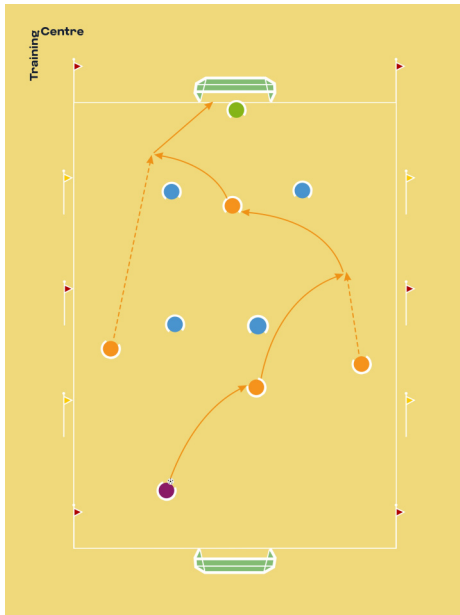
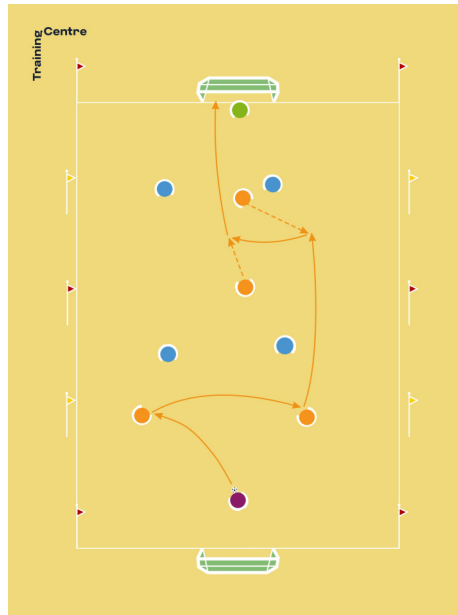


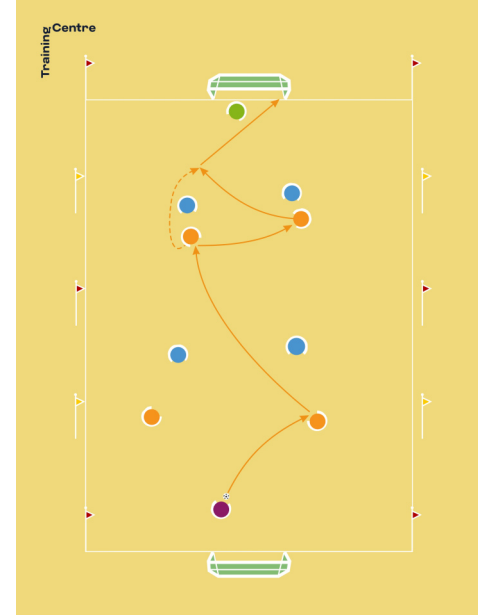
Beach soccer —●— Formations



1-3-1 formation



1-2-1-1 formation



1-2-2 formation

Organisation

- Using a full-size pitch, two teams of five compete against each other and organise themselves tactically based on the coach's instructions.

Explanation

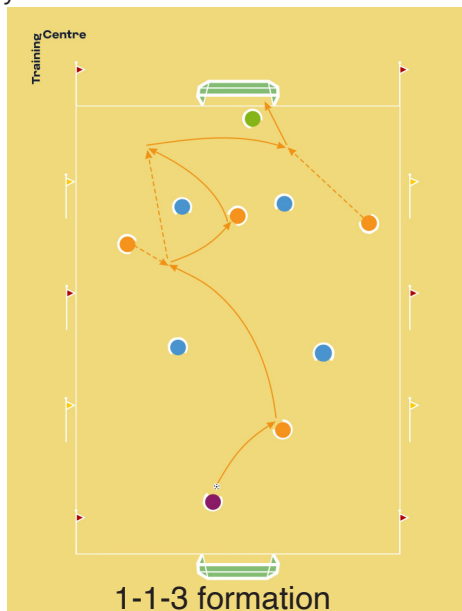
- The exercise always starts from one of the two goalkeepers and aims to work on building attacks in the specific formation set by the coach. Here, Schirinzi starts with a 1-3-1 formation (attacking team).
- The coach asks the out-of-possession team to defend passively to allow the in-possession team to grasp all aspects of the formation and work on different passing combinations.

Variations

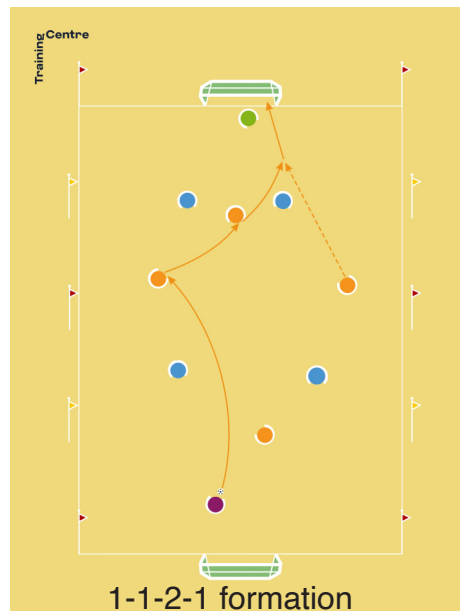
- Organise the in-possession team in a 1-2-1-1 formation.
- Organise the in-possession team in a 1-2-2 formation.
- Organise the in-possession team in a 1-1-2-1 formation.
- Organise the in-possession team in a 1-1-3 formation.

Coaching points

- Ask the out-of-possession team to defend passively to allow the in-possession team to work on their tactical organisation.
- Vary the direction of the attacks.



1-1-3 formation



1-1-2-1 formation

Advantages and Disadvantages of the formations

1-3-1

Advantages

- Players are distributed across the defensive zone in an ideal way and can form a compact unit
- A suitable formation when the team are dominant and the opposing team have pressed too hard
- Allows teams to retain possession for long periods and build up slowly from the back

Disadvantages

- Considerable distances between the wide defenders and attacker make it difficult for players to support each other
- The attacker is often isolated
- Few attacking options if players fail to progress up the pitch

1-2-1-1

Advantages

- Players are well distributed across the length of the pitch the back

Disadvantages

- The team fail to use the full width of the pitch The defenders' positioning is not clearly defined
- Attacks become very predictable, with the majority involving a long ball played up to the attacker

1-1-2-1

Advantages

- Players are well distributed across the length and width of the pitch
- Allows adventurous wingers to attack frequently at pace

Disadvantages

- Demands sound tactical understanding of players to take up good defensive positions and regularly switch to mark zonally
- The central defender is likely to face many one on one situations

1-2-2

Advantages

- A clear distinction between attack and defence
- Players are well distributed across the width of the pitch

Disadvantages

- Attackers tend to neglect their defensive duties
- A lot of space between the lines
- Defensive positioning means that there is no one player tasked with marking the opposing attacker

1-1-3

Advantages

- Adopted to apply constant pressure on the opposing team and prevent them from organising themselves

Disadvantages

- Vulnerable to counter attacks
- Players have to cover a lot of ground.
- Only suitable for players who have a strong ability to compete at a high tempo