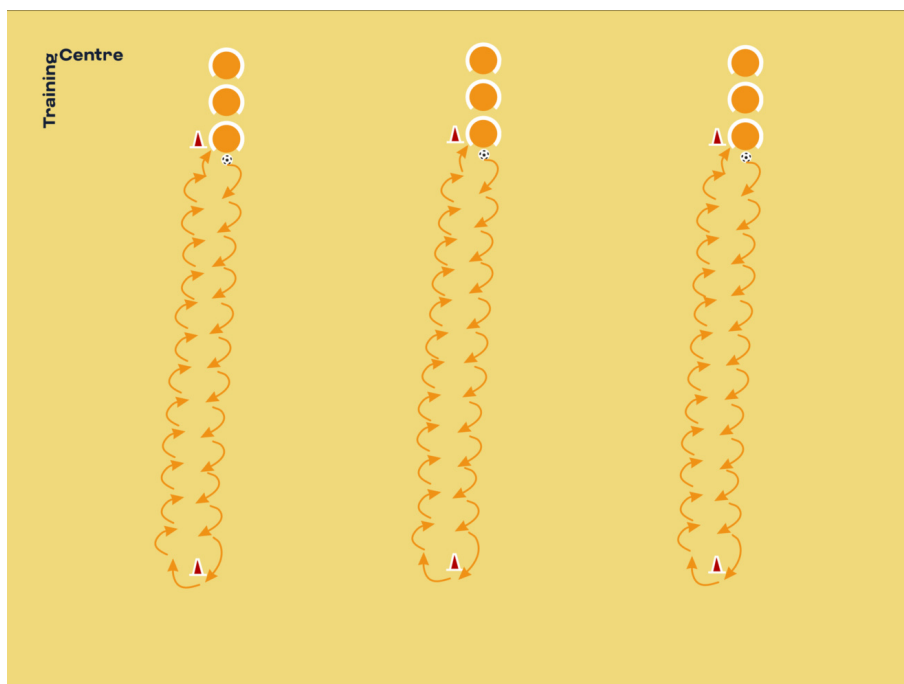


Beach soccer —●— Juggling



Organisation

- Set up a series of 10-metre lanes.
- Divide the players into equally sized teams (e.g. 3 teams comprising 3 players each).
- Place a cone at the end of each lane that the players must go around before returning to the start cone.

Explanation

- The exercise involves a team relay race in which players take it in turns to juggle the ball to the end cone and back using only their feet before placing the ball at the feet of the next team-mate in the queue.
- If the ball touches the ground, the player must crouch down and sit on the ball before being able to continue.
- The first team to complete the sequence win the race.

Variations

- Players may use only the thigh. If the ball touches the ground or the player uses a body part other than the one being practised, they have to crouch down and sit on the ball before being able to continue.
- Players may use only their right foot when juggling the ball to the end cone and their left foot when returning to the start cone.
- Ask the players to flick the ball up off the sand and juggle using only their head.
- Ask the players to alternate touches between the right foot and left foot when juggling to the end cone and between the right thigh and left thigh when juggling back to the start cone.

Coaching points

- Combine speed of execution and technical quality.
- Make the exercise as fun as possible for the players.