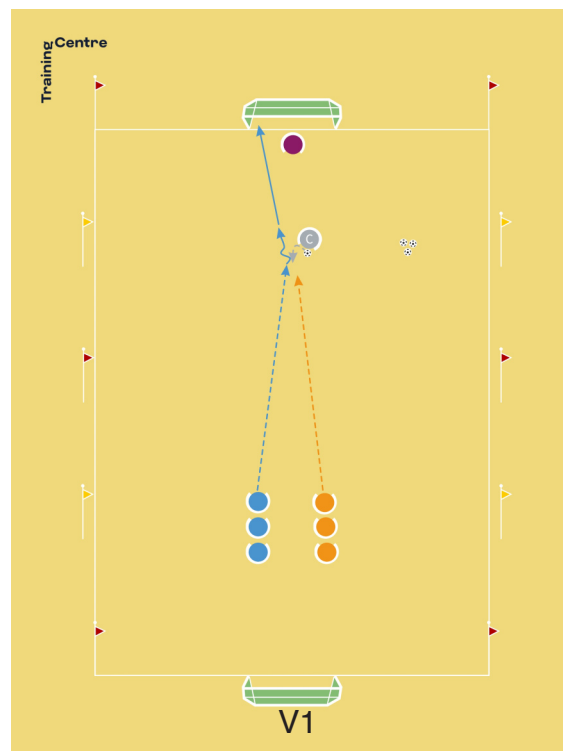
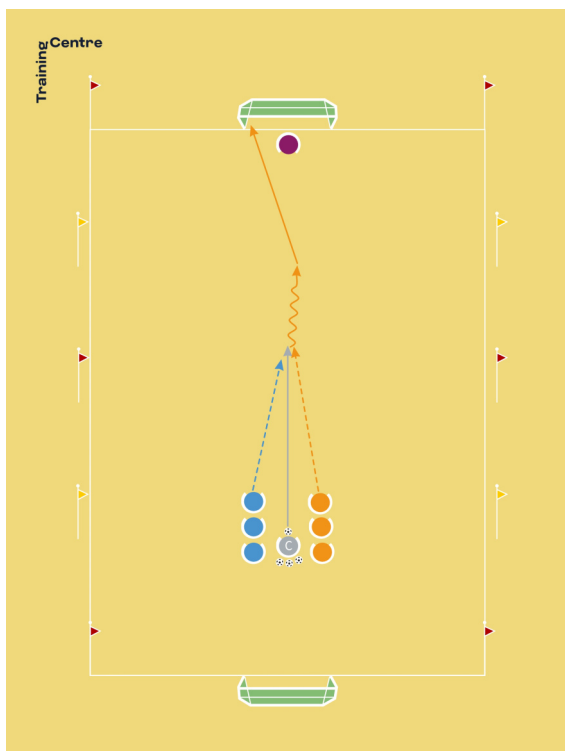


Beach soccer

Speed

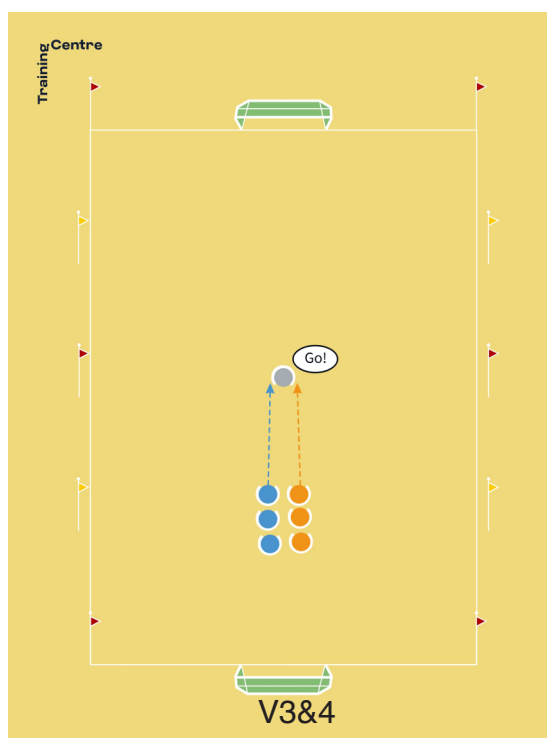
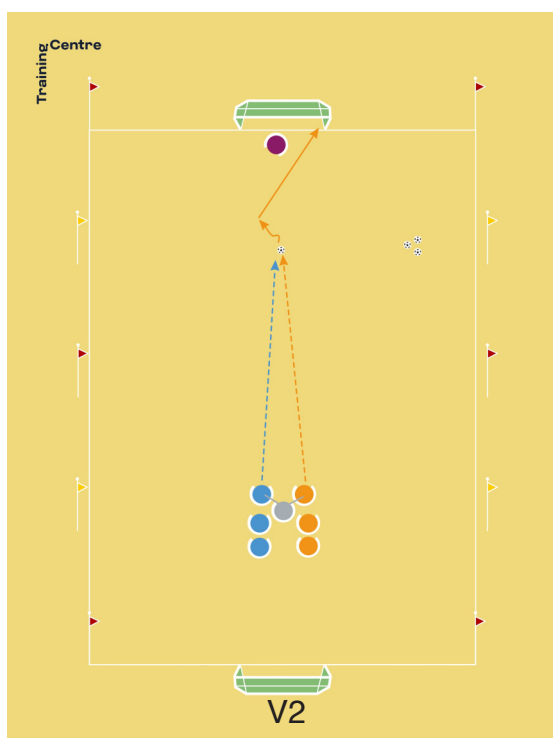


Organisation

- Create two teams. Set the two teams up in parallel rows, and place a goalkeeper in the opposing goal.

Explanation

- The coach takes up a position directly behind the two rows of players and throws a ball along the sand between them.
- The first player in each team races to reach the ball first. The player to reach the ball first takes it on to set up a one-on-one against the goalkeeper. –
- Schirinzi delivers a series of exercises that work on speed and reaction times. As soon as the first player to reach the ball has touched it, the second player becomes inactive.
- Create a competition between the two teams.



Variations

- V1: The coach takes up a position in front of the players. As soon as the coach drops the ball to the sand, the two players sprint to reach the ball first.
- V2: Vary the start signal. For example, by tapping players on the back or making a specific sound, etc.
- V3: The players start flat on their stomach and race to tap the coach's hand. This variation does not involve a finishing element.
- V4: The players start in a seated position with their back to the coach and race to tap their hand. This variation does not involve a finishing element.