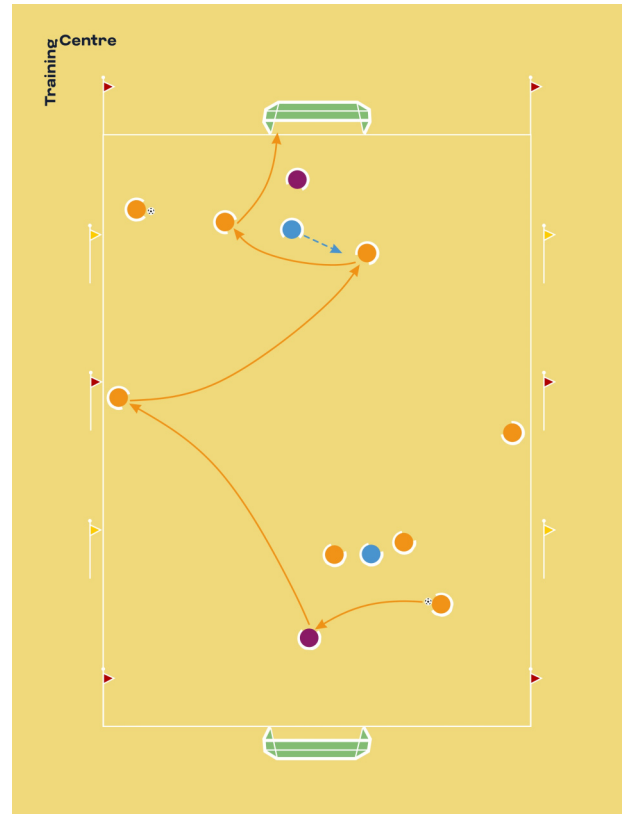
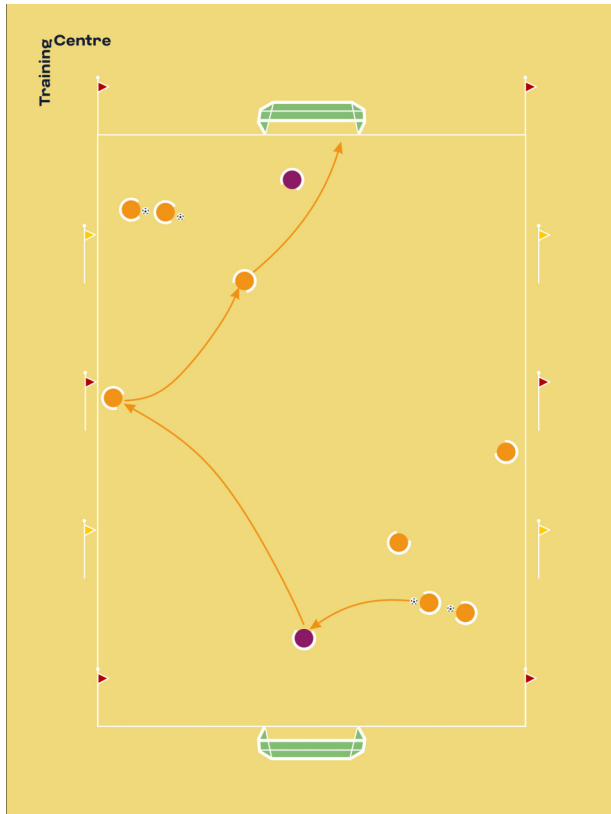


Beach soccer

—●— Pass to attacker by a team-mate



Organisation

- This exercise requires 10 outfield players and 2 goalkeepers.
- Use the full pitch and both goals.
- Set up 2 ball stations, one close to each goal.
- Place a goalkeeper in each goal, 3 players at each ball station, an attacker in each penalty area and a player at each end of the imaginary halfway line (as per the graphic).

Explanation

- The player at the ball station plays a backpass to their goalkeeper. The goalkeeper plays a long throw-out to the player on the far side of the pitch at the end of the imaginary halfway line, who controls the ball and plays it to the attacker, who attempts to finish.
- The goalkeepers at either end of the pitch take it in turns to play the throw-out to alternate the direction of the attacking sequence.

Variation

- Set up a scenario with 2 attackers v. 1 defender in each penalty area. The attackers should try to score, while the defenders should try to break up the move or intercept the passes.