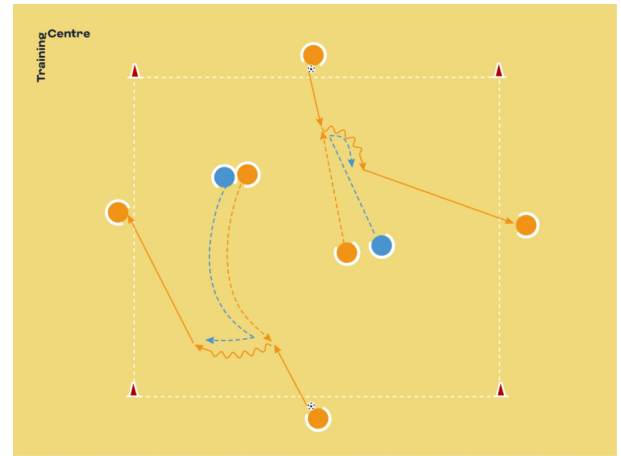
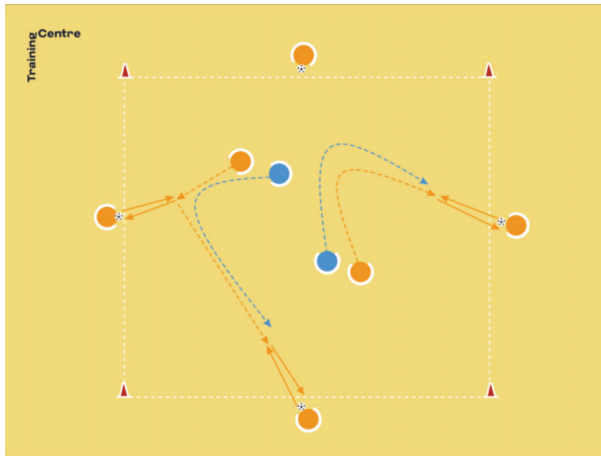


## Beach soccer —●— Man-marking



Variation 2

### Organisation

- Set up a rectangular playing area using cones.
- Organise a 2v2 inside the playing area with 1 player on each side of the rectangle.

### Explanation

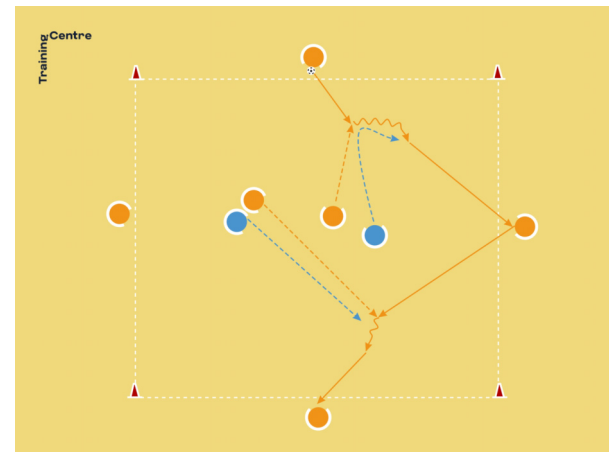
- 2 balls may be in play at any time.
- The 4 supporting players around the outside of the playing area feed the ball to their team-mates inside the area, who then have the option of playing the ball back to any of those same 4 players.
- Initially, the players feeding the ball throw the ball up for their team-mates.

### Variations

- **V1:** The supporting players now play the ball off the ground using their feet.
- **V2:** Players can no longer play the ball back to the same player from whom they received it. 2 balls must always be in play.
- **V3:** Only 1 ball in play.

### Coaching points

- The defenders must close the space between themselves and the players inside the playing area while anticipating the passes from those positioned around the outside.
- Meanwhile, the attackers should work on losing their marker.



Variation 3