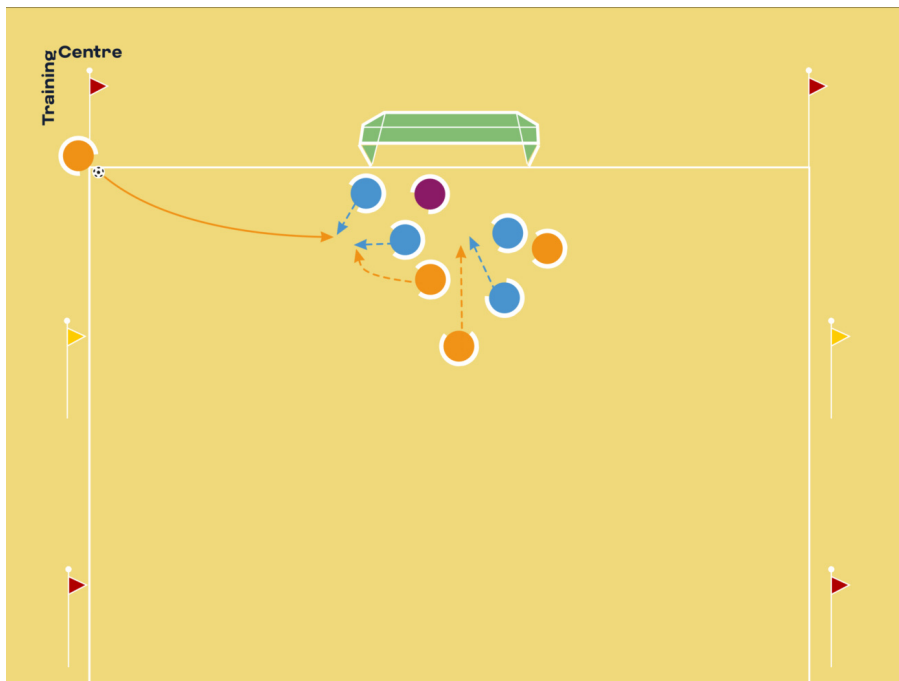


Beach soccer —•— Mixed marking



Organisation

- Organise a corner taker, 4 defenders who each occupy different zones and 3 or 4 attackers.
- Establish 4 zones, dividing the defenders and attackers between them.

Explanation

- Defenders should mark the player in their zone. The defending team should adopt a man-to-man and/or zonal marking system, depending on the situation.

Variation

- Practise different combinations one after another with the attackers in an attempt to disrupt the defence and work on defensive automatisms.

Coaching points

- Players must communicate when defending and adopt a mentality to clear the ball as far as possible away from the danger area.
- The aim for the defenders is to be alert to the danger in their zone, while adopting an aggressive approach and anticipating the trajectory of the ball.
- It is essential that the defenders defend the central areas.