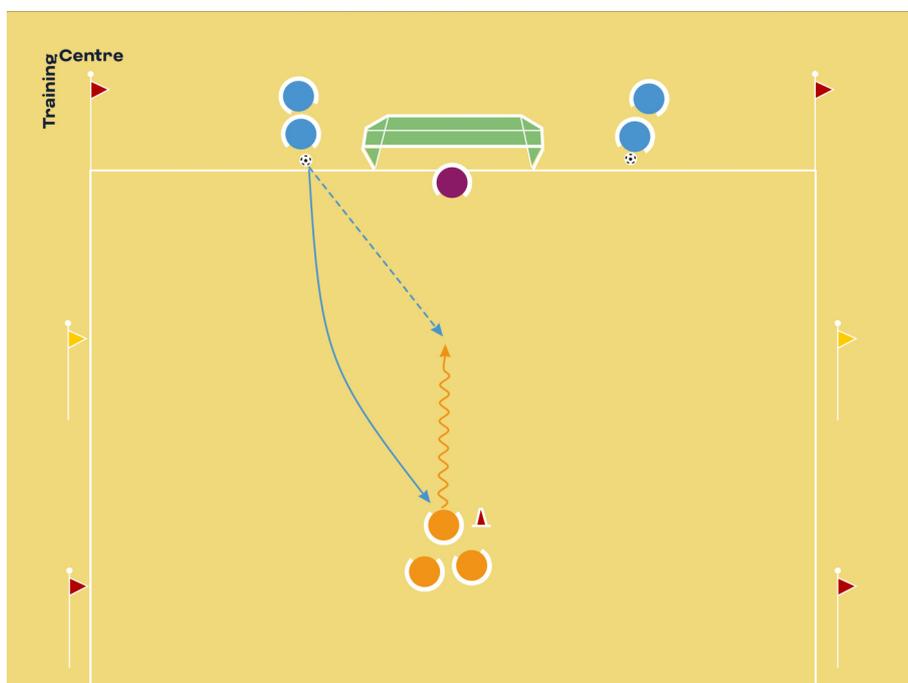


Beach soccer —●— Tackling 1v1



Organisation

- Create 2 groups – 1 attacking and 1 defending.
- Set up 2 ball stations on the goal line, 1 either side of the goal. Divide the defenders between the 2 stations on the goal line.
- Place a cone in the middle of the pitch on the imaginary halfway line. Position the attackers at the cone, facing the goal.

Explanation

- The defenders take it in turns to play a pass to an attacker on the imaginary halfway line and then immediately follow their pass to close down the attacker.
- The attacker controls the ball, then tries to take on the defender, who attempts to win the ball.

Coaching points

- The defender must get close to the attacker to win the ball effectively.
- The defender should harry the attacker to prevent them from going through on goal.
- The defender should try to put the attacker onto their weaker foot.
- The defender should show determination to win the 1v1 duel.
- Ask the defender to stay on their feet for as long as possible and prevent the attacker from getting free.