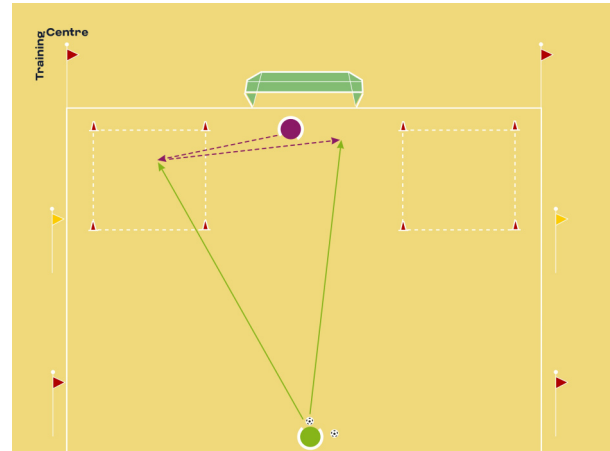
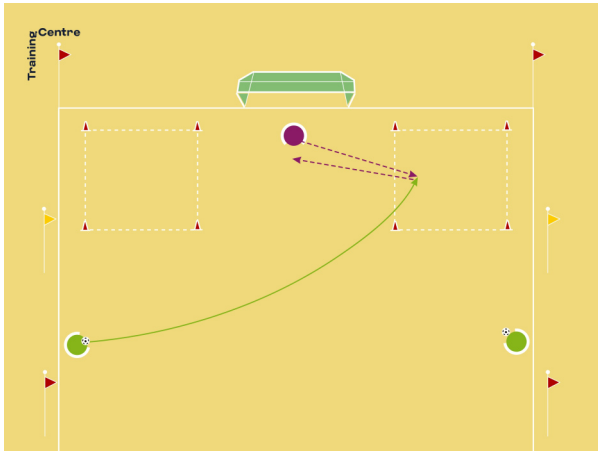


Beach soccer —●— Speed – goalkeepers



Organisation

- Place one of the goalkeepers in goal and a goalkeeper with a ball on each flank (between the imaginary halfway line and the penalty area). Set up a square zone on either side of the penalty area.

Explanation

- The “server” goalkeepers take it in turns to play an aerial ball towards the square zone on the opposite side of the penalty area.
- The goalkeeper has to try to catch or divert the ball before it touches the sand in the square zone. Each goalkeeper performs the sequence four times.

Variations

- Set up a station in a central area in the opposite half of the pitch. This variation involves a two-ball sequence (delivered one after the other). For the first ball, a “server” goalkeeper plays an underarm throw towards one of the two square zones. For the second ball, the “server” goalkeeper throws the ball towards goal. After dealing with the first ball, the goalkeeper has to quickly get back into position to catch or parry the second ball.

Coaching points

- Ask the goalkeepers to move at very high intensity.
- The goalkeepers must show good energy when getting back into position after each intervention.