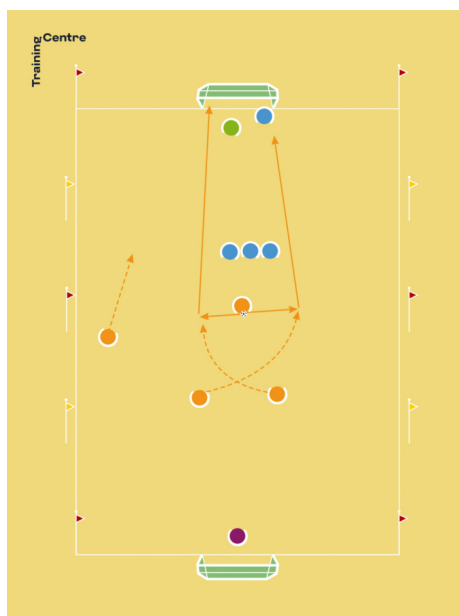
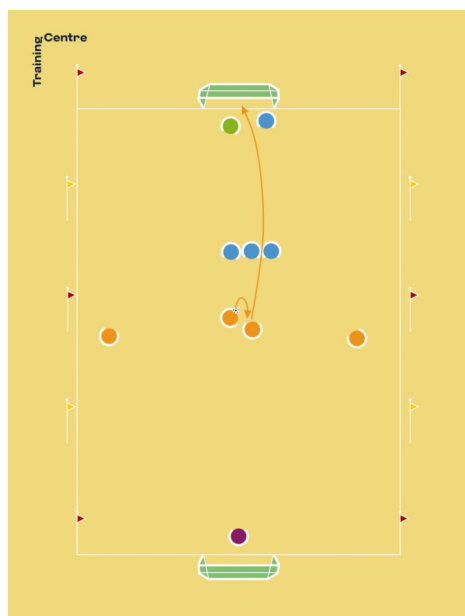


## Beach soccer

### Kick-off



#### Organisation

- Set up a 5v5 scenario, with one team taking the kick-off and the other team defending it.

#### Explanation

- The exercise always starts from one of the two goalkeepers and aims to work on building attacks in the specific formation set by the coach. Here, Schirinzi starts with a 1-3-1 formation (attacking team).
- The coach asks the out-of-possession team to defend passively to allow the in-possession team to grasp all aspects of the formation and work on different passing combinations.

#### Variations

- V°1: The kick-off taker flicks the ball off the sand to their team-mate, who takes a first-time, volleyed shot on goal.
- V°2: Aerial passing combination that culminates in one of the two wide players taking a volleyed shot on goal.
- V°3: Aerial passing combination that culminates in one of the two wide players performing a bicycle-kick finish.
- V°4: Allow the defenders to defend actively and apply a press, simulating a match scenario.

#### Coaching points

- Develop different kick-off variations.
- Ask the attacking players to adapt their approach according to the press being applied by the opposition.

