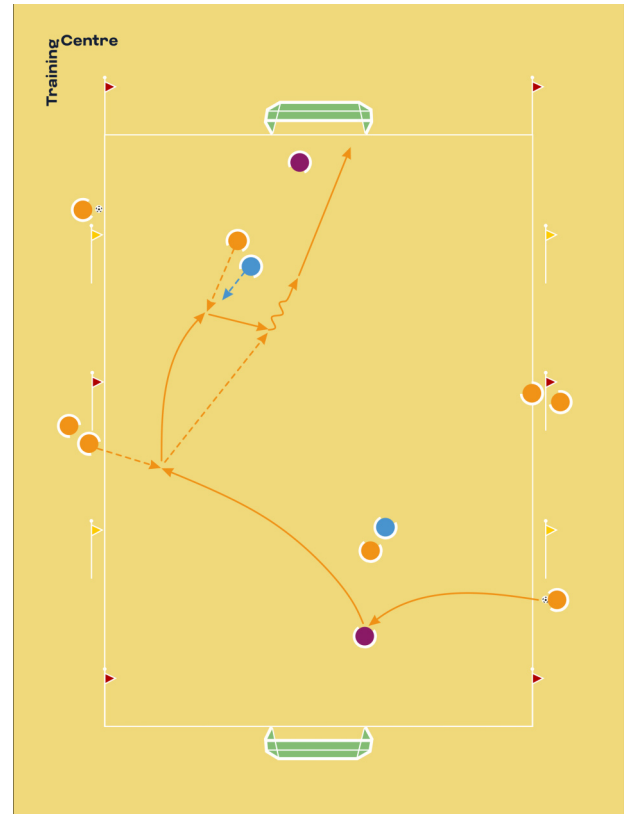
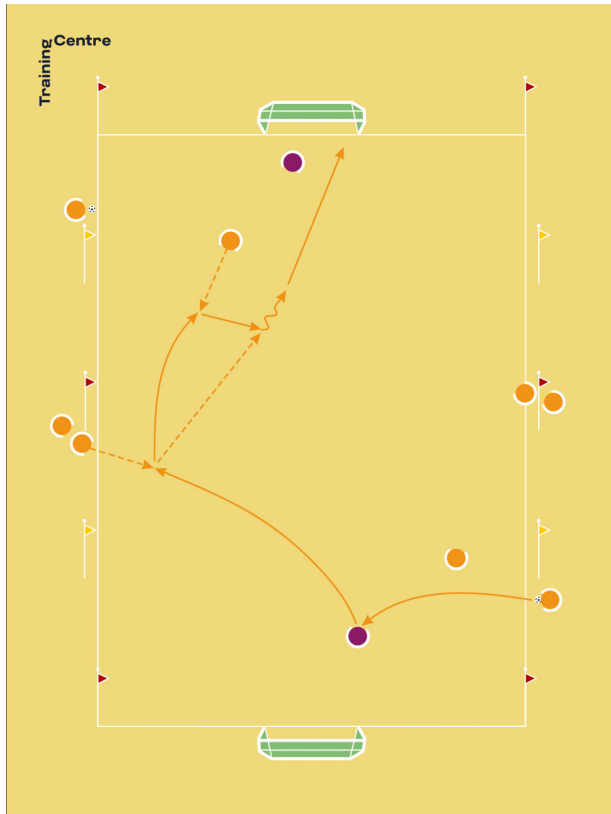


Beach soccer

— One-two passing



Organisation

- The exercise requires 8 outfield players and 2 goalkeepers.
- Use the full pitch and both goals.
- Set up a ball station on the touchline to the right of each goalkeeper, level with the edge of the penalty area.
- Place a goalkeeper in each goal, a player at each ball station, a supporting attacker in each penalty area and the remaining players in a queue at each end of the imaginary halfway line (as per the graphic).

Explanation

- The goalkeeper receives a backpass from the player at the ball station and plays a long throw-out towards the team-mate positioned at the end of the imaginary halfway line on the opposite flank.
- This player controls the ball, before playing a one-two with the support player situated in the penalty area and either finishes first-time or takes a touch to control before finishing. 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

- Add a defender into the penalty area to impede the attacking players performing the one-two.
- Add a second defender into the penalty area to create a 2v2 situation in the final third, simulating a match scenario.

Coaching points

- Play well-timed passes.

