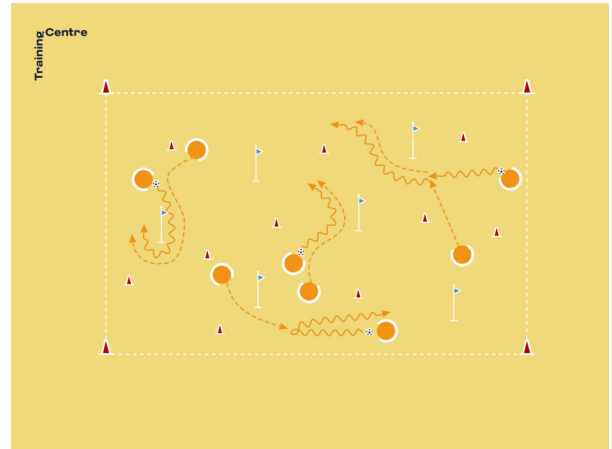
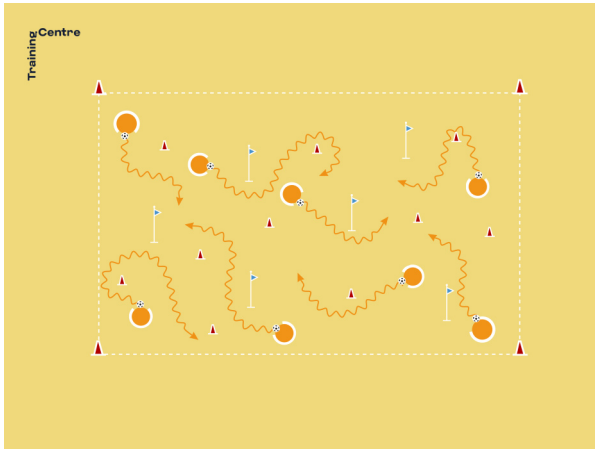


Beach soccer —●— Ball familiarity



Variation 1

Organisation

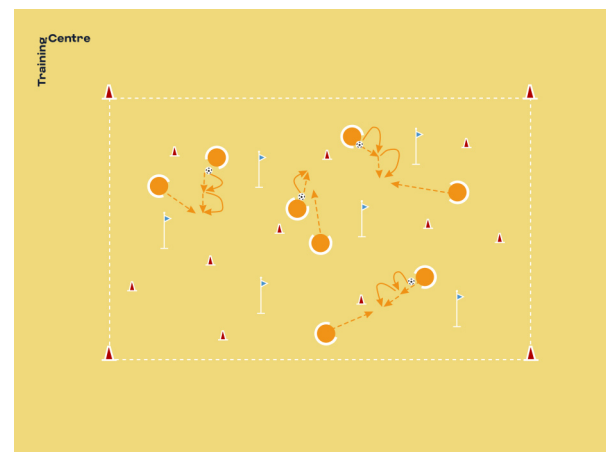
- Mark out a playing area with markers or cones and set up obstacles using markers, poles, etc.

Explanation

- Each player is given a ball.
- The players dribble the ball, avoiding obstacles and changing direction as they go.
- The players should use both feet and practise using different points of contact (inside of the foot, outside of the foot, etc.).

Variations

- Divide the players into two equally sized groups. The players without a ball should try to dispossess those dribbling a ball. As soon as a player loses their ball, they must try to win another ball back.
- Each player is given a ball. The players should carry the ball by flicking it up at regular intervals. The aim is to work on different ways of flicking the ball up off the sand.
- Once again, divide the players into two equally sized groups. The players without a ball should try to dispossess those dribbling a ball. If a player dribbling a ball manages to flick it up and catch it, they can no longer be dispossessed and have 2 seconds to get away from their opponent. This forces the defender to try to win the ball before it is flicked up.
- Players dribbling a ball must take at least one additional touch after flicking it up before catching it.



Variation 2

Coaching points

- The players should constantly move around the playing area without running into each other, while at the same time retaining control of the ball.
- They should use both feet to dribble and flick the ball up off the sand.