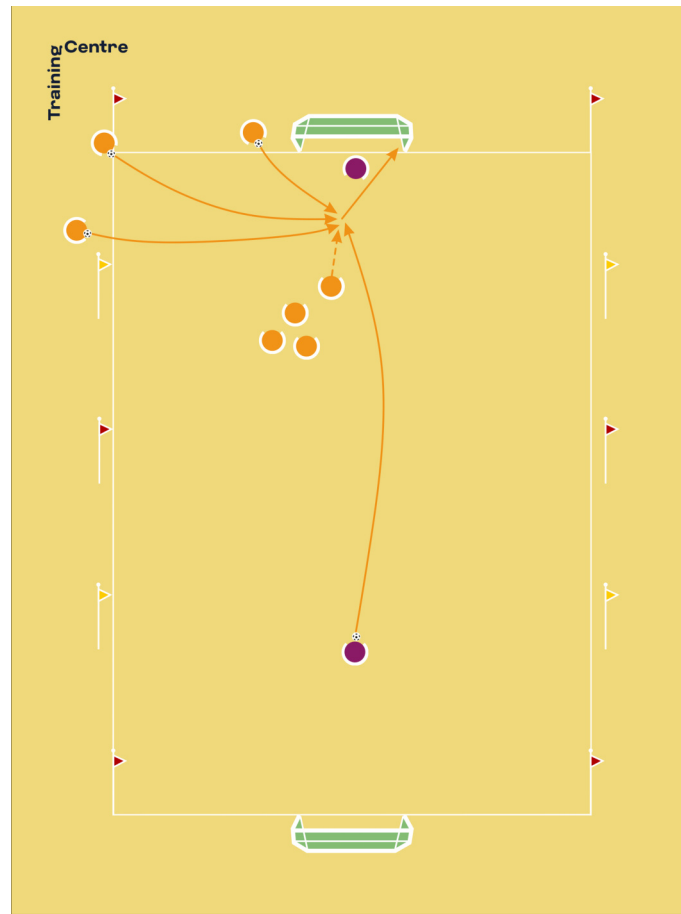


Beach soccer —●— Head finishing circuit



Organisation

- Position a goalkeeper in each goal.
- Organise 4 players in the middle of the pitch, facing 1 of the goals.
- Set up 4 ball stations, with 1 player at each station.
 - Station 1: on the goal line, halfway between the goal and the corner flagpost
 - Station 2: in the corner area
 - Station 3: on the touchline, just inside the 9m flagpost
 - Station 4: from the goalkeeper at the opposite end of the pitch

Explanation

- The 4 attackers take it in turns to make headed attempts at goal from a ball thrown up by the player on the goal line.
- They then take it in turns to make headed attempts at goal from a corner kick, a throw-in from the touchline and an overhead throw-out from the goalkeeper at the opposite end of the pitch.

Variations

- Repeat the circuit on the opposite side of the pitch.
- Two attackers attempt to score from the goalkeeper's throw-out. The player receiving the ball may attempt a first-time headed finish themselves or set up their team-mate with a header; the team-mate may finish the move however they wish. The 2 attackers may make diagonal runs across each other.

Coaching points

- Emphasise the importance of quality of execution and timing.
- The attacker should adjust their body position to set themselves for the headed shot.
- From the goalkeeper's throw-out, the attacker should open up their body to create a favourable angle for a headed attempt at goal.