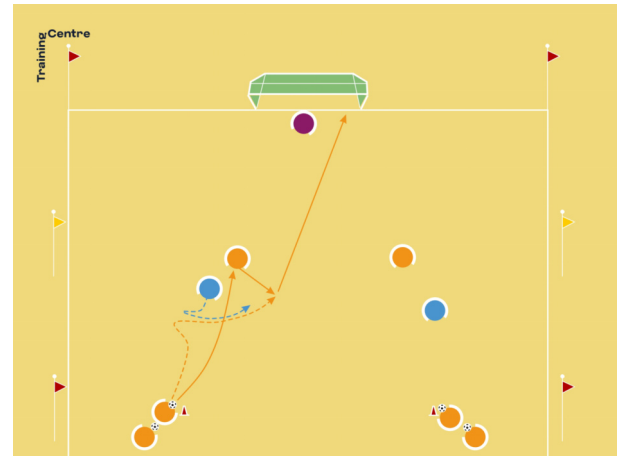
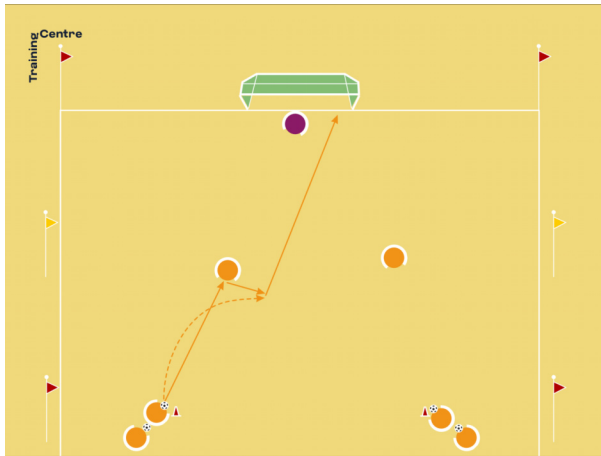


## Beach soccer — Pass and overlapping run



Variation 1

### Organisation

- The exercise is performed using 1 goal. Rotate the goalkeepers.
- Set up a ball station on each touchline, level with the imaginary halfway line, and place 2 support players on the edge of the penalty area.

### Explanation

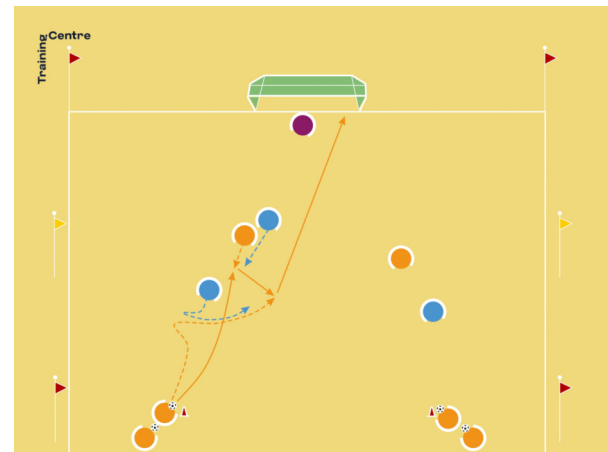
- The player at the ball station plays a pass into the nearest support player, before checking their run and making an overlapping run in behind the support player to receive their pass and take a first-time shot on goal.
- The support players should vary the passes they play to their overlapping team-mate (along the ground and in the air).

### Variations

- Add a passive defender, who is tasked with impeding the final pass and closing the shooter down, forcing them to check their run before making the overlapping run.
- Add a second defender to create a 2v2 situation.

### Coaching points

- The shooter should not show for the ball immediately after playing it to the support player, but instead make a decoy run and change direction to lose their marker before seeking the return pass in the one-two sequence.



Variation 2