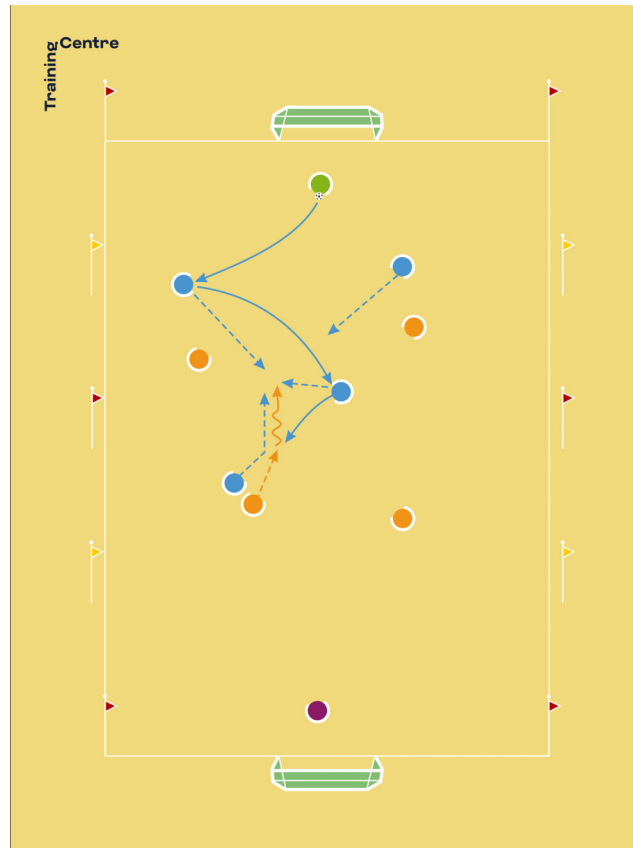


Beach soccer

Counter-pressing



Organisation

- Create a 4v4, plus 2 goalkeepers and use a full pitch to simulate a game scenario.

Explanation

- Set up a game scenario and introduce the simple rule that when a team lose possession, at least half of their players must press to try to win the ball back immediately, before launching another attack. The exercise involves free play.
- The exercise begins with 1 of the 2 goalkeepers in possession of the ball.