

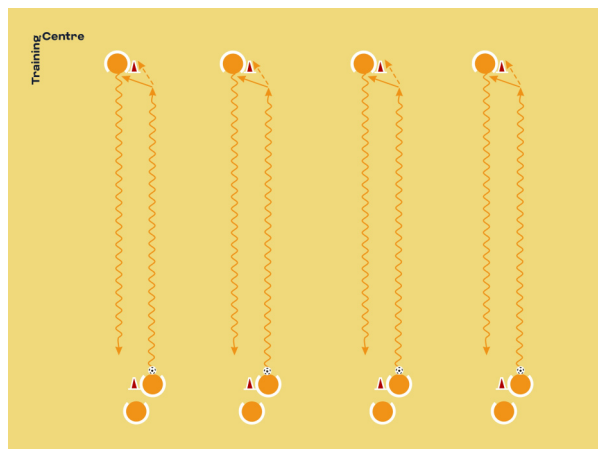
Beach soccer —●— Endurance

Organisation

- Set up three or four lanes using markers. Adjust the length of the lanes based on the distance you want the players to cover.

Explanation

- The exercise begins with the player at one end of the lane dribbling the ball at mid-pace towards their team-mate at the opposite end of the lane. When the player reaches the end of the lane, they lay the ball to their team-mate, who dribbles it back to the other end of the lane.
- Ask the players to dribble the ball along the lane.
- Perform the exercise for four to five minutes.



Variations

- Ask the players to flick the ball up off the sand and juggle it for a few metres as they carry the ball from one end of the lane to the other. They should then allow the ball to drop to the sand and dribble to the end of the lane. This variation is to be performed at mid-pace.

Game situation

- 5v5 game Set up a 5v5 game using the full pitch and establish a rule that the players can only pass the ball using their hands. Players are not allowed to run with the ball in their hands. Players can only score with headers. If the ball touches the sand, possession switches to the other team. Create a competition between the teams and incorporate your own rules.

Coaching points

- Ask the players to perform the initial exercise at mid-pace.
- Add muscle-strengthening elements throughout the exercises.

