

Beach Soccer Coaching Manual



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1. President's foreword

Dear members, dear friends of football,

Beach soccer is one of the fastest growing sports in the world. Since its induction in 2005 to our portfolio of competitions, FIFA has endeavoured to harness the sport's true potential in order to propel beach soccer forward.

FIFA is already working hard in this area, supporting our member associations through the implementation of numerous development programmes and initiatives. This coaching manual – the latest of our beach soccer teaching materials – is designed to provide technical and organisational help to the leaders of this constantly evolving sport.

Coaches act as a guide to instil a passion for the game and play a vital role in the development of the sport. We have therefore made professional training a priority so that coaches can progress along the best pathway and achieve their full potential. This, in turn, will positively affect players and teams, and raise the standard of the game.

With development initiatives such as this, I am confident that beach soccer can look forward to a bright future on the sands of our member associations' beaches worldwide.

For the Game. For the World.



Gianni Infantino

2. Beach soccer and how to use this manual



Beach soccer is one of the most spectacular and exciting sports on the planet. Fittingly, for a game born on the beaches of Brazil, it has a distinctly carnival feel about it, showcasing flamboyant skills and vibrant play. Since 1992, it has grown in popularity to the extent that the game is now played in more than 130 countries. The reason? Because beach soccer is a fun sport that is suitable for players young and old, men and women, professionals and amateurs alike. Typically for such a young, dynamic game, its rules, tactics and techniques are still evolving. Each new change is designed to bring yet more thrills and excitement to the sport.

This manual will present up-to-the-minute ideas on how to teach and promote beach soccer. The main body of the manual consists of training exercises aimed at improving the technical skills, tactical abilities, coordination and physical fitness of players and teams. The exercises in this manual are suitable for beginners and advanced players of all ages and fitness levels.

In principle, the same training exercises can be performed by both young and old. In practice however, the coach can decide upon the intensity of effort required, depending upon the make-up of the group. The exercises can be made easier for players of differing skill and fitness levels, ages and abilities, simply by reducing the distances or the duration. This manual will also present ideas on how to effectively

use training sessions to inspire and stimulate players without needlessly overstretching them.

Beach soccer is a fast-paced sport that is similar in many ways to football. However, it differs markedly in that it is played barefoot on sand, which changes the character of the game considerably. The main difference to football played on turf clearly comes from the pitch conditions, and the feeling that with each step, the foot is sinking into the sand. Simply moving around requires a high level of fitness and good, almost balletic coordination. That is why beach soccer offers an exciting alternative to traditional forms of physical exercise and coordination training for footballers. Beach soccer also bears a similarity to team sports that require high speed and strength. So excellent coordination is the indispensable quality needed when learning technique. Playing on sand helps players – indeed forces them – to improve their technical and tactical skills. Frequent bobbles, bounces and the unpredictable flight of the ball mean that players have to be mentally and physically prepared to deal with the unexpected.

With its five-a-side format, beach soccer also requires the players to have clear tactical intelligence. Each of the outfield players must be adept at operating as both defender and attacker. But the goalkeeper's role is the most important: the keeper marks the rhythm of the game and, to a certain extent, sets its pace. In trying to set up attacking moves, the goalkeeper

operates almost like an American football quarterback, ever on the look out to launch offensive plays. The rapid changes in play, the constant striving for quick, direct finishing, and the various types of set pieces used in beach soccer all contribute to helping players develop their tactical understanding.

Players' technique also plays a key role in beach soccer. The combination of frequent contact with the ball, an uneven pitch surface and little time to control the ball mean that players have to develop very specific technical skills. Good players have excellent coordination and are able to lift the ball out of the sand to pass directly to team mates. They can perform direct combination play in the air, feints in the sand, scissor kicks and all manner of tricks and flicks. All are skills that need to be learned and mastered by any technically well-prepared team.

Given that the basics of the game can be picked up very quickly and provide a foundation on which players can develop their technical abilities, beach soccer is especially suitable for children and young people. Playing beach soccer increases players' cognitive abilities. The fast pace of the sport forces them to rapidly recognise and analyse specific game situations, as well as making quick decisions about their own actions. By correctly analysing situations, players gain more time to choose and prepare their next move. This ability to read a game and to anticipate individual play is key to success in team sport, and is best learnt in childhood.

In beach soccer, players and coaches work hard on set piece delivery. It has been observed in many tournaments that goals are often scored from corner kicks and well-prepared set pieces. So a great deal of importance should be given to this topic during training.

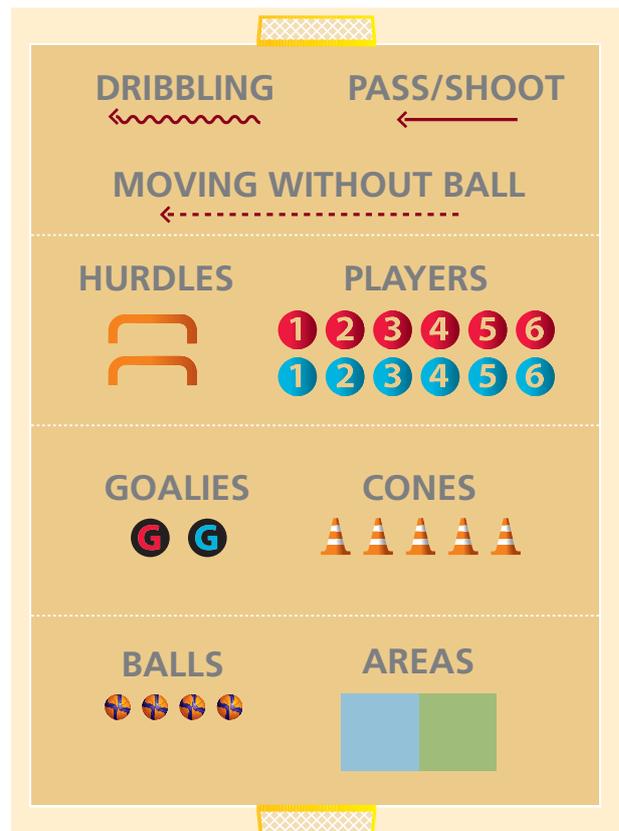
Players' physical conditioning can also be improved by playing on sand, because the very high cognitive and technical demands of beach soccer mean that players are always having to push themselves beyond their limits.

Fun and enjoyment play a key role in beach soccer, for players and fans alike. Successive rule changes have served to make the game quicker, more spontaneous and ever more entertaining. Beach soccer also prides itself on its high standards of fair play. All fouls are

sanctioned by awarding a direct free kick to the other team. As players can score from any part of the pitch, a foul can effectively be punished almost immediately with a goal.

All these elements combine to make beach soccer a technically demanding and very varied sport. Later on in this manual, we will look in more detail at all these aspects of the game, which need to be taken into account when preparing a physical and tactical training programme.

The graphics and illustrations in this manual are intended as a useful tool to visualise and explain on paper the different exercises and coaching techniques you will need to understand:



Finally, all of the training sessions within this manual are also supported by video footage, which is included along with this manual. In addition, the chapter numbers of the training sessions within this manual correspond to the chapter numbers in the video footage for your information.

3. A brief history of beach soccer



Beach soccer has always been a winning combination of football, carnival-like crowd atmosphere and sheer spectacle. It embraces aspects normally associated with the beach, like family, recreation, youth culture, fitness and vitality. The games are highly entertaining affairs that feature a constant flow of spectacular plays. A smaller pitch, acrobatic goals and the unpredictable nature of the playing surface, combine to create a unique game that enthralls players and spectators alike. Over the years, the overpowering excitement of the experience has attracted world football legends like Eric Cantona, Zico, Romário and Michel to come and play on sand. But the sport itself has increasingly produced its own bona fide superstars like Portugal's Madjer, Amarelle of Spain, Brazil's Bruno and rising young stars like Switzerland's Noël Ott, who is known to some fans as the "Messi of beach soccer".

Football has been played informally on beaches around the world for decades. But it wasn't until 1992 that the laws of the game were first codified by Beach Soccer Worldwide, a Barcelona-based company specifically set up to develop the sport. The rules were designed to create an action-packed and free-flowing game. Featuring three fast-paced 12-minute periods

and unlimited substitutions, the use of overtime and penalty shoot outs meant there would always be a winner. Throw-ins and kick-ins were introduced to make the game much faster than regular football. A lighter ball meant that players would have to develop more precise first-touch ball control.

With the rules in place, the first ever Beach Soccer World Championship was held in 1995 on Rio de Janeiro's Copacabana Beach, the hosts Brazil running out 8-1 winners against the United States. The tournament proved to be an instant success and growing demand led to the birth of the Pro Beach Soccer Tour just a year later. The first truly global beach soccer event, it featured 60 games across South America, Asia, the United States and Europe. The huge interest generated by the tour led to the creation, in 1998, of the European Pro Beach Soccer League, which soon became the strongest competition in the world. By 2004, some seventeen European countries had entered teams. An Americas League, featuring teams from both North and South America, took shape. And the Pro Beach Soccer Tour extended its activities to the United Arab Emirates, Japan, Australia, Mexico, Greece, Thailand and the UK.

The next crucial step was to team up with FIFA, to bring beach soccer to the entire world – to all six FIFA confederation zones.

Becoming part of FIFA

FIFA's role in helping to give beach soccer a truly global reach has been vital to the growing popularity of the sport. There are now national leagues all across the world, as well as prestigious international events like the Intercontinental Cup, the aforementioned European Beach Soccer League, and, of course, the FIFA Beach Soccer World Cup.

In May 2005, the first-ever FIFA World Cup tournament took place on Copacabana Beach, the spiritual home of beach soccer. To everyone's surprise, Eric Cantona's France defeated Portugal on penalties, while heavy favourites and hosts Brazil fell in the semis – still one of the biggest upsets that they have ever suffered. Over the years, Brazil have been the dominating force in the World Cup, winning the competition four times.

The FIFA Beach Soccer World Cup continued to be held annually in Brazil until 2007, when it began its new journey around the world. Marseille in France hosted in 2008 and Dubai in 2009.

To provide a chance for the confederations to organise their own local competitions and intercontinental tournaments, the FIFA Beach Soccer World Cup was then organised bi-annually. Ravenna in Italy hosted in 2011. Tahiti was the venue in 2013 and Portugal in 2015. The latter, won by the hosts 5-3 against Tahiti, exemplified the ever-growing popularity of the sport. The 32 matches in Espinho were watched on television by 80 million people worldwide. Becoming a part of FIFA has given beach soccer a higher profile around the globe and led to it taking a permanent place on the world's sporting stage.

More than just a game

Beach soccer is one of the most media friendly of sports. Its competition format is ideal for TV, with a match structure that perfectly fits into a one-hour broadcasting schedule, containing three breaks. Today, beach soccer action is shown on TV channels in 170 countries worldwide. As the game has developed around the world, commercial interest in beach soccer

has become intense. Visa, Coca-Cola and McDonald's have all come on board as sponsors.

Football associations, the media, fans and athletes have all latched on to the game's finesse, power and energy. The party-style events surrounding the game often showcase celebrities and professional athletes from other sports, and a thrilling range of pre-match entertainment. Growing interest from avid fans and casual viewers alike all lead to vast commercial and multimedia opportunities. No other sport is as marketing friendly or as popular.

The sport has an amazing capacity to adapt to the natural conditions of almost any venue and the low investment it requires, both in terms of infrastructure and materials. This makes beach soccer a great, easy-going choice for any new football association to take on board.

If football is the beautiful game, then beach soccer is truly the sport of spectacle. It has proven itself to be a very pure, fast-paced version of football, a version that offers fans an action-packed and exciting adventure, with lots of goals and spectacular moves. At the last World Cup in Portugal, each match averaged nearly eight goals per game. It is a sport in which fair play is honoured and valued, its top players inspiring role models for children and young people the world over. This is precisely why beach soccer has quickly become a key part

Beach soccer facts

- Four players + one goalkeeper per side
- Three referees plus a timekeeper
- Three periods of 12 minutes
- Extra time and penalty-kick-shootout if the score remains level
- Unlimited player substitutions
- All free kicks are direct, and the player who receives the foul must take it, unless s/he is injured
- Pitch dimensions: 35-37m x 26-28m
- Penalty area nine metres wide (delimited by yellow flags). Red flags indicate the halfway line
- A red card means a player is sent off, and the substitute team-mate cannot enter before a lapse of two minutes (unless a goal is scored in the meantime)
- Average of nine goals per game!
- Average of one shot on goal every 30 seconds!

4. Trends in the game



Beach soccer is still a relatively young sport, which means that changes occur and new trends emerge very quickly. What was the norm yesterday may tomorrow be completely different, whether because of tactical changes, different technical and physical requirements of the game or amendments to the laws of the game.

For many years, Brazil dominated beach football with their flamboyant style and spectacular aerial play. “*O jogo bonito*” was the mantra – enchanting football, Brazil style. But the 2011 FIFA Beach Soccer World Cup in Ravenna saw a major new trend emerge – the full-on, super-fit pressing style of Russia. To everyone’s surprise, the Russians outplayed Brazil 12-8 to win the tournament. Just to put their achievement into context, this was Brazil’s first World Cup defeat in over six years and in 30 games. Russia’s hard running, all-action approach made the world of beach soccer go back to the drawing board to work out a new winning formula. But Russia remained ahead of everyone else and retained their world title in Tahiti in 2013, beating Spain 5-1 in the final.

Russia’s two successive World Cup wins had a major effect on beach soccer. At the highest level, more and more national teams began to take their tactics, techniques and all-round fitness to a higher level. Over the past few years, the new standards being set have brought international beach soccer to thrilling new heights. The players are more technically well-prepared, teams have developed tactically and, thanks to the example shown by Russia, there is an even greater level of strength and fitness in the world game.

The laws of the game have also evolved, with the role of the goalkeeper growing in importance. The goalie has always acted as the director and driver of the match. Now a new rule has been introduced: the goalkeeper cannot return to the penalty area with the ball after having touched the ball with his feet. This has the effect of accelerating the game and the goalie now has to act as a much more all-round technically well-prepared player. As the fifth member of the team, the goalkeeper, provided he is not being

tackled or is attempting a kick from a potentially dangerous distance or situation, can become a key goal scorer. But it is an intriguing balancing act that requires the goalkeeper to show good tactical judgment. If he gets it wrong in a goal attempt, the goalie can potentially put himself in real jeopardy and, if tackled or out-thought along the way, can easily become the cause of a counter-attacking goal.

Along with Russia's example, this new change in the rules means that all players now have to be supremely fit, especially towards the end of a match. Fitter players can take the upper hand both technically and tactically. Fitness training has always been an important element of a successful team's preparation. But in order to keep up with the ever faster pace of the game, the coach now has to work harder at getting his players into peak condition for tournaments. Increasingly, the coach must also learn how to change players every two or three minutes, so that he can substitute players individually or en masse to keep the game at a high tempo.

As noted earlier, set pieces constitute an important element of beach soccer. In the FIFA Beach Soccer World Cup in Tahiti in 2013, 37% of goals came from set pieces. The top teams practice set pieces over and over again. In the latest World Cup in Portugal 2015, it was observed that a lot of work had been done by all participating teams in finessing new ideas and approaches to corner kicks, kick-ins, throw-ins and set pieces in general. And that led to more goals.

The 2015 tournament also introduced a number of new, exciting changes to the game. Firstly, the time limit of four seconds for teams to keep possession of the ball in their own area has ensured that there are more clearances and also dead-ball situations, such as corners and kick-ins.

Secondly, the restrictions on goalkeepers from entering and leaving their areas while controlling the ball, has forced them to make major improvements in their technique. Those goalkeepers who have best adapted their game have been able to offer countless new options to their teams in a more sophisticated brand of attacking play, which led to some extraordinary moments in Portugal. Always one of beach soccer's top teams, the hosts eventually won the tournament for the very first time, 5-3 against Tahiti.

Finally, and crucially from now on, the most spectacular beach soccer move – the scissors kick – will now be more protected within the rules of the game. A player may not be obstructed when attempting the move. Without doubt, this important new change has added to the spectacle of the game and the entertainment of the crowd, as well as encouraging fantastic acrobatic skills.

Having seen the impact that the new rules are having on the game, we can take a clear message from the 2015 FIFA Beach Soccer World Cup that a new professionalism has entered all levels of the sport. As such, for a team to rise above the rest, they now have to put their minds to much more medium- and long-term planning. Coaches now need to be better equipped to take greater responsibility for the process of improving each of their players. The imperative is to do more coaching work on the coordination of moves and setting up fast attacking play.

A key element for coaches to understand is that many teams around the world have in the past concentrated a great deal on defence, leaving the responsibility for attacking moves to their more talented players, through individual play or link-up play with the goalkeeper. Now, though, some teams have shown the way to victory through more sophisticated moves that involve two, three or even four players. These goals require an increasing amount of creativity and, as a result, players must be trained to meet the physical demands associated with such highly tactical moves, without making any technical mistakes.

The statistics show an overall decrease in the number of goals per game, which is clearly due to the importance that all teams have placed on improving the work and coordination of their defences. But it also shows that teams have had to become ever more ingenious and creative in opening up defences. These developments have clearly given us more good play and spectacle, and shown that there is no single way to achieve victory.

Also key to the advancement of the game has been the improvement in the standard of refereeing. Previously much criticised within the game, it has now reached such a level that it has little or no bearing on the final results of matches, which is without doubt a very positive development.

5. The role of the coach

The coach's role is to improve the performance of individual players and of the team as a whole, to define the line-up and the game strategy, to create a team philosophy and to manage the team's competition schedule.

The modern coach prepares the players mentally and ensures they eat well, understands the players' bodies and knows the importance of recovery time after matches.

5.1 Skills

Personality

- Positive attitude
- Fair and open
- Leadership qualities
- Goal-oriented
- Admits to his own mistakes
- Treats all players with respect

Teaching skills

- Ability to convey his beach soccer philosophy
- Methodology
- Theory

Specialist skills

- Technique
- Tactics and systems
- Physiology, anatomy
- Psychology
- Nutrition
- Organisational skills
- Training and pre-season planning

Social skills

- Ability to communicate and listen
- Ability to resolve conflicts and make decisions
- Ability to motivate and enthuse
- Create pleasant atmosphere
- Make positive comments
- Accept mistakes



5.2 Styles of coaching

There are four kinds of coaching styles presented in this chapter. All can be used successfully with different personalities and in different situations.

Authoritarian

- Try to help by giving instructions
- Impose "own solutions"
- Relationship tends to be a "dominant-submissive one"

Democratic-cooperative

- Focus on the player's problem
- "Facilitate/dictate" style
- Involve the player in finding the solution to problems
- Try to find workable alternatives to problems
- Encourage player to discover
- Draw on player resources

Paternalistic

- Focus on the player as a person
- Direct approach to intervention
- Reassure player you are there to help him

Participative

- Focus on the player
- Intervene in a facilitative way
- Take account of the experience of the player and try to develop his self-awareness
- Help player to recognise his own difficulties and draw on his own resources to find solutions for himself

5.3 Match coaching

Pre-match

- Analysis of the competition, opposition teams, players
- Pre-match team talk: line-up, tactics, motivation, objectives...
- Warm-up

During the match

- Motivation of players
- Analysis of own/opposition team, tactics, players
- Adjustment of team, tactics, players

Post-match

- Cool down and regeneration for players and coaches
- Match analysis: individual, group, collective...
- Adjustment of recovery and plan for next hours/days

5.4 Training planning

Training planning is, in general terms, the systematic process that allows us to understand how training sessions are organised.

Planning is the process of defining training over the short, medium and long term. From the daily training session to planning on a weekly, monthly, yearly basis and beyond, as far as possible, this should be organised in a manner that is sequential and structured. The results being determined in advance with the aim of achieving certain targets, objectives or goals, taking into account the limitations imposed by the human and material resources available.

The coach has to control these objectives and to assess what he has achieved or adjust it.

Planning can be done for individual players and for the team as a group.

5.4.1 Characteristics of appropriate planning

When planning, it is necessary to consider the following aspects. The planning should be:

- **Systematic:** Taking into account all the elements of the process
- **Achievable:** Able to be implemented without problems, suitable for the level of the players
- **Flexible:** Able to be adapted if necessary
- **Creative:** Open to possible changes and new approaches
- **Forward-looking:** Able to anticipate what will happen through objectives, contents, etc.
- **Dynamic:** Constant transformation for improvement
- **Self-critical:** Assessment of what has been done in order to correct if necessary

5.4.2 Types of planning

Short, medium or long term. Aspects to consider:

Duration:

- Macro cycles: more than six months
- Meso cycles: bi-monthly, monthly, or weekly
- Micro cycles: daily training sessions

Objectives:

- Results-based: win/qualify
- Performance-based: individual, group or team improvement

Content:

General, specific or activities/tasks

Gradation according to:

- Age, ability, level of players, etc.
- Priorities of the club/association, philosophy, model

Strategies to be used:

General guidelines, teaching style

Resources:

General of club: equipment, human, financial, daily work, etc.

Evaluation:

- Of the whole planning process, of achieved objectives
- Of the content or of the stages
- Of the coaching staff and their roles

5.4.3 Phases

Analysing the situation:

- Assessment of the initial situation, available resources, surroundings, context, etc.
- Determining objectives and priorities
- Establishing the general direction: hypothesis, aims, general objectives

Creating an action plan, schedule, methods determining:

- Objectives
- Content
- Materials
- Methodology
- Timing
- Evaluation

Execution of the plan:

- Development of the whole schedule to enable the aims/objectives to be achieved

Evaluation of results:

- Determine the manner and timing of monitoring/evaluation against the schedule

5.4.4 Advantages

- Provides for a decision-making process that is rational and based on facts
- Enables risks, uncertainty and improvisation to be reduced
- Ensures that everyone in the organisation is aware of the goals or objectives
- Enables resources to be used and coordinated effectively and efficiently
- Allows for greater control of the process leaving fewer aspects to chance

5.4.5 Disadvantages

- There is always a degree of uncertainty
- There is a tendency to plan too rigidly
- Planning that is too rigid may impede the person carrying out the activity from using their initiative
- Objectives are not explained or are unrealistic

5.5 Contents of training sessions

First of all we have to specify the focus and objectives of the session:

- Technique
- Tactics
- Fitness
- Regeneration

After this, select appropriate drills and game types:

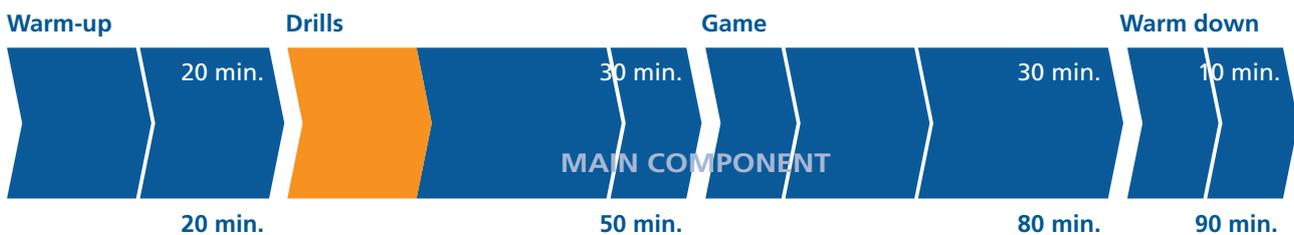
- Specify the duration and intensity of the drills and breaks in between. Organise infrastructure, equipment and players
- List the aspects requiring special attention: coaching points
- Drills should always bear a close relation to how you want players to tactically approach any given game

Organise materials, time schedule and players:

- All materials needed for each exercise and identify where located
- Programme in how much time you need to spend on each exercise
- Be aware of players' individual needs, if necessary for each exercise

The coach must monitor all players at all times and never forget that it is vital that players should enjoy the coaching sessions. Completing the different drills and objectives is important but the primary aim is to ensure that the players are having fun.

5.6 Structure of training sessions



All training sessions must include three important components:

Warm-up

- To prepare the body for the exertions of training
- Injury prevention
- Drills coordinated with the main component
- As many drills as possible with the ball also help to improve players' basic skills

Main component

- The focus or theme of the training session should address your key objective
- The key objective may consist of two or three analytical drills and a game
- The training components should build on one another and be progressive (from easy to difficult)
- The game itself should try and replicate real match conditions as far as possible

Warm-down

- The workload is reduced, the heart rate slowed down
- Serves to prevent injuries and shorten recovery time

5.7 Input of the coach in training sessions

Explanation

- Of the aim of the drill
- Of the tasks of the individual players and other functions
- Of rules, restrictions, how to re-start the game, space, players, materials...
- Use of appropriate aids (e.g. tactics board or video to motivate them)

Demonstration

- By coaches or players

Observation

- Of players carrying out the drill, taking into account the coaching points previously mentioned

Intervention

- To give instructions if the drill is not carried out as required
- To reiterate coaching points
- Take into consideration: words, gestures, direct engagement
- Try to involve the player(s): get them to recall the stated objective(s), focus on the problem(s) and encourage cooperation

Adjustment

- Of the degree of drill difficulty
- Of the allocation of tasks
- According to players' ability and current physical condition (form ability groups if necessary)

5.8 Psychology and mentality

The coaches constantly ask themselves how they can optimise their teams' sporting performance when the team is under pressure and how they can prevent pressure from adversely affecting their players' performance. The phenomenon of the player who performs well during training when he is not under pressure and then underperforms during a match is a central concern of sports psychologists.

Playing five-a-side on sand is much more exhausting than playing football on turf. Most beach soccer is played in tournaments, which means that players are required to play a match nearly every day for three to ten days in a row. This not only takes its toll on the body but also on the mind. Short competitions also mean that the teams have to play many important matches within a very short period of time.

Therefore, from the point of view of sports psychology, it is fundamental that coaches work not only on technique, tactics, fitness and nutrition, but also help their players' to gain control of the mental game.

The coach and the players can set their development objectives together, through having one-to-one conversations which may include the following questions: How do I reach my ideal level of performance? Which objectives can I achieve personally as a player and which with the team? How do I stay focused during a match? How do I deal with pressure? How do I relax? Do I have pre-competition rituals?

Afterwards, they plan, document and monitor together the precise steps to be taken. Many conversations can also help with the development of players' personalities in general. It will also help them in other areas of their lives, such as at school, work or in social situations. The following measures can be used to strengthen players' mental resilience, which can help to stabilise or improve their match performance:

Visualisation: the player imagines certain match situations before the game; breathing techniques; relaxation in water; massage; etc.

Psychological aspects are also very important during the game. It is a main target for each player to build up a high level of self-confidence and to feel the confidence of the coach and team-mates. For a player, it is important to be at his best during games and to improve their level in future.

Players have to be aware that any error results in a chance for the opponent to score a goal. Sometimes a mistake happens and it doesn't have any effect on the result of the game; other times, the same mistake can lead to a defeat. Therefore, it is important to maintain concentration throughout the game and play with a high level of discipline.

During the high intensity of a game, it can be difficult for players to identify and understand what the key moments were that helped them to win or lose a match. The decisive moments of the game can normally only be identified after the event. That is when the coaches come into their own, in analysing, outlining and explaining where a game has gone right or wrong.

There is always a chance to get back into a game because of the high number of set pieces which offer goal scoring opportunities. The goalkeeper especially must be mentally strong, because he is the main player both in defensive and offensive aspects of the team tactics.

5.9 Nutrition

Nutrition is a key aspect of training and, for the coach, having some basic knowledge of nutrition will prove invaluable, whether the players are playing beach soccer just for fun or playing at a high level with an intensive training schedule. The nutrition programme decided on during training and during the competition will influence the way in which players train and play.

Choosing the right food and drink can bring about an improvement in performance, even when the training is the same. One thing that is certain is that after doing physical activity, the energy reserves should be replenished immediately with food and drink.

The key to good nutrition consists of taking in enough energy to stay healthy and obtain good results. It has been proven that drinking sufficient amounts of liquids results in increased performance. So it is recommended that, during training, short drinks breaks are taken. The opportunity should also be taken during breaks and substitutions in competition matches for the players to drink something.

5.10 An example of match analysis

To organise the analysis, we divide the pitch into areas, creating imaginary lines to determine where the different actions, technical and tactical situations happen.

	1	2	3	3	
Left	1L	2L	3L	4L	Left
My goal	1C	2C	3C	4C	Opponent goal
Right	1R	2R	3R	4R	Right
	1	2	3	3	

As you will see, the analysis shows the number of attacks/defensive actions and where they happened on the pitch; the players who started them, and the number of players that participated in each move; and the technical actions that were used, whether individual or collective.

Description of the different "situations to start" the play-action:

- L.B. Lost ball
- G.S. Goal line restart
- T.I. Throw in
- M.S. After goal restart (from halfway line)
- C.K. Corner kick
- F. Fault

Description of "items":

- Min: Minute
- No: No of keeper/player
- S.S. Start situation
- I.P. Initial Position
- ==> Zones used
- F.P. Final position
- L.B. Lost ball
- Shot Shot
- Goal Goal
- Tc/Tt Action

Min	N°	Act	I.P.	==>	N°	F.P.	N°	L.B.	Shot goal	Tc/Tt
Attack										
Min	N°	Act	I.P.	==>	N°	F.P.	N°	L.B.	Shot goal	Tc/Tt
Defence										

Not only is it possible to analyse the described items like lost balls or corner kicks, but match analysis can also be done for any other part of the game according to the focus of the coaching staff. Tactical moves (e.g. overlapping runs), technical actions (e.g. scissors kicks) or physical actions (e.g. sprints or challenges with opponents) can also be monitored. It all depends on the aspects of the game in which the team has to improve during daily training work. Please be aware that match analysis can be very complicated, time consuming and costly. An easier way to conduct match analysis is to record the games on video or get access to TV footage. Analysis can be done much faster this way and can be shown to the team directly on a TV screen.

6. Technical skills – Technical training for players

6.1 Running and controlling the ball on the sand

Explanation:

Players move the ball across the sand either walking or running. The unevenness of the sand makes it extremely difficult to control the movement of the ball. Care must be taken to ensure the ball does not become stuck in a depression in the sand.



Drill 1:

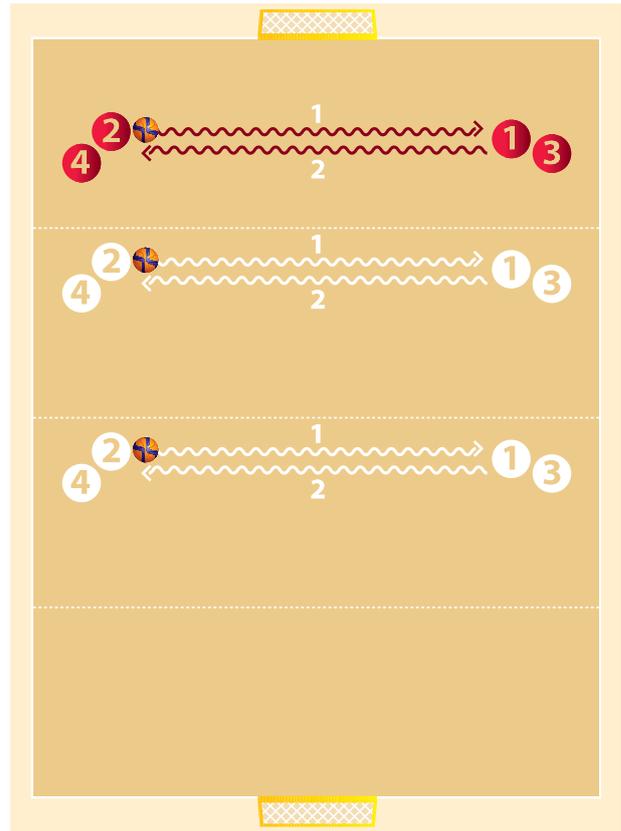
Players are split into two equal groups and move the ball around. The ball should be moved with both feet and touched as often as possible.

Coaching points:

- Lots of touches with both feet
- Upright body position and eyes looking forward

Variation:

- Players are required to move the ball using the instep, outside of the foot, the sole or the toe end.

**Drill 2:**

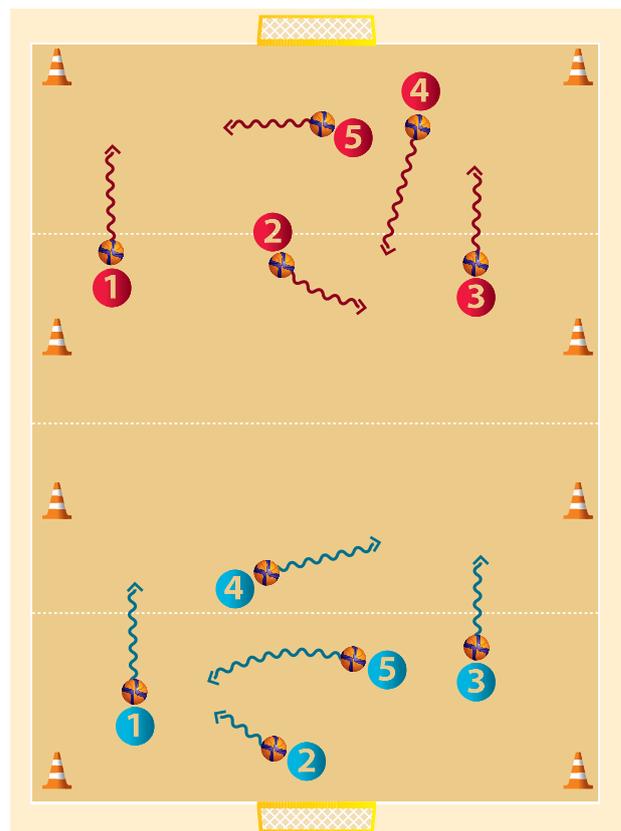
- Two teams of five players are set up in two spaces of 20m x 15m. Each player dribbles with his own ball within the space.

Coaching points:

- Lots of touches with both feet
- Upright body position and eyes looking forward to be aware of other players within the space

Variations:

- Two different groups in the same space
- Two groups in the same space who try to intercept the opponents' balls



6.2 Dribbling

Explanation:

Dribbling is when a player with the ball tries to take it past one or more opposition players.

The technique is used to try to reach a better position for a pass or shot. It is frequently executed in combination with one or more feints.

A feint is a deceptive movement with or without the ball.



Drill 1:

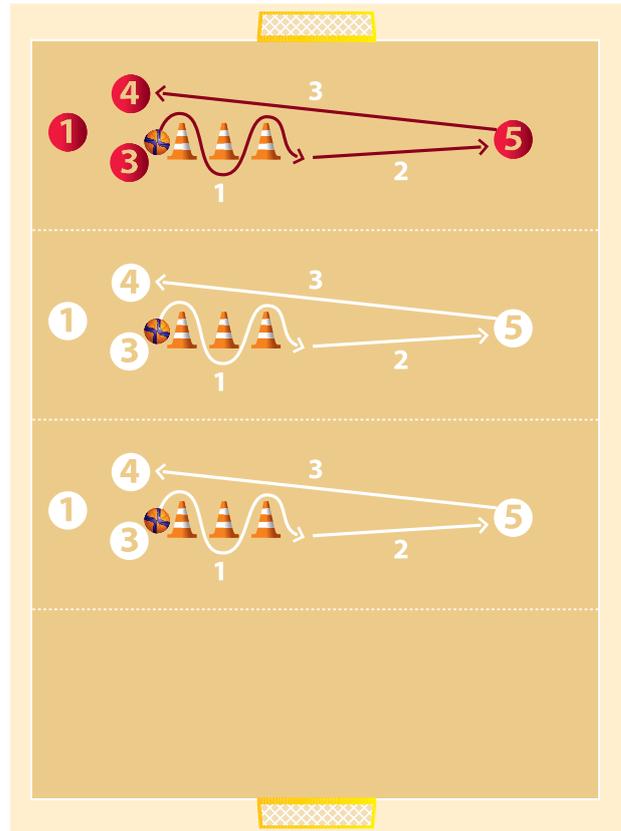
Using feints, Player 3 moves the ball through the cones (1) and then passes to Player 5 (2). Player 5 passes to Player 4 (3). Player 4 starts the drill again. The players take up the positions of the player they last played the ball to.

Coaching point:

- Increase in pace after a feint

Variation:

- The player of the pass passively challenges the player on the ball. The player on the ball feints and dribbles past his opponent and then passes.



Drill 2:

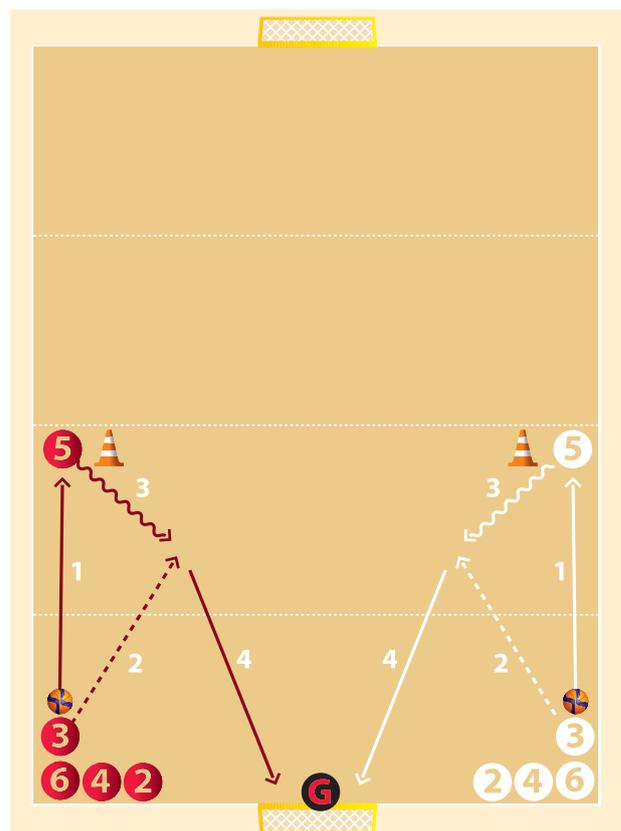
Player 3 plays the ball to Player 5 (1) and then challenges him immediately (2). Player 5 feints (3) and tries to dribble past his opponent before shooting (4). Afterwards, Player 3 returns to Player 5's starting position and assumes the attacker's role, Player 5 re-joins the queue on the other side. To practice dribbling efficiently, defenders should play very passively in the early part of the drill.

Coaching point:

- Increase in pace after a feint

Variation:

- Two teams are formed. The defenders actively challenge the players on the ball and the coach counts the number of goals scored.



6.3 Flicking the ball off the sand

Explanation:

Owing to the uneven playing surface, the ball is often played in the air in beach soccer. One of the most important technical skills, therefore, involves flicking the ball up off the sand. There are two techniques:



Flicking the ball off the sand – when standing

Using the front part of the foot, the player pushes the ball forwards into the sand with a slight backward rotation. He slides his foot under the ball with the leg slightly bent and propels it out of the sand with a quick extended movement of the lower leg.



Flicking the ball off the sand – when running

The player slides his foot under the rolling ball with the leg slightly bent and propels it out of the sand with a quick extended movement of the lower leg.



Drill 1:

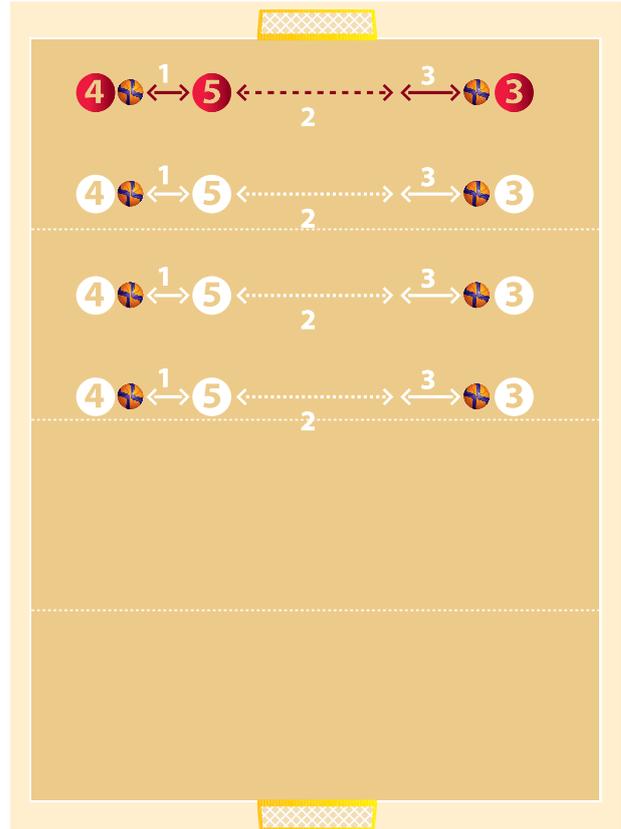
The players are split into groups of three. Player 4 throws the ball to Player 5's feet. Player 5 flicks the ball up into the air and plays it back. He then runs to Player 3 and does the same again. After 10-15 flick-ups the players change position.

Coaching points:

- Correct movement when flicking up the ball
- Players 3 and 4 throw the ball into the sand before Player 5 has arrived
- Flick-ups with the left and right foot

Variation:

- The players flick the ball up mid-run.

**Drill 2:**

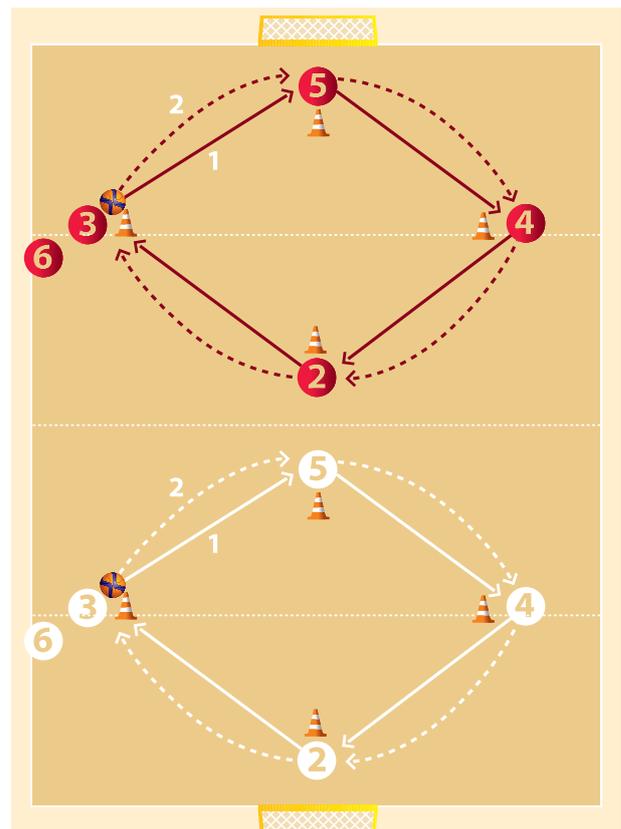
Players are split into groups of five. After flicking the ball, Player 3 passes it to Player 5 (1); Player 3 then takes the position of Player 5; Player 5 passes to Player 4, who takes the position of the former. The players form a circuit in a diamond shape.

Coaching points:

- Correct action when flicking the ball
- Precision in passing

Variation:

- Flicking the ball while it is moving
- Introduce second ball into the drill



6.4 Juggling

Explanation:

Juggling refers to keeping the ball in the air using several touches (with one or more parts of the body).



Drill 1:

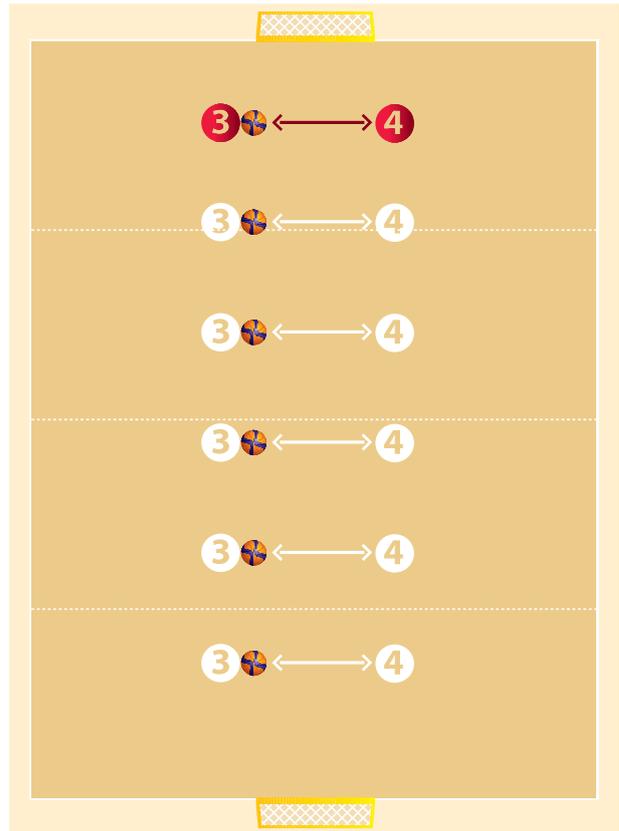
The players form pairs and are allocated marked zones by the coach. Each pair attempts to play the ball to each other while keeping it in the air.

Coaching points:

- Much patience and practice is required to learn how to juggle the ball
- The drills should be kept very simple in the beginning to ensure the players remain motivated and enjoy practicing
- The degree of difficulty can steadily be increased, if appropriate

Variation:

- The coach determines how many touches are allowed between passes and which parts of the body may be used to control and pass the ball.

**Drill 2:**

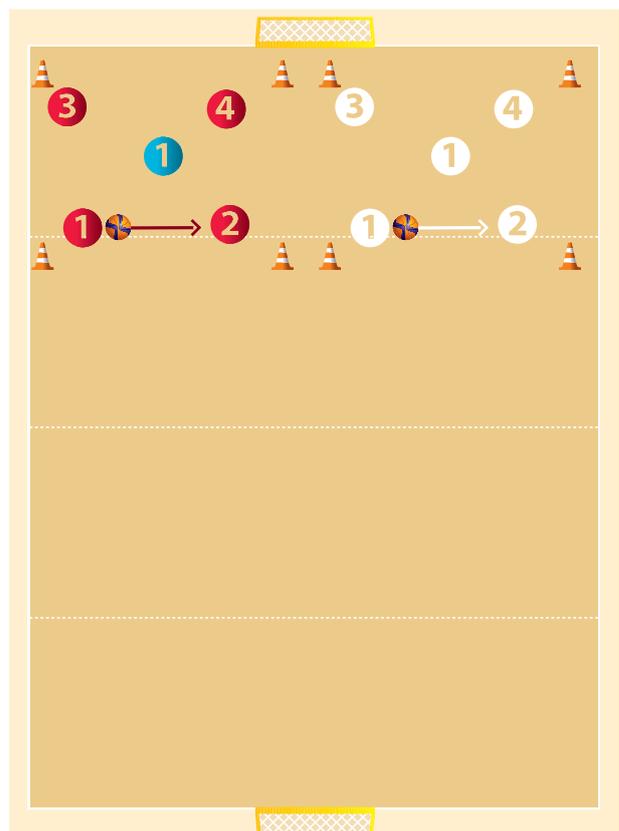
4-on-1 game in a 6m x 6m area. The ball can only be passed through the air. The coach sets the rule that the players on the wings can only touch the ball twice (maximum).

Coaching points:

- Direct and fluid play by the wingers

Variations:

- The wingers cannot pass the ball directly by heading
- The coach sets the number of touches



6.5 Passing

Passing serves the intention of playing the ball to a team-mate. This technical skill is usually executed with the foot. In addition, beach soccer often involves situations when the ball is passed using the knee, thigh, chest, shoulder or head.

Depending on the situation, a pass can be:

- played off the sand
- after a flick-up
- first-time in the air



6.5.1 Pass off the sand

Explanation:

If the ball is on the sand when passed, care should be taken to ensure it is not in a depression. Kicking a ball that is stuck in the sand can be very painful and result in injury. Passing sequences on sand involving one-twos and running are useful for warming up and coaching technical and cognitive skills.

Drill:

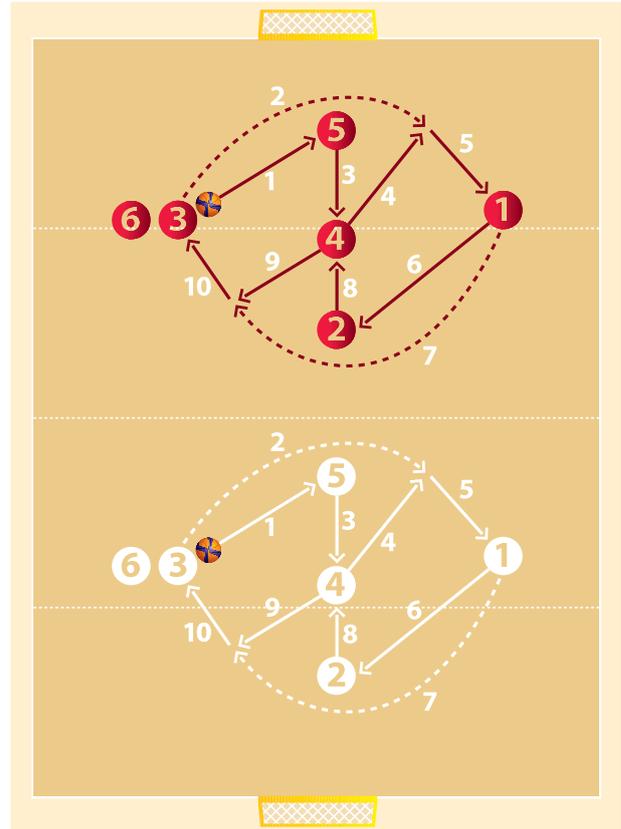
Player 3 passes the ball to Player 5 (1) and overlaps him (2). Player 5 passes to Player 4 (3), who plays it back to the overlapping Player 3 (4). Player 3 now passes to Player 1 (5). The drill starts from the beginning again. Positions are changed after a couple of passing sets.

Coaching points:

- Upright body position
- Standing leg next to and slightly behind the ball
- Focus on target before passing
- Rhythm and timing of passes

Variation:

- Number of touches before passing



6.5.2 Passing after flicking the ball off the sand

Explanation:

Players often flick the ball up off the sand in order to play a high pass. This movement requires a lot of technical skill and the ball has to be flicked up off the sand correctly.

Drill:

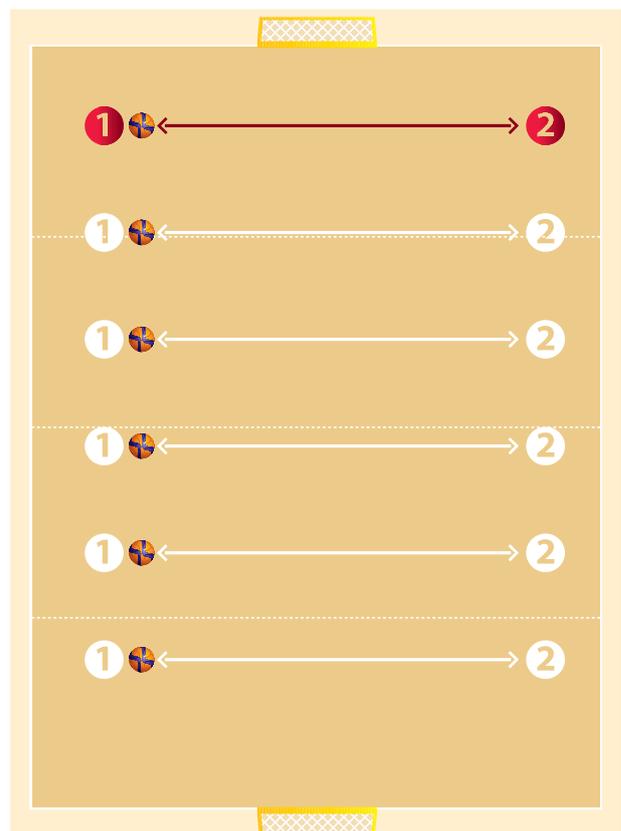
Two players stand 15-20m apart and pass the ball to each other. The ball must be flicked up off the sand before each pass.

Coaching points:

- Technically correct flick-ups
- Precision over power when passing

Variations:

- Play backward-passes (overhead passes)
- The ball is flicked up from a standing position or mid-run after the player has knocked the ball in front of himself



6.5.3 Volleyed pass

Explanation:

A player's ability to keep the ball in the air is often indispensable in allowing him to pass it on as part of a quick move. In addition to the flicking of the ball, the directly volleyed pass is also, therefore, important and should be practised regularly. In beach soccer, this technical move can be done with any part of the body that is permitted, the most common being the foot, the thigh, the chest, shoulder or head.



Drill:

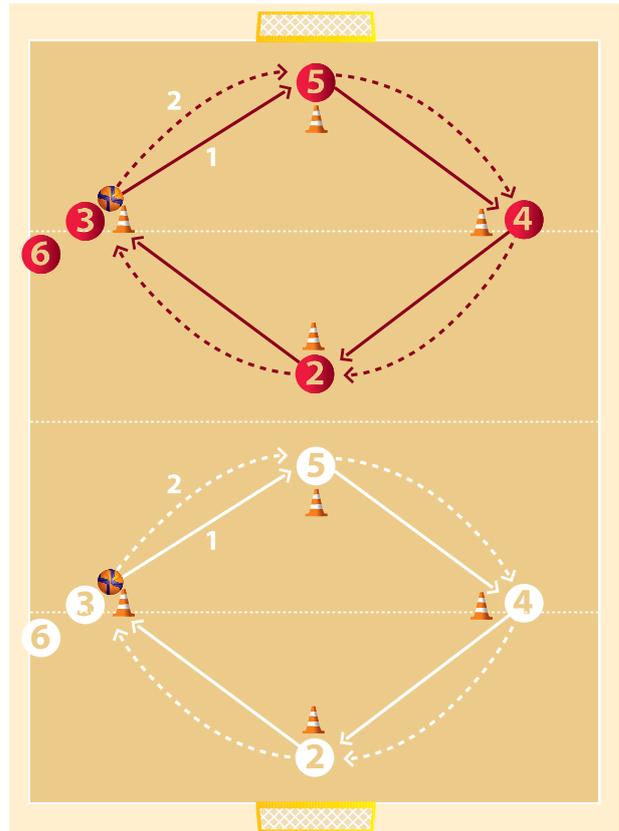
Players are split into groups of five. Player 3 passes the ball directly to Player 5 (1); he controls the volley, before passing directly to Player 4; Player 3 then takes the position of Player 5; Player 5 passes to Player 4 and takes the position of the latter. This way, the players form a circuit in a diamond shape.

Coaching points:

- Passes that are really measured and direct.
- Touches of the ball, when receiving it, can be done in any way possible, but the ball should not touch the sand.
- In order for an ideal starting position, the ball should be directed at a specific target.

Variations:

- Limited number of touches when receiving the ball.
- Same exercises can be used by passing off the sand and after flicking up.



6.6 Shooting

Explanation:

Shooting is an attempt to score a goal.

Shots can be:

- taken off the sand
- after a flick-up
- from a free-kick
- first time
- the overhead kick and the horizontal bicycle kick are special types of shots.

All these technical skills are normally executed with the foot. Going for goal with the head is explained in the chapter on heading.



6.6.1 Shot off the sand

Explanation:

To prevent injuries, care should be taken to ensure the ball is not in a depression in the sand before shooting. This is even more important than it is when passing the ball because in most cases more power is used when shooting and the risk of injury is therefore greater.



Drill:

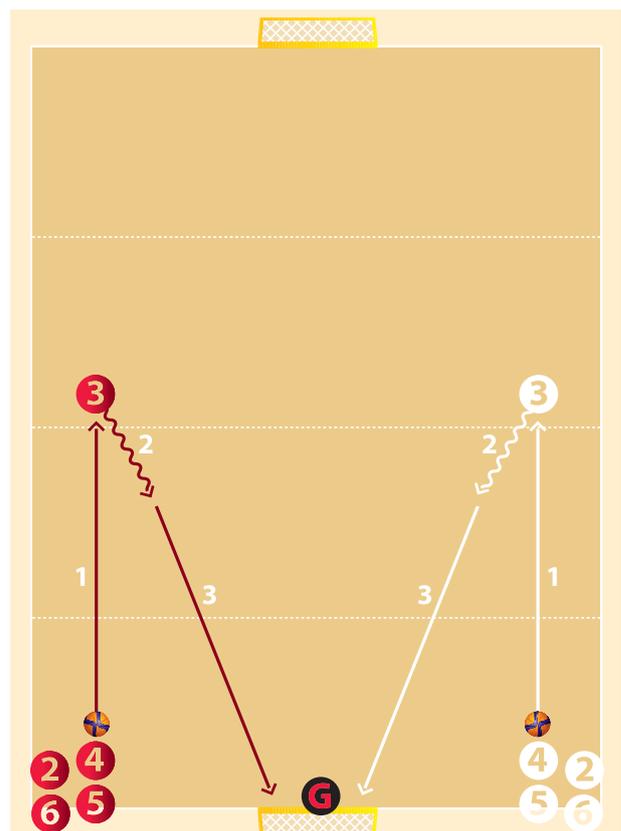
The players are split into two equal groups. Player 4 plays a precise pass to Player 3 (1), who after running with the ball for a few metres (2) finishes with a shot on goal off the sand (3). Player 4 assumes the position of Player 3.

Coaching points:

- Ensure the ball is not in a depression when shooting
- Upright body position
- Standing leg next to the ball and slightly behind it
- Focus on target before shooting
- Precision over power

Variations:

- Specify the number of touches before shooting
- Require players to shoot with their left foot from the right and vice-versa



6.6.2 Shot after flicking the ball

Explanation:

For powerful and accurate shooting, players often flick the ball up beforehand. As with all moves involving flicking the ball up off the sand, this is very challenging technically and requires a lot of regular practice.



Drill:

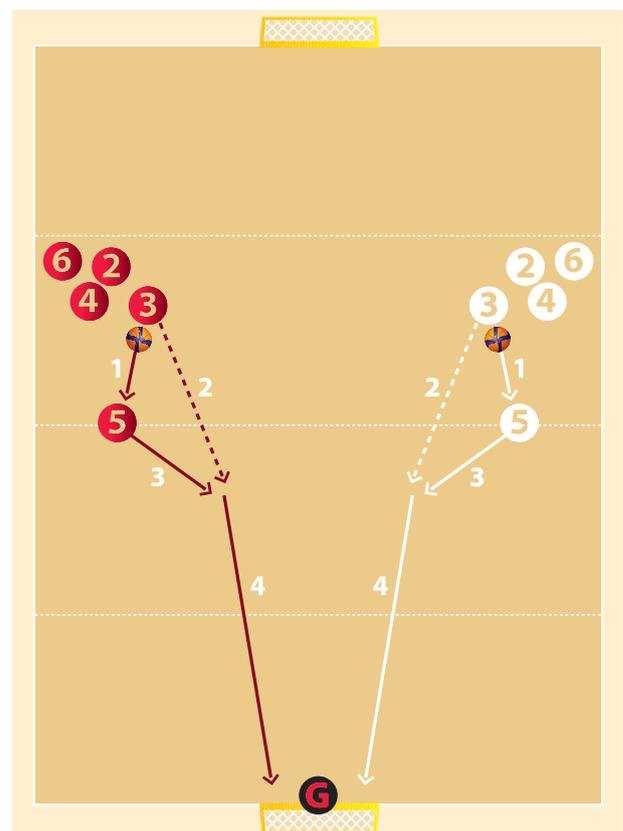
The players are split into two equal groups. Player 3 plays a precise one-two with Player 5 (1, 3) and flicks the ball up before shooting (4).

Coaching points:

- Technically correct flick-ups
- Body should be upright or leaning slightly forward when shooting
- The ball should be struck just before it bounces
- Precision over power when shooting

Variation:

- The ball is flicked up from a standing position or mid-run after the player has knocked the ball in front of himself.



6.6.3 Volleyed shot

Explanation:

The first-time finish is one of the most important skills for scoring goals in beach soccer. It is usually executed with the foot. From close range, however, players sometimes go for goal first-time using the knee, thigh, chest, shoulder or head.



Drill:

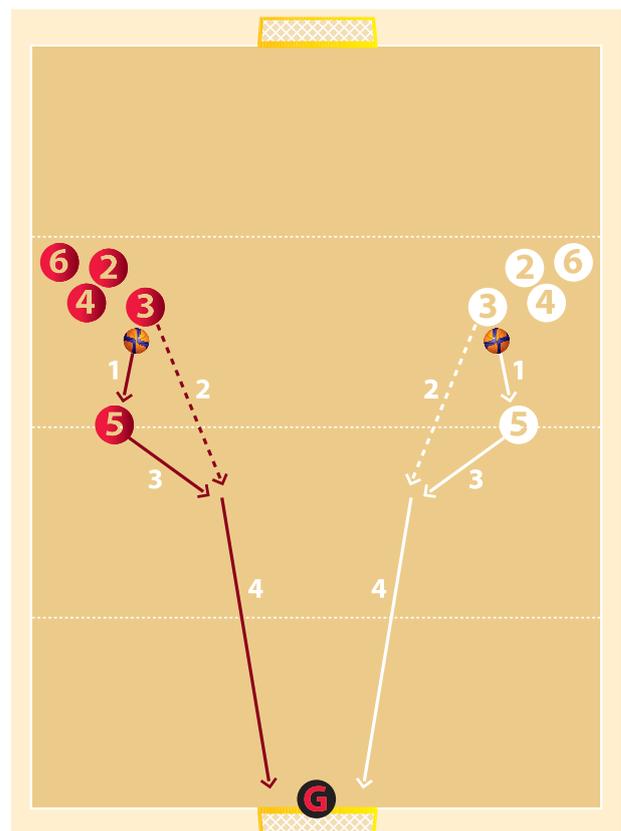
The players are split into two equal groups. Player 3 plays a precise one-two with Player 5 (1, 3) and finishes with a first-time shot (4).

Coaching points:

- Body should be upright or leaning slightly forward when shooting
- The ball should be struck just before it bounces
- Precision over power when shooting
- If the players are not yet able to play precise, direct passes, Player 5 can pass the ball on with his hands

Variation:

- Player 5 plays a double one-two in the air with Player 3 (two one-twos in succession)





6.6.4 Free kicks

Explanation:

Free kicks are a special type of shot. In beach soccer, players are allowed to prepare the sand with their feet and the ball – but not their hands – before taking a free kick. Given that in beach soccer defences cannot put up any kind of obstacle and the distances are very short, a free kick always represents a significant goal-scoring opportunity.

Drill:

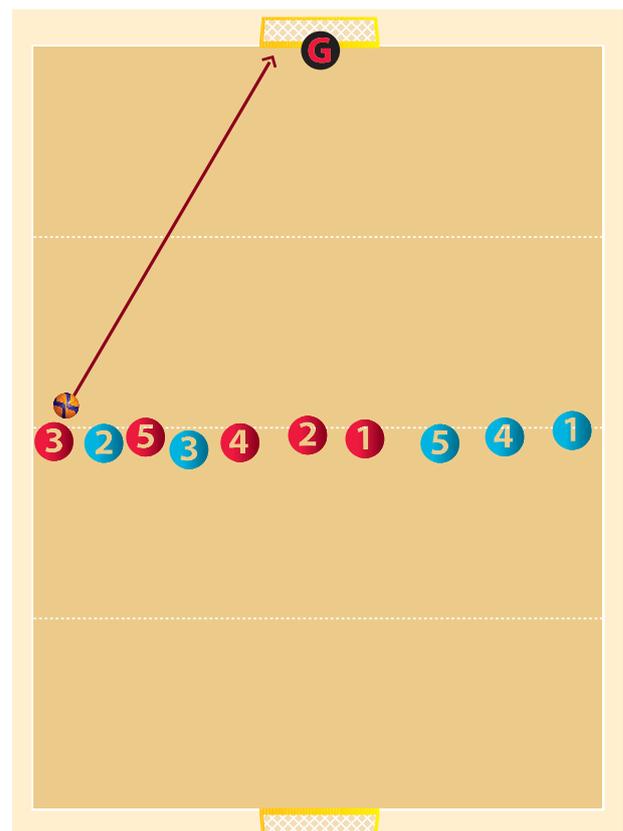
Players each take a ball and, one after the other, take free kicks at the goal.

Coaching points:

- Place the ball on a small mound in the sand or on a flat space
- Correct posture
- Precision is more important than power in the shot
- Body supported at the side of the ball, leaning slightly back
- Before taking the kick, look at the target

Variation:

- Vary the distance from the goal.



6.6.5 Scissors kicks and sideways scissors kicks



Explanation:

This move is primarily performed after setting up the ball with a touch with the chest or head, or after the player has flicked the ball up for himself. Experienced players can perform a scissors kick directly from a pass from the goalkeeper or a team-mate.

The player jumps high, spins approximately 90 degrees backwards and moves his weaker leg towards the ball. He lowers that leg with a dynamic, scissoring motion to accelerate the other, more powerful, leg upwards and to strike the ball in the air. Once the ball has been kicked, the body should be turned slightly towards the side of the weaker foot. The hand can only be used to coordinate the fall when, in order to safeguard against injury, it is not possible to cushion the full weight of the player.



To perform a sideways scissors kick, the player leaps high and turns approximately 90 degrees to one side. On receiving the ball, his whole body is in the air in a horizontal position. After performing the kick, the player falls on his side in the sand.



Drill 1:

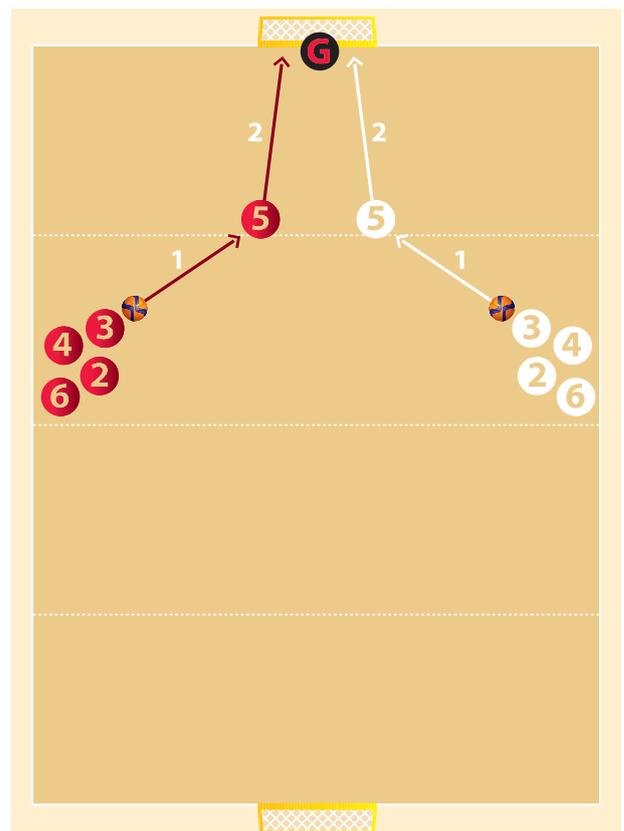
Players are split into two equal groups. Player 5 receives a pass from Player 3 and stops the ball (1). He then flicks the ball up and shoots at goal with a scissors kick or sideways scissors kick (2). If the effort is not accurate, the player can pass the ball after controlling it or flicking it up. After performing the move, Player 5 joins the queue and Player 3 then waits for the pass in order to perform a scissors kick.

Coaching point:

- Precision and timing of passes

Variations:

- If the player is not very confident about performing this move, he can throw the ball up for himself for the overhead or sideways scissors kick
- A good exercise for children



Drill 2:

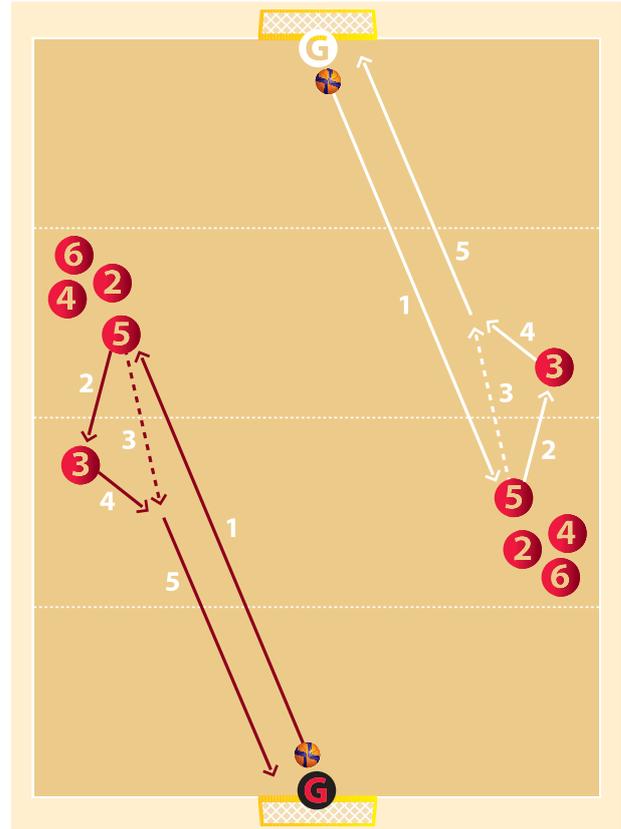
Players are split into two equal groups. The starting point for the exercise consists of a long throw by the goalkeeper to Player 5 (1), who controls the ball and then passes to Player 3 (2). Player 5 then runs towards the goal and Player 3 passes the ball high and behind Player 5 (4). After turning 180 degrees, Player 5 shoots at goal with a scissors kick or sideways scissors kick (5).

Coaching points:

- Left- and right-footed players are divided into groups; the difficulty level of the overhead or sideways scissors kick increases considerably when the pass is not to the side of the stronger foot.
- If the players are not yet ready to perform the moves directly and with precision, Player 3 can continue to pass the ball with his hands.

Variation:

- Players 5 and 3 perform two one-twos.



6.7 Heading

Explanation:

With a header, the ball is struck with the forehead towards the goal or to pass to another player. Performing a header requires great technical skill and coordination on the part of the players.



6.8 Ball control

Explanation:

On receiving the ball, for example, the ball is trapped or controlled in the sand or in the air after a pass from a team-mate. The ball can be controlled with different parts of the body (foot, thigh, chest, etc.), requiring good technical skill, coordination and balance. It must be remembered that it is much more difficult to control the trajectory of the ball and maintain balance on sand.



Drill 1:

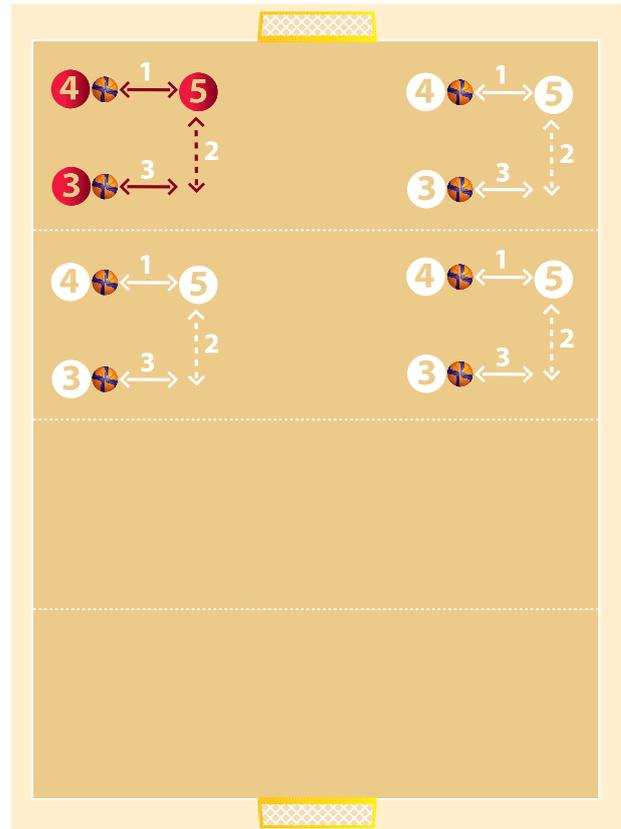
Players are split into groups of three. Player 4 passes the ball to Player 5 who controls it and then passes it back directly (1). He then changes sides (2) and receives a pass from Player 3 (3). The distance between Player 5 and the other two should be 3-5 metres. After 10-15 repetitions, the players change positions.

Coaching points:

Precise passes by Players 3 and 4.

Variation:

- To make the drill easier, Players 3 and 4 can throw the ball.
- Control the ball with the foot, thigh, chest, shoulder or head. Combinations can also be used to control the ball.
- Players 3 and 4 juggle the ball between themselves and pass the ball to Player 5 with the feet instead of the hands.

**Drill 2:**

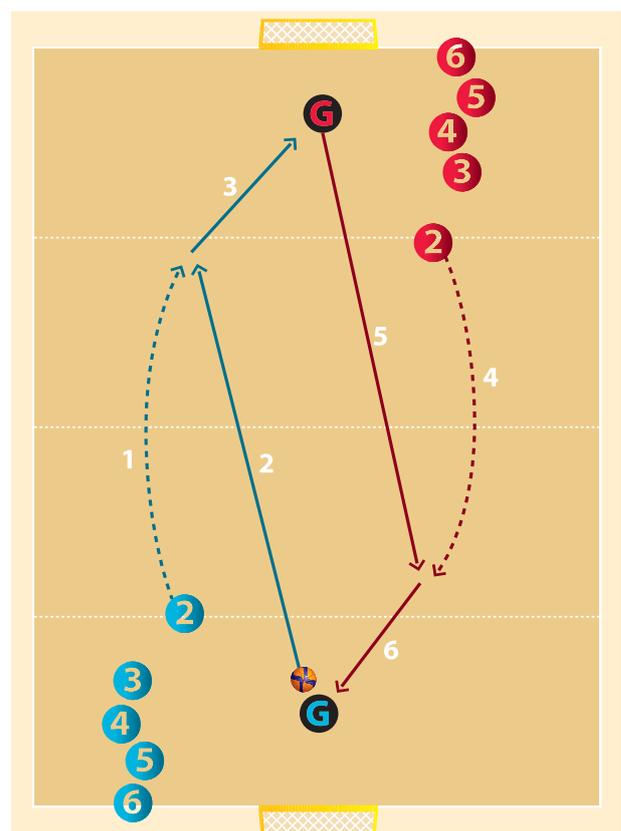
Players are split into two equal groups. Player 2 (blue) runs towards the opponent's goal (1) and receives a long throw from the goalkeeper (blue) (2). Player 2 controls the ball (without letting it touch the ground) and passes it to the opposing goalkeeper (red) (3), who then throws a long ball (5) to Player 2 (red), who is running towards the opposite goal (4). After controlling the ball, he passes it into the hands of the goalkeeper (blue). After correctly performing this move, the players join the back of the line on the other side. The aim of the exercise is to always keep the ball in the air.

Coaching points:

Precise and well controlled thrown passes by the goalkeeper.

Variation:

- The coach monitors how the goalkeepers pass the ball and how the players control it.



6.9 Tackling

Explanation:

In an attacking situation, the defence attempts to recover the ball from the opponents. It is important that the tackle is performed without any technical fouls (see Law 11). It should especially be kept in mind that the defenders have to stay on their feet on the sand for as long as possible because, once they have gone to ground, it takes a lot of time and effort to get up again.



Drill 1:

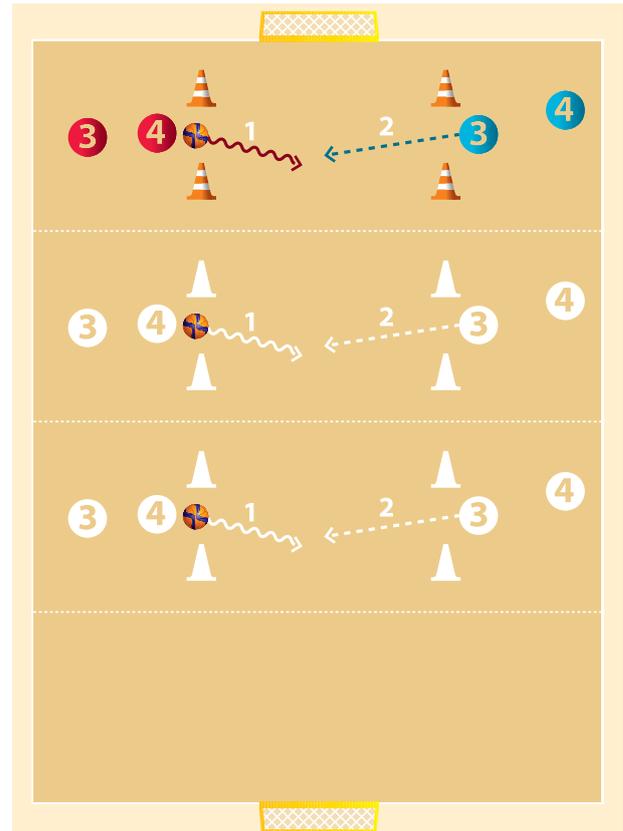
Players are split into pairs and assigned to different areas by the coach. Attacker 4 attempts to guide the ball through the area marked by defender 3 (1). The defender actively attempts to get the ball from the attacker.

Coaching points:

- The coach concentrates on the defender
- Side-on positioning of the defender to the attacker
- Note: knee slightly bent, supported on the instep of the foot
- The defender attempts to interrupt the pace of the attacker and guide him towards the side of their weaker foot in order to make it difficult for him to take a (hypothetical) shot with their stronger foot
- Determination from the defender to win the encounter fairly

Variation:

- The coach allows players to play with small goals and counts the number of goals scored.

**Drill 2:**

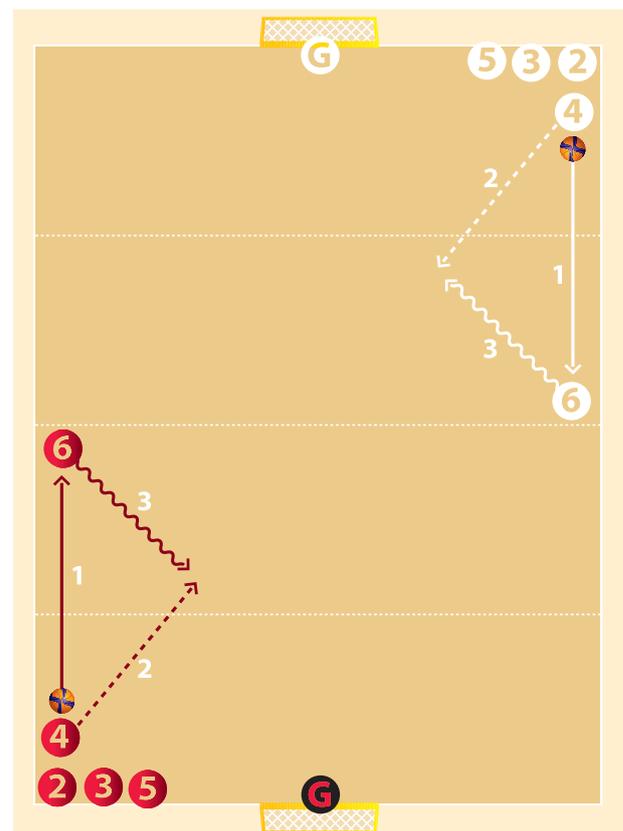
Player 4 passes the ball to Player 6 (1) and then takes him on directly (2). Player 6 launches an attack towards the goal (3), Player 4 actively attempts to get the ball off him.

Coaching points:

- The coach concentrates on the defender
- Side-on positioning of the defender to the attacker
- Note: knee slightly bent, supported on the instep of the foot
- The defender attempts to interrupt the pace of the attacker and guide him towards the side of his weaker foot in order to make it difficult for him to take a shot with his stronger foot
- Determination from the defender to win the encounter fair

Variation:

- The coach arranges the exercise as if it were a game and gives points for each successful defensive move.
- Use same exercise playing 2-on-1, 2-on-2, 3-on-2, etc.



6.10 Interception

Explanation:

An interception is where a pass between one opponent and his team-mate is anticipated and the ball is prevented from reaching the team-mate.

Again, players must be careful not to commit a foul when performing this move.



Drill 1:

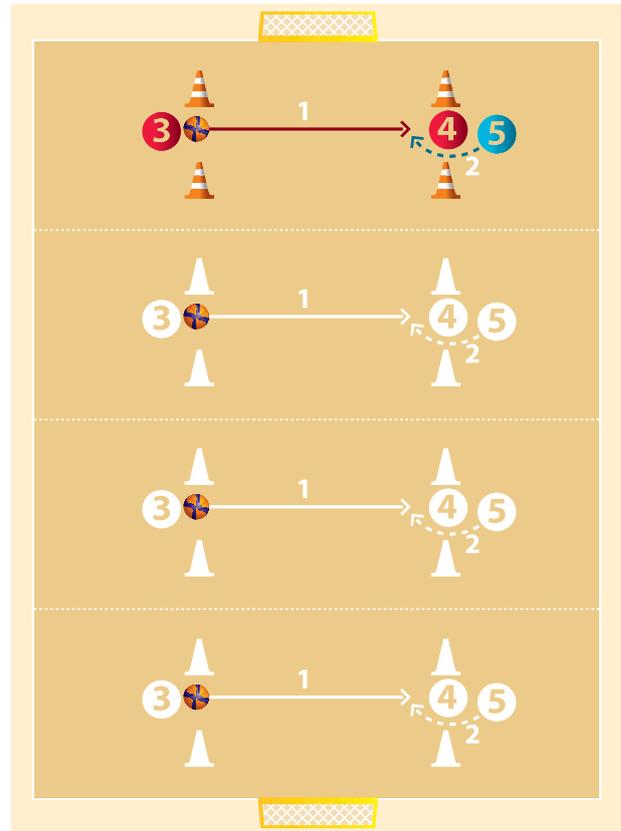
Players are split into groups of three. Player 3 kicks the ball to Player 4 (1). Player 5 stays behind Player 4 and attempts to get to the ball (2) before Player 4 has a chance to control it. If possible, the interception should be done without any physical contact. In ideal conditions, the defender will be able to control the ball.

Coaching points:

- Anticipate the pass and the trajectory of the ball
- Always monitor the movement of the attacker
- Determined movement in the challenge

Variation:

- Increase the distance; for example, along the length of the pitch

**Drill 2:**

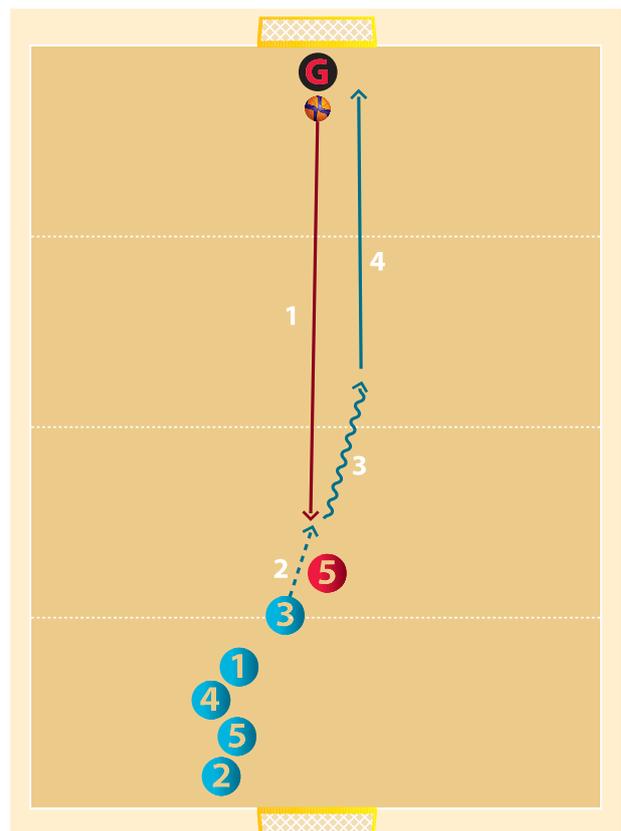
The exercise begins from goalkeeper who passes the ball to Attacker 5 (1). Defender 3 attempts to intercept the ball (2), controls it and then finishes the move (3, 4).

Coaching points:

- Anticipate the pass and the trajectory of the ball
- Always monitor the movement of the attacker
- Determined movement in the challenge to win the ball

Variation:

- 5-on-5 game in which the goalkeepers have to start the game with long throws to the forwards.



7. Goalkeeper training



7.1 Introduction

In beach soccer, the goalkeeper is by far the most important player and can be said to be the orchestrator of the team. He initiates practically every move and is thus able to dictate the rhythm of the play. Unlike in football, there are no goal kicks in beach soccer, only throw outs. The goalkeeper's ability to throw the ball is thus of major importance when launching attacks.

As already mentioned, the majority of goals in beach soccer are scored with fewer than three passes. As a result, the goalkeeper is often the initiator of goal-scoring opportunities.

The most recent beach soccer competitions around the world, in which new rules have been implemented that affect the goalkeeper, have graphically shown the increased importance of the goalkeeper's role in the development of the game. Not just in terms of making saves or providing defensive support, but also in terms of constructing and organising the team's attack – in some cases being the player with the most possession or even the highest goal scorer.

The reduction of the time limit from five to four seconds for the goalkeeper to restart play, as well as for possession in his area by team-mates, means that coaches and goalkeepers themselves take fewer and fewer risks. This means that better and more specific preparation is required.

The goalkeeper is not allowed to re-enter the box with the ball after leaving the box in possession. This limits the goalkeeper's behaviour, which means that he needs to increase and improve his moves using the feet. In terms of precision and taking decisions, obviously with a greater requirement at the technical level, demands on the goalkeeper are similar in many cases to those on the outfield players.

Nowadays, the teams that have goalkeepers with solid technique and tactical skills have a great advantage over their rivals, in many cases creating 5-on-4 situations.

A modern goalkeeper must have an increasingly wide range of skills, from the physical and psychological, to great technical and tactical ability. The demand for such all-round abilities is growing all the time. He has a dual role, both as a goalkeeper who initiates and directs play with his hands or with his feet in a role

similar to that of an outfield player. The goalkeeper is the only player who is free and has more time, in general terms, to structure the attack and be in a position to take better decisions. This can be key in giving teams the upper hand in destabilising the opposition's defence.

At the physical level, it is necessary that the goalkeeper is an all-round athlete, with enough strength to move in the sand and to move his body with the constant movement that the game demands, such as blocking, receiving, falling, jumping, defensive one-on-ones with opponents with the ball as well as duels for the ball in the air, which occur frequently. Outfield players are frequently substituted, giving them time to recover on the bench, whereas in the case of the goalkeeper, it is more complicated to make a change during a match. The game cannot be paused, which means a coach must wait for an appropriate situation in the game, with all the risks that this entails, to substitute his goalkeeper. Or wait for a moment when the game has been paused by the referee, e.g. because of a foul or a goal. This, however, may not happen at the precise moment a coach wants to change the goalkeeper.

At the technical-tactical level, there is a difference between defensive moves and attacking moves, as well as the transition between them. It must be remembered that the goalkeeper has only four seconds to take a decision and execute any technical move (from the moment he is in possession of the ball) within his area.

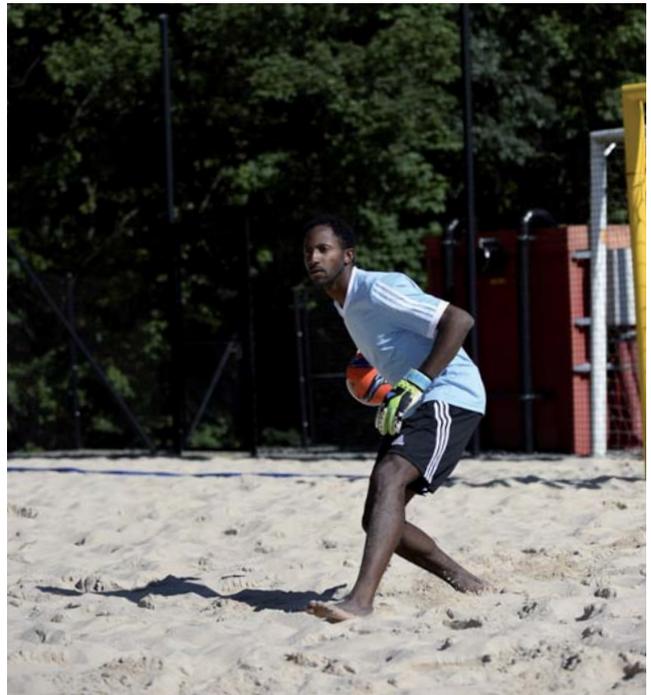
Therefore, in tactical training for goalkeepers, we include concepts similar to those presented to outfield players, adapting them to game situations in which the protagonist is the goalkeeper. We can include all the tactical aspects, both attacking and defensive, within the goalkeeper's position.

At the psychological level, the goalkeeper must be able to cope with the stress and responsibility that goes with all his moves, both defensive and offensive. With everything the goalkeeper does, he runs the risk of conceding a goal, so they must be emotionally prepared for the challenge.

7.2 Short restart (underarm throw)

Explanation

The goalkeeper has various options for introducing the ball into the game. The underarm throw involves the goalkeeper throwing the ball in a circular motion from below. It is used for precise passes over short distances, primarily in the defending team's own half.



Drill 1:

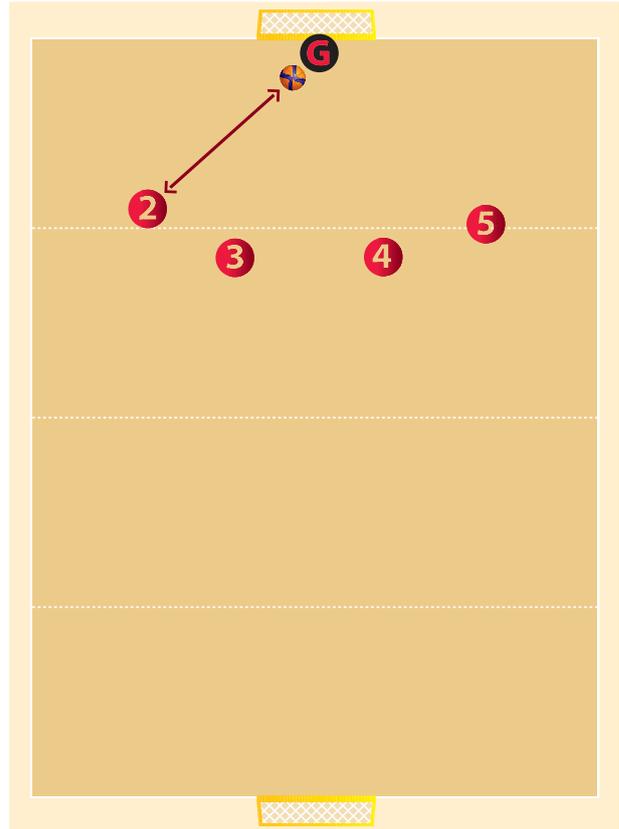
The goalkeeper plays an underarm pass to Player 2, who controls the ball and plays a precise pass back to the keeper. The goalkeeper then throws the ball to the next player, etc.

Coaching points:

Precise underarm passes that team-mates can easily control.

Variations:

- Passes to the feet, thigh, chest or head of team-mates
- Left and right-handed throw-outs

**Drill 2:**

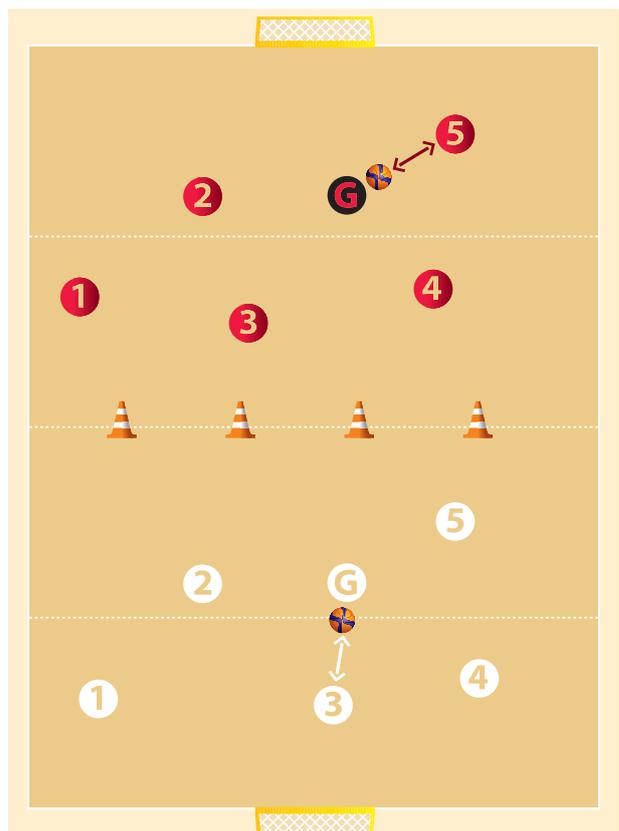
The players run round the goalkeeper in one half of the pitch. The goalkeeper throws the ball to his team-mates in turn, who play it back into his hands, either first time or after controlling it.

Coaching points:

Precise underarm passes that team-mates can easily control.

Variations:

- The players indicate where the ball should be played
- The coach gives the players bibs of different colours to indicate how they are to receive the ball (with their foot, thigh, chest or head)

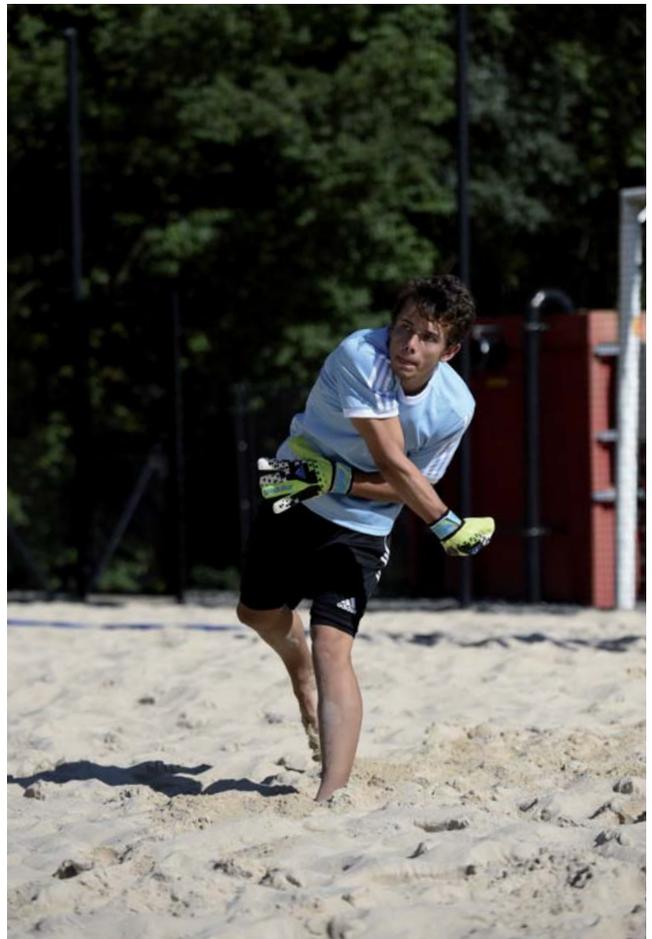


7.3 Long restart (overhead throw)

Explanation

The overhead throw is normally used to play a long ball forward. It can be executed as a flat throw or, if an opponent is standing in the path of the ball, as an arching lob.





Drill 1:

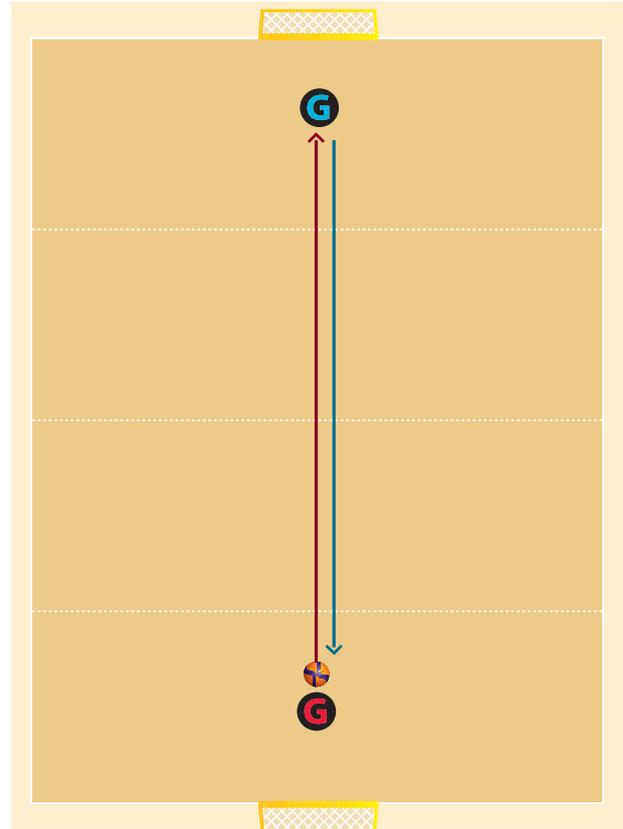
The goalkeepers play the ball to each other with overhead throws.

Coaching points:

- Fast, accurate passes
- Left and right-handed throw-outs

Variation:

- The goalkeepers change positions between throws inside their own zone and thus become 'moving targets'.

**Drill 2:**

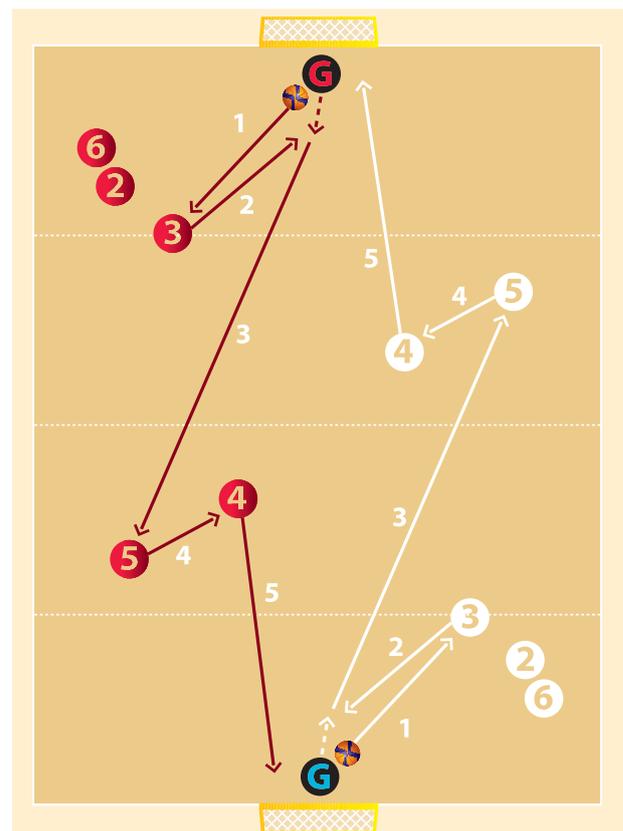
Goalkeeper (red) plays a one-two with Player 3 (1, 2) and then throws it to Player 5 (3), who passes back to Player 4 (4). Player 4 finishes with a shot on goal (5). On completion of the drill, the outfield players take up different positions.

Coaching points:

- Fast, accurate passes
- Left and right-handed throw-outs

Variation:

- Attacker 5 is allowed to roam the opposition penalty area and becomes a 'moving target'.



7.4 Catching

Explanation:

The goalkeeper can catch the ball after a shot by an opponent as well as a pass by a team-mate. As soon as he has caught it, he can initiate the next stage of play immediately.

Before a shot from an opponent, he should be in a basic starting position to be able to control the shot:

- Position of feet (on front foot)
- Anatomical width (shoulder width)
- Distribution of body weight towards the front
- Bent knees and elbows
- Hands open
- Facing the play



Drill 1:

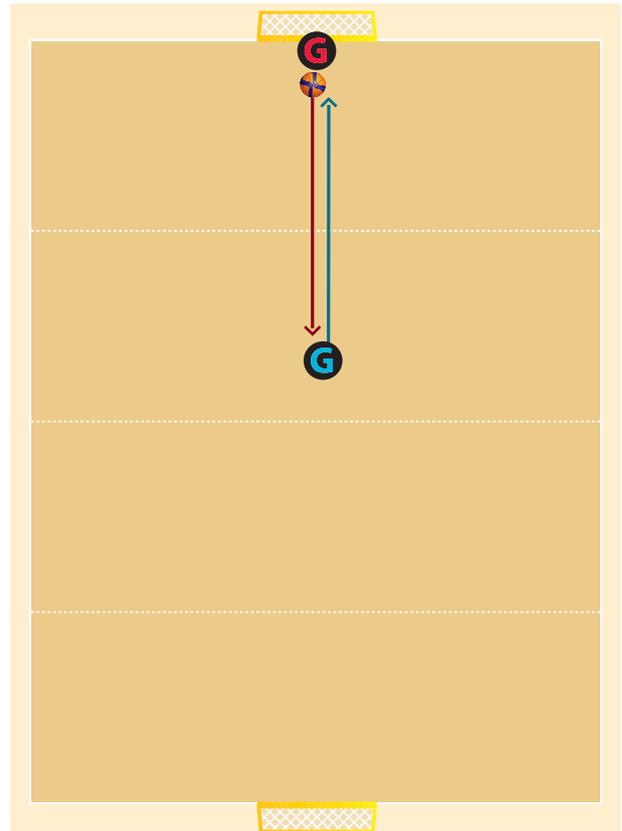
The goalkeepers kick the ball to each other and catch it.

Coaching points:

- Hands in front of the body
- Always catch the ball, no parries or punched clearances

Variations:

- Increase the distance
- Passes are played using the feet

**Drill 2:**

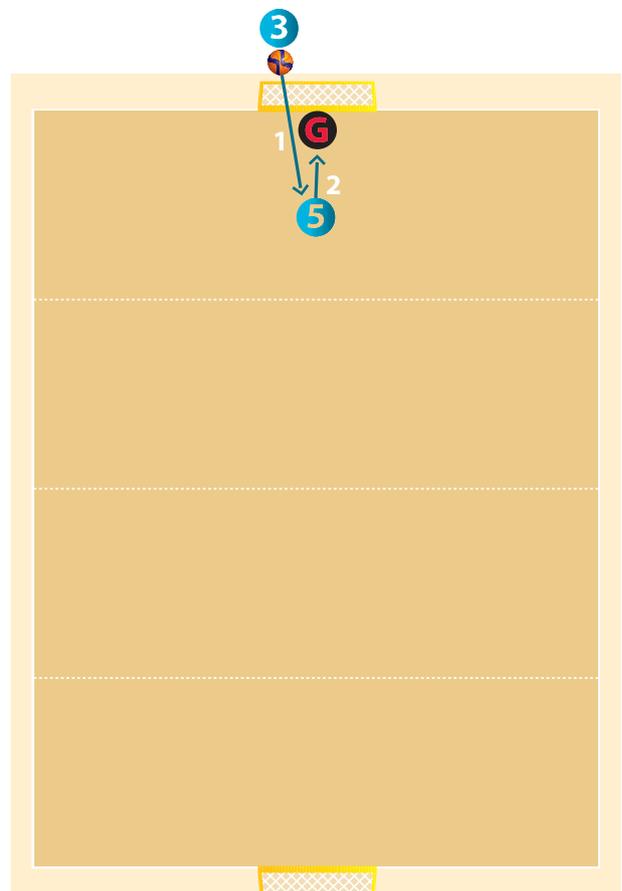
The ball is thrown over the bar from behind the goal (by Player 3) to Player 5 (1). Player 5 shoots straight into the goalkeeper's arms (2).

Coaching points:

- Hands in front of the body
- Always catch the ball, no parries or punched clearances

Variation:

- Increase the distance, with Player 5 attempting to score rather than play it back to the goalkeeper.



7.5 Diving

Explanation:

Diving is certainly the technique that most defines a goalkeeper. Whether it is to save a low shot from an opponent, a shot from out wide (along the ground, at mid-height or high in the air), the goalkeeper has to choose the technical skill that best suits the trajectory

of the ball. If the goalkeeper is unable to catch an opponent's shot, he can parry it to prevent a goal from being scored. He should try to push the ball out to one side, preferably to a team-mate, but if not, out of play.



7.5.1 Diving

Drill:

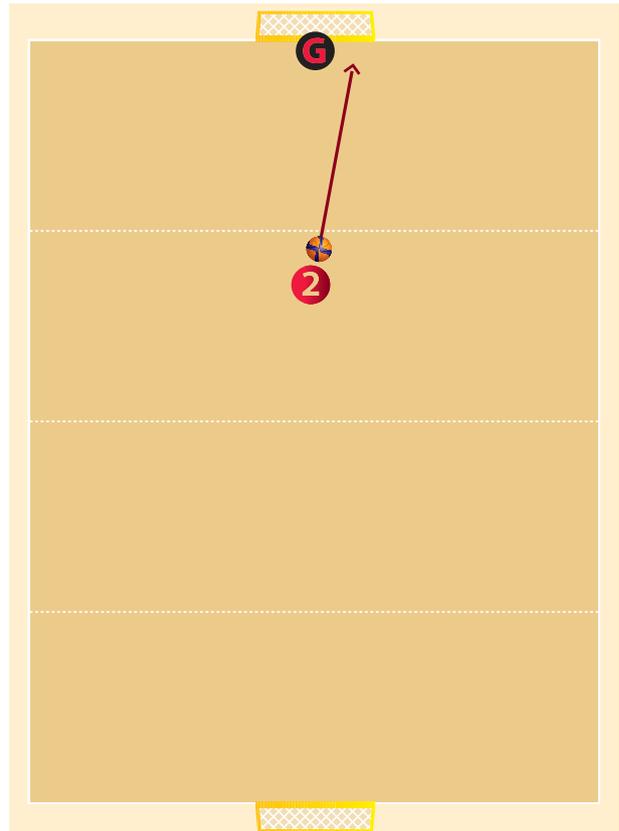
Player 2 targets the corner of the goal. The goalkeeper diverts the ball out of play.

Coaching points:

- Always knock the ball out of the danger area.

Variation:

- Increase the distance.



7.5.2 Diving forward

Drill:

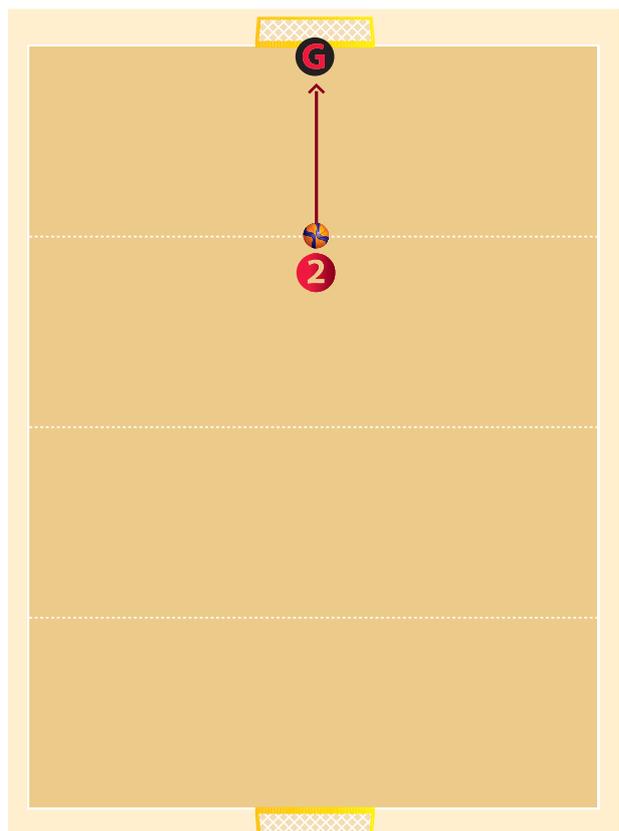
Player 2 stands 9m away from the goalkeeper and fires in a low shot at the goalkeeper, who dives forward.

Coaching points:

- Keep eyes on the ball
- Ball in front (along the ground or after a rebound)
- Balance forwards
- Stop ball with forearms
- At least one knee behind the ball
- Closed hands
- Head tucked in to protect face

Variations:

- If the goalkeeper cannot catch and control the shot from the player because of deceptive bounces, then dive as quickly as possible onto forearms
- Change angle of the shots (from left, from right and from centre)
- Same exercise with Players 3, 4, 5 and 6 in a semi-circle



7.5.3 Diving to the side

7.5.3.1 Diving to the side – on the ground

Drill:

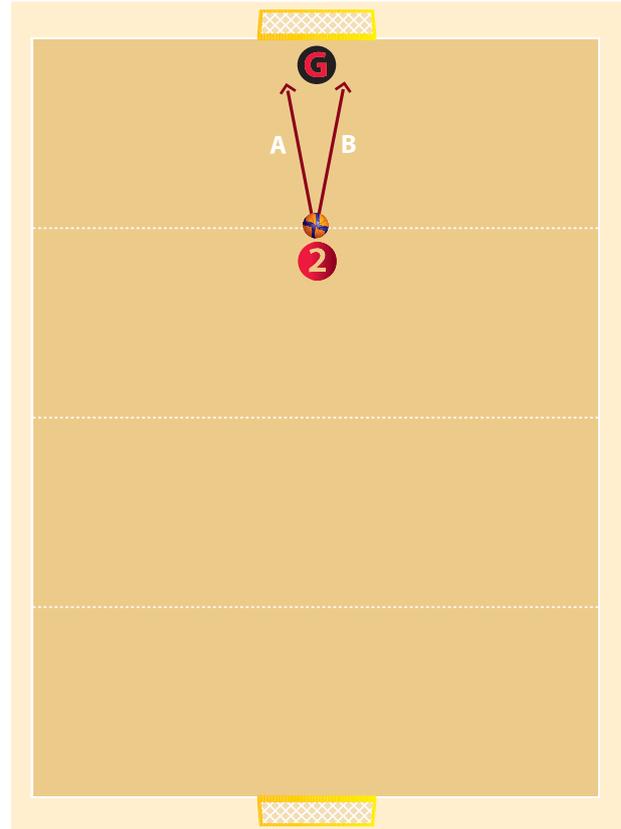
Player 2 stands 9m away from the goal and shoots along the ground, away from the goalkeeper, changing the direction of the shot each time.

Coaching points:

- Eyes on the ball
- Sideways readjustment steps
- Arms extended
- Push off on the leg on the side of the ball
- Catch the ball using the sand to cushion impact
- Avoid mounds of sand
- Arm free

Variations:

- Get arms behind the ball if the ball has touched the sand and if the trajectory is unclear, then pick up the ball as quickly as possible
- Same with Players 3, 4, 5 and 6 in a semi-circle



7.5.3.2 Diving to the side – mid-height

Drill:

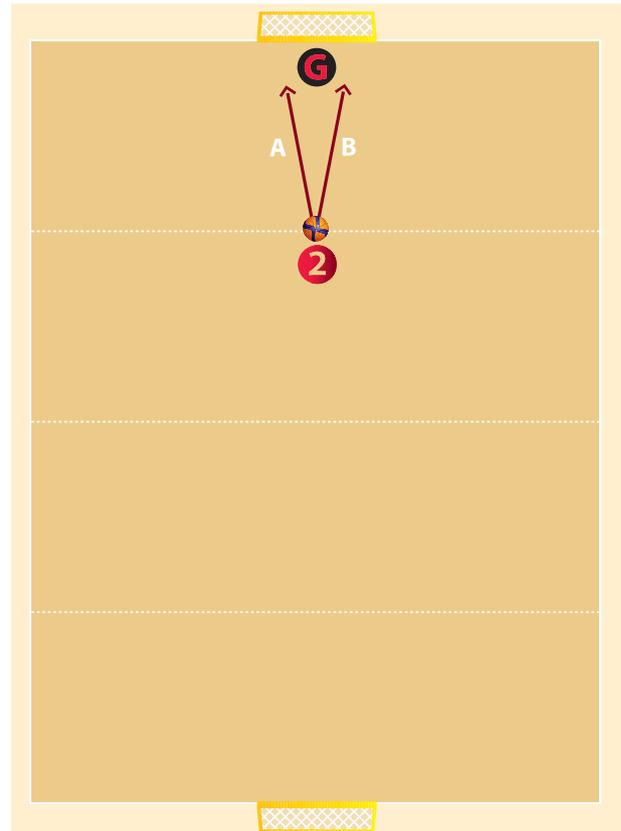
Player 2 stands 9m away from the goal and shoots at mid-height, away from the goalkeeper. Change angle of shots (from left, from right and from centre).

Coaching points:

- Eyes on the ball
- Sideways readjustment steps
- Arms extended
- Push off on the leg on the side of the ball
- Catch the ball
- Fall to the side
- Avoid mounds of sand

Variations:

- Punch the ball with closed fists from a powerful shot to get the ball as far away as possible
- Same exercise with Players 3, 4, 5 and 6 in a semi-circle



7.5.3.3 Diving to the side – high

Drill:

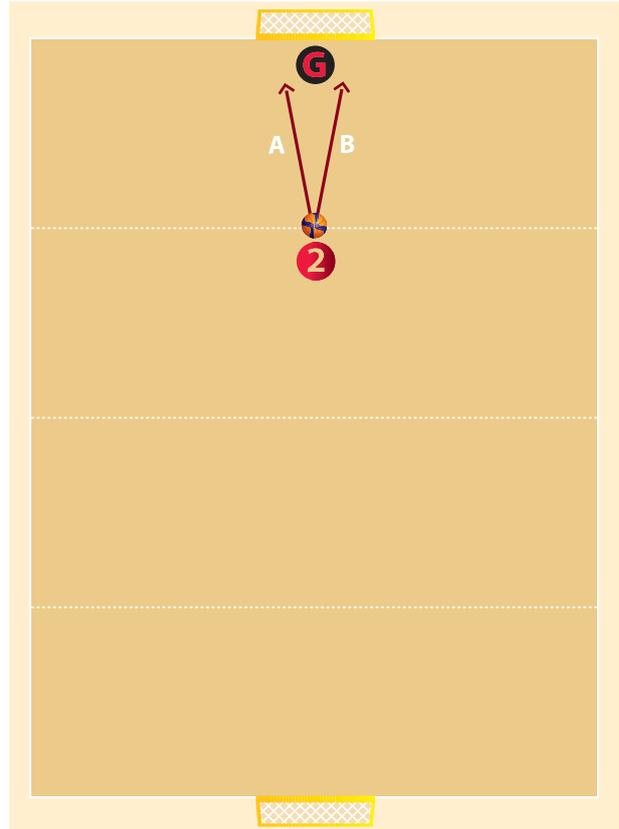
Player 2 stands 9m away from the goal and shoots high, away from the goalkeeper. Change angle of shots (from left, from right and from centre).

Coaching points:

- Eyes on the ball
- Sideways readjustment steps
- Arms extended
- Push off on the leg on the side of the ball
- Get arm behind the ball while saving it
- Using the palm, the fingers, extended arms
- Avoid mounds of sand when falling

Variations:

- Player 2 starts by throwing the ball and progresses to taking shots, using different angles for each shot
- For the goalkeeper: decision-making, show ability to judge when to catch the ball, when to push it away
- Same exercise with Players 3, 4, 5 and 6 in a semi-circle



7.6 Aerial play

Explanation:

The goalkeeper's aerial play is essential in beach soccer. Whether in terms of coming off his line for balls from the opposition goalkeeper, for corners or for incoming long balls. A goalkeeper will choose to

catch a ball in the air if there is no opponent near him, or if there is, he will use one or two fists to punch the ball clear towards a team-mate or to get the ball as far away from his area as possible.



Drill 1:

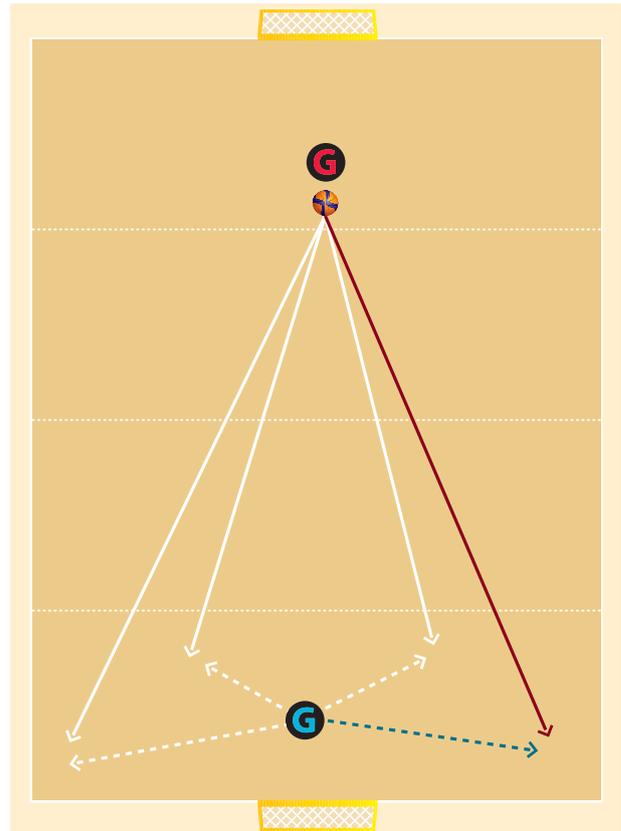
The coach sends in an aerial ball without any opponents to challenge. The goalkeeper moves towards the ball and catches it.

Coaching points:

- Concentration
- Coordination to recover the position and be ready to make a pass.

Variations:

- Long distance balls
- Use passive opponents

**Drill 2:**

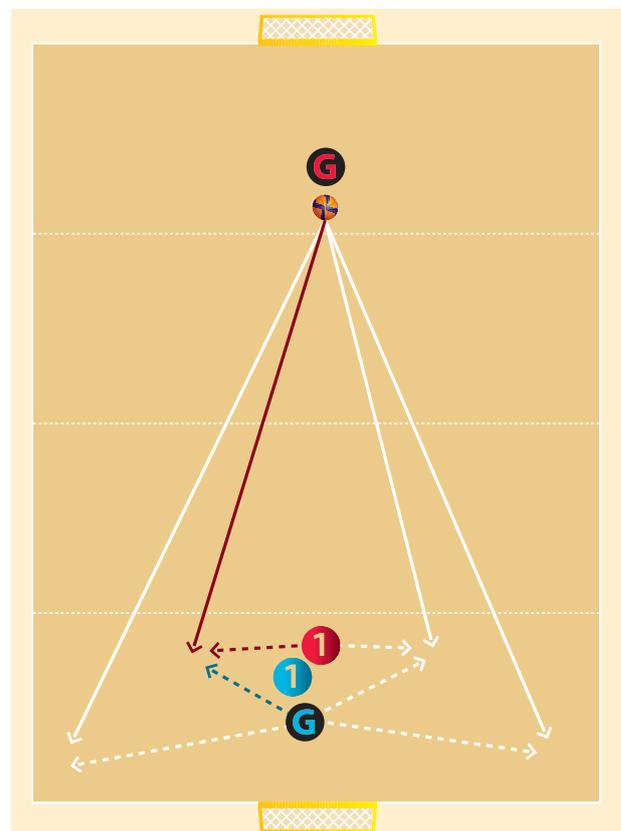
The forward moves free from the defender and the defending goalkeeper. The attacking goalkeeper starts the game with a long ball towards the forward in the attacking zone. The forward tries to control the ball before the defender can intercept it. The defending goalkeeper tries to punch or catch the ball before the forward controls the ball. The defender should act passively during this exercise.

Coaching points:

- Timing of the throw
- Concentration
- Coordination to recover the position and be ready to make a pass

Variations:

- Use passive opponents
- Add an action before or after



7.7 Punched clearances

Explanation:

Punched clearances are used particularly when the goalkeeper aims to prevent an opponent's pass from reaching a team-mate but cannot catch the ball. The ball should be punched with one or both fists, ideally to a team-mate, but if not, then as far as possible away from the danger area.





Drill 1:

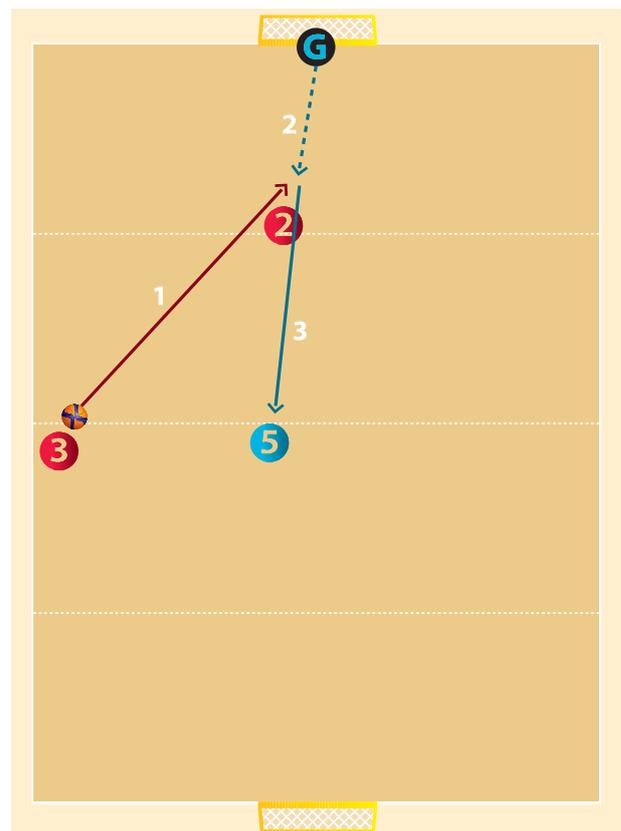
Player 3 throws a high ball into the goal area (1). Player 2 stands in front of the goal. The goalkeeper runs out (2) and punches the ball straight to Player 5 (3).

Coaching points:

- Timing and readiness to advance off the goal line
- Accuracy of the punched clearance

Variation:

- Two attackers take up different positions in the penalty area and are targeted at random to train the goalkeeper's anticipation



7.8 One-on-ones

Explanation:

A one-on-one situation is when the goalkeeper attempts to deny an opponent presented with a direct chance. The goalkeeper narrows the angle by running towards the advancing opponent. He keeps his eye on the ball at all times and does not allow himself to be deceived by the attacker's feints.

Drill 1:

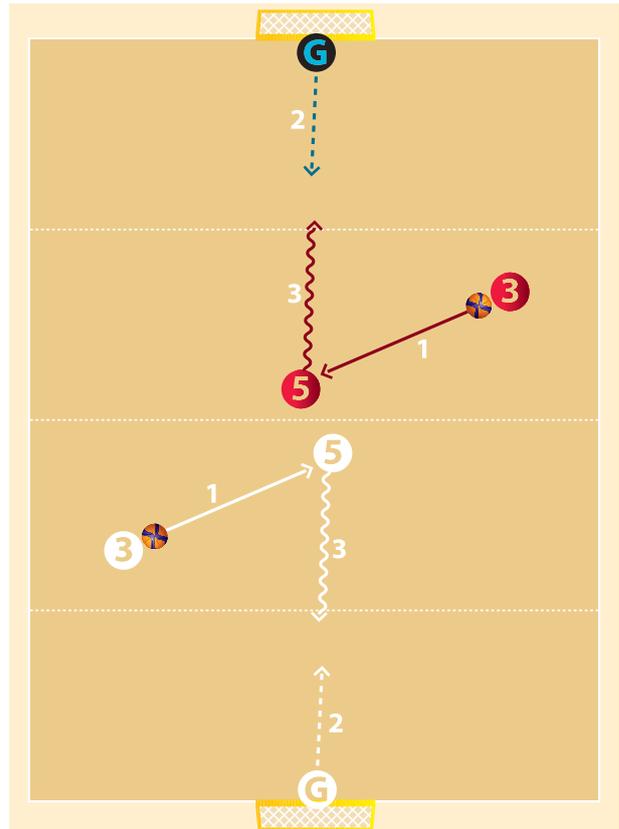
Player 3 plays the ball to Player 5 (1). Player 5 dribbles the ball towards goal and tries to finish (3). Player 3 then becomes the attacker.

Coaching points:

- Narrowing the angle
- Do not go to ground too quickly
- Determination to win the ball
- The goalkeeper should be given enough time to recover between individual attacks

Variation:

- The attacker must enter the penalty area in order to score.



Drill 2:

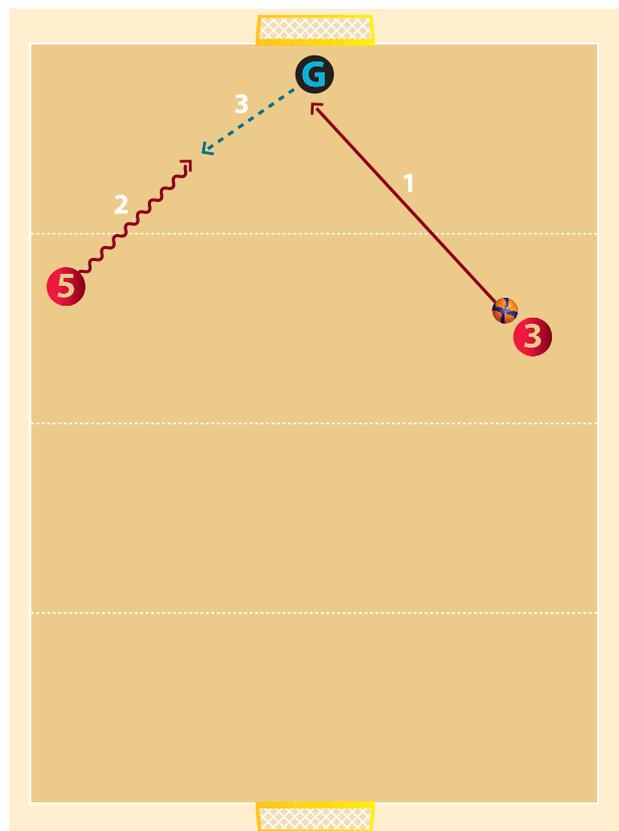
The drill begins with a shot by Player 3 (1). The goalkeeper attempts to catch or parry the ball and then win the one-on-one challenge against Player 5 (2 and 3).

Coaching points:

- Narrowing the angle
- Do not go to ground too quickly
- Determination to win the ball
- The goalkeeper should be given enough time to recover between the individual attacks

Variation:

- After the initial challenge, Player 3 takes another shot before the goalkeeper is given time to recover



7.9 Playing with the feet

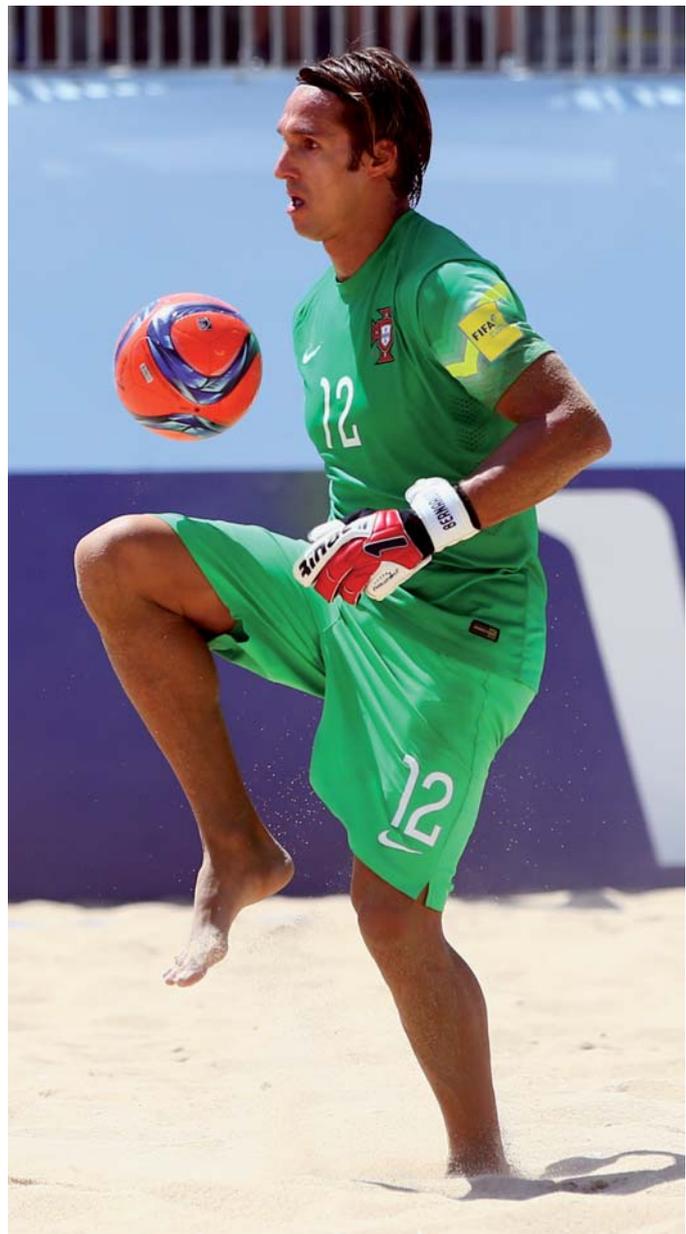
Explanation:

“Playing with the feet” refers to all moves in which the goalkeeper uses any part of his body apart from his hands and arms. It therefore includes all moves that may occur outside of his area without infringing the rules. All these moves may also be performed inside the area, where in addition he may use his hands and arms without the moves in which he uses them being considered as “playing with the feet”. It also includes all moves using any surface of the feet, thighs, chest, shoulders and head.

The current trend in beach soccer is for goalkeepers to have a greater and more important presence in the game outside of the area, due to the physical and tactical evolution of the teams and the need this creates for the use of the goalkeeper to support the attacking game or to create a numerical advantage in attack or in defence.

All moves in which the goalkeeper is required to use his feet to play the ball can be analysed and trained, from trapping the ball dead to make the ball available to a team-mate who is coming towards it, to trapping, controlling and passing to gain superiority in any game situation.

Therefore, whatever drills the outfield players use to improve their technical skills on the pitch would also be suitable for helping goalkeepers improve their “playing with the feet”. More specifically, we can train “playing with the feet” in specific game situations or contexts, or by linking them with other specific technical-tactical goalkeeper moves, both in defence and attack.



Drill 1:

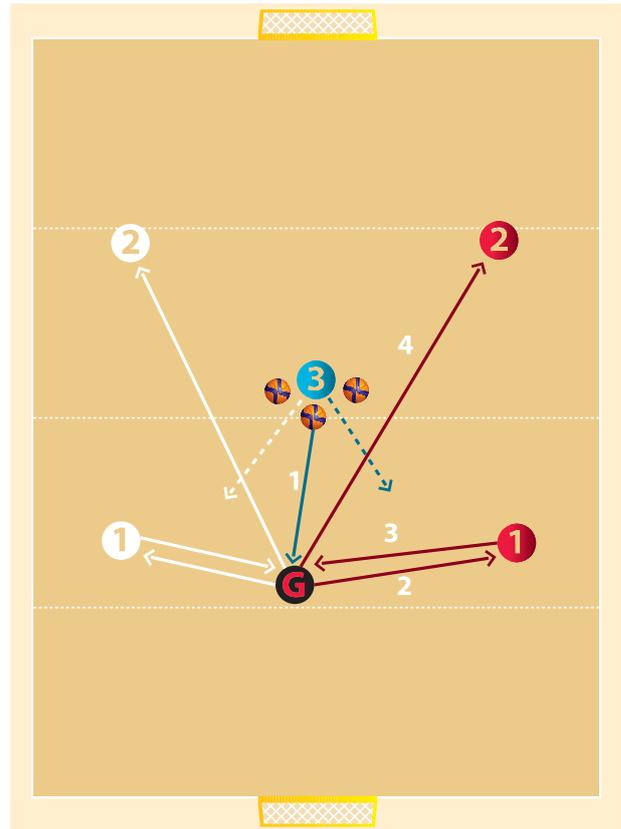
The goalkeeper receives a pass from the opposition Player 3 (1), traps the ball and passes it to nearby Player 1 who returns the ball to the goalkeeper with a pass (3). The goalkeeper then traps the ball again and plays it to Player 2 who is further away (4). Opposition Player 3 puts a little bit of pressure on the goalkeeper after playing the first pass.

Coaching points:

- Precision in trapping and passing
- Orientation of the body
- Quality in the execution of trapping and passing
- Speed of execution

Variations:

- Add passive opposition
- Add continuity with a defensive move if the opponents regain possession

**Drill 2:**

The goalkeeper launches an attack by throwing the ball and a 2-on-2 is played on the whole pitch with the aim of improving the goalkeeper's skills with the feet.

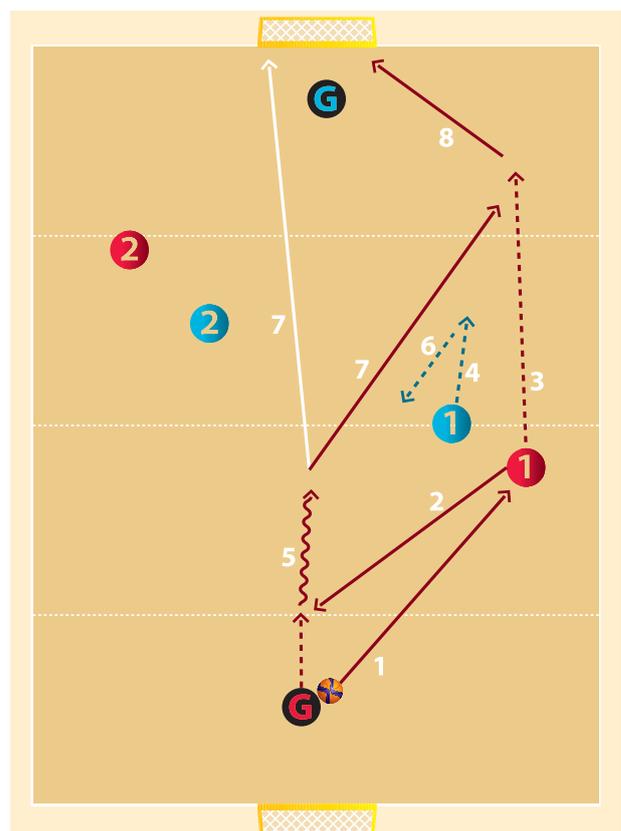
The defenders may prioritise marking their opponents and try to make it as difficult as possible for the opponents to attack.

Coaching points:

- Game situation => decision-making
- Speed of execution, timing, quality, precision, continuity

Variations:

- From 1-on-1 to 4-on-4
- Add continuity with a defensive move if the opponents regain possession



7.10 Positional play (tactical)

Explanation:

In beach soccer, the positioning of the goalkeeper in the goal and out on the pitch as the game unfolds is a very important aspect, as it is influenced by various factors that should be considered both in attack and defence. This is outlined below:

Phases:

- Defence
- Attack

7.10.1 Defensive positioning

Explanation:

For defensive positioning, we should first analyse who has the ball and in which situation, i.e. if it is an outfield player or a goalkeeper and if he is in a position to be able to shoot or if he will have to pass the ball. Another influencing factor is the location on the pitch and whether there are any opponents close by. Whether there may be the option of shooting immediately or whether it will be necessary to pass or dribble. Another factor is whether or not any opponents and/or team-mates are present in the goalkeeper's zone of influence, as they may hinder his movements and deflect the trajectory of the ball, or may be potential recipients of a pass. Last but not least, another aspect to consider is the team's tactical position, i.e. if they are pressing forwards or if, on the other hand, they are defending in an area close to their own goal. The opponents', team-mates' and the goalkeeper's own height and size play a role. Obviously, defending against tall players is not the same as defending against smaller players, and the goalkeeper's options are different depending on his height and other physical attributes.

To all these aspects must be added the difficulty of moving around in the sand. The type of sand on which the game is being played is also relevant in this regard.

All this will determine the defensive depth that each goalkeeper has to apply to each game situation, so that while he may have some general standard responses to predetermined situations, there will be modifying factors that will be determined by the abilities and qualities of the opponents, team-mates and the goalkeeper himself, as well as the tactical approach of each coach.

The principles to be developed are:

- Marking
- Dropping back
- Defensive awareness
- Dissuade the opponent

7.10.1.1 Marking

Explanation:

This is the defensive move performed by the goalkeeper against the opponent's striker when he does not have the ball with the objective of preventing him from receiving it.

Drill:

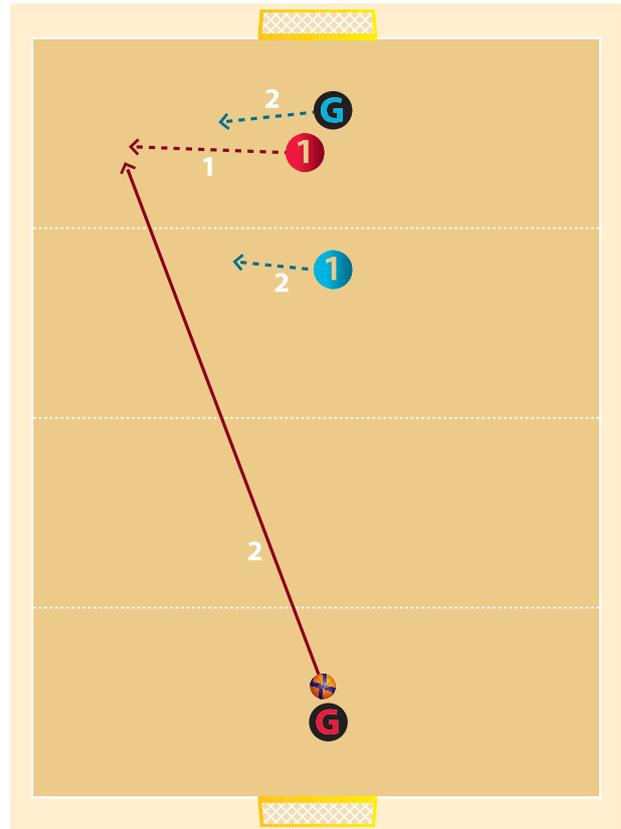
The goalkeeper (red) initiates the attack with the ball in his hands with the intention of playing to the striker, who is being marked by the goalkeeper (blue) with the support of a defender in front of him.

Coaching points:

- Positioning of the goalkeeper: near the striker, with lateral orientation
- Guarantee that the striker cannot receive behind him, and based on this, anticipate or avoid receiving in front
- Boldness and anticipation

Variations:

- From 1-on-1 to 4-on-4
- Mobility and free use of space
- Include an attacker who can receive his team-mate's pass, but not his goalkeeper's pass

**7.10.1.2 Dropping back****Explanation:**

This is the defensive move performed by the goalkeeper when he moves back towards his own goal if there is a threat from the opponents. It takes place at the moment when the goalkeeper has left his goal to perform an attacking move or defensive monitoring, assisting or marking; he returns to the goal to avoid a goal being scored or a dangerous situation potentially leading to a goal.

Drill:

The goalkeeper kicks the ball up the field outside the area, from a pass, shot to an interception, clearance, etc. This then allows the opposition players to counter-attack. The goalkeeper has to drop back as fast as possible after his offensive move.

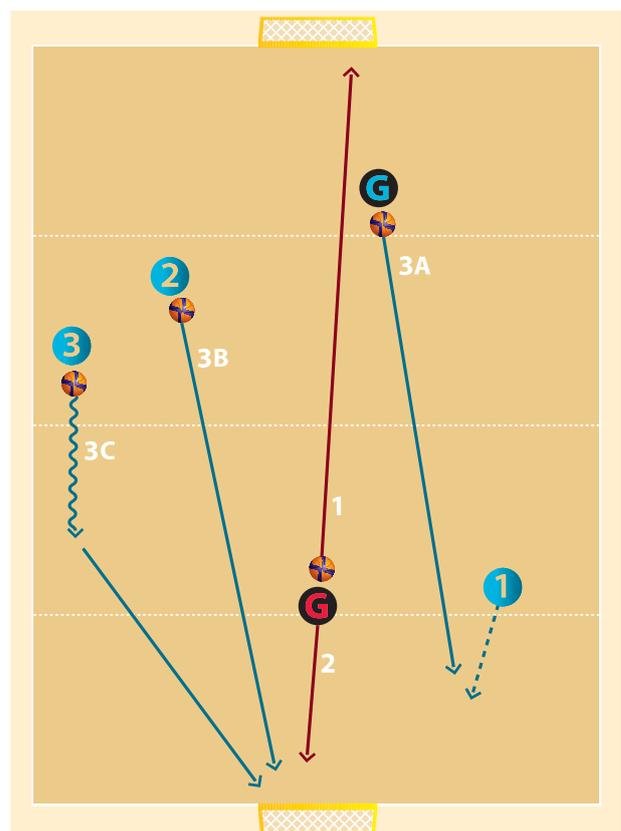
- Opposition goalkeeper passing to a striker
- A player lifting and shooting
- A player dribbling freely before shooting

Coaching points:

- Return to position in the goal
- Orientation of the body towards the ball
- Awareness of opponents and possible team-mates

Variations:

- Increase the number of options for players with the ball and create uncertainty for the goalkeeper
- Include opposition players who are in the path of the ball or able to receive or rebound



7.10.1.3 Defensive anticipation

Explanation:

This is a defensive move to prevent an opponent making a play that is considered more dangerous. By occupying space closer to the opponent, the goalkeeper tries to prevent them from making a particular move.

Firstly, anticipation is a mental move to act before attackers can make any moves. Secondly, it is a physical action to mark the attackers by a tackle or any other move on the opponents or on the ball.

Timing is very important for anticipation moves, especially in defence. An error can lead directly to a goal.



Drill 1:

The opponents play 3-on-2 in their own half, with only one player being allowed to enter the other half via a pass or dribble.

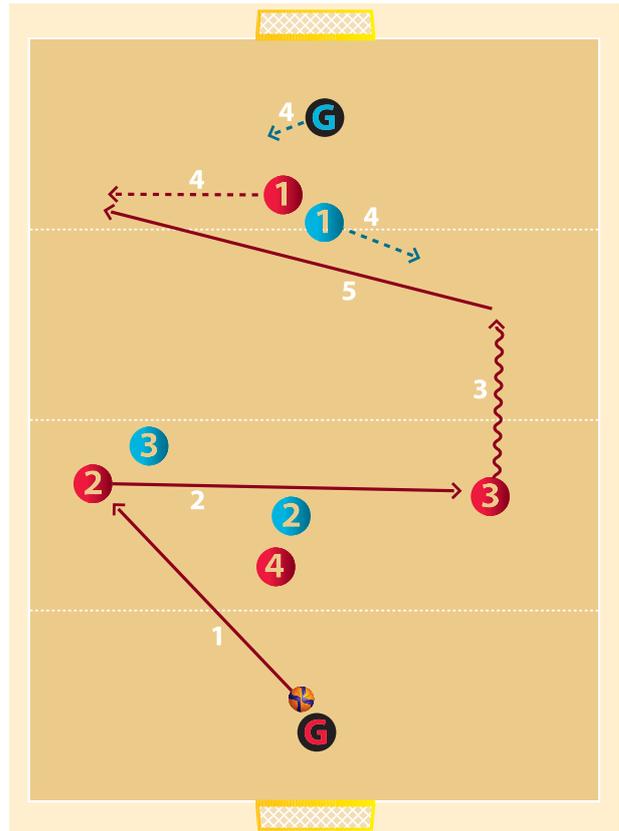
The defending team may only defend in their own half of the pitch with the defender assigned to this area and the goalkeeper.

Coaching points:

- Positioning depending on the opponent's attacker and options for passing to him
- Monitoring/awareness move (4) prior to move on the ball or opponent

Variations:

- Offer the option to shoot from the opponent's half
- No defensive support

**Drill 2:**

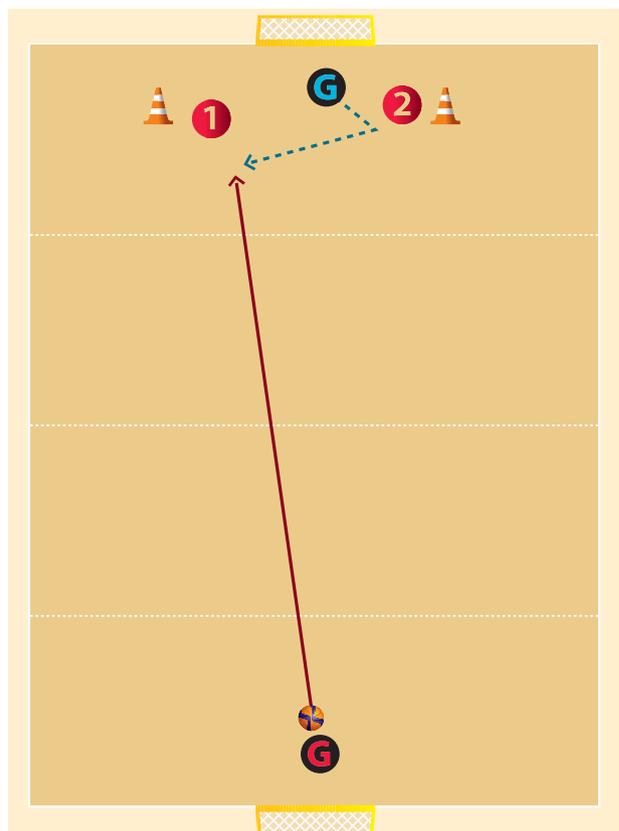
The opposing goalkeeper has the ball and plays it towards one of the forwards. The goalkeeper tries to anticipate quickly to which forward the ball will be played, and makes a step towards that forward. If the ball is played to the other forward, the goalkeeper must be able to reach the ball before the forward controls the ball. In this drill, the goalkeeper tries to anticipate the opposing goalkeeper's pass without completely leaving his defensive position in order to prevent the other forward from scoring.

Coaching points:

- Positioning depending on the opposing forward and options to pass to him
- Timing of anticipation move by the goalkeeper
- Always keep a secure position to be able to react to other attacking options

Variations:

- Reducing space and passing line between the passer and receiver
- Increase the number of options for the opponent's pass



7.10.2 Positioning in attack

With regard to attacking, we will analyse the relationship between the goalkeeper and the ball, the team-mates and the opponents, and lastly look at the decision to be made by each coach about the tactical approach which will entail certain responsibilities in each case.

The principles to be developed are the same as for the outfield players. The goalkeeper interacts with the players in attacking movements, so he must be trained together with the outfield players to create an attacking unit. The attacking models will be discussed in chapter 8.3.





8. Tactics

8.1 Introduction

Tactics are the particular way of approaching a match. The application of the right tactics can be decisive for the match and depends on various factors: the individual abilities of each player (such as technique, physical condition, mentality), the structure of the team, their development, as well as their level of training. Plus, in particular, the capacity for adaptation to each opponent.

8.1.1 Knowledge of the game

Tactics are a cerebral exercise that require the use of perception, analysis and decision-making skills. Introduce rules or key concepts that make players think and develop their creativity.

Variations to use:

- Space, time, opposition, technique, number of players/opponents...
- The variables affect perception

The number of instructions to remember:

- From one up to more than three
- The instructions affect the player's decision

Skill involved:

- Perception, cognitive, motor
- Attention to various surrounding elements => thinking, decision-making...
- The surrounding environment that is created affects the execution

8.1.2 Games involving real-match situations

Learning also takes place during play. Applied games are a method of training to encourage players to get to know the game and its mechanisms and develop their intelligence:

In a stable environment:

- Without opposition
- Stable space-time conditions
- Without rules
- Individual or group
- Standardise technical-tactical moves to train technical-tactical aspects for improvement

In an unstable environment:

- With opposition
- Changing space-time conditions
- Mix of variables, instructions... in a variable environment
- Individual or group tasks
- Standardise technical-tactical moves to train technical-tactical aspects for improvement

Simplified real-match scenarios:

- Specific tactical groups of players
- Individual or group

Absolute real-match scenarios:

- 5-on-5 or handicap competitive scenarios
- Space-time limitations
- Specific match situations

8.1.3 Transition

Transition moves provide the main source of goals or the creation of set pieces in a game. There are two types of transitions, depending on whether the team has the ball or not:

Attacking transition

This is the reorganisation of a team when it wins the ball back from the opponent. It is important for every player on the pitch to participate in the attacks in order to have more players as passing options. It is important to define roles for every player in case of recovery of the ball. If the transition from defence to attack is quick, the team has a bigger chance of surprising the opponents before they can take up proper defensive positions. Improvement in offensive transition lies on the abilities of the players as well as the tactical approach to attacking play defined by the coach.

Defensive transition

This is the reorganisation of a team when they lose the ball in attack and have to change to a defensive phase. It happens at the moment when the team loses possession and therefore it is an unforeseen situation, but it is still possible to analyse and create game situations to train for these moments and improve them in terms of the abilities of the players as well as the tactical approach of the coach.

Both situations may entail various different factors:

Who recovers the ball

- Goalkeeper
- Outfield player

How the ball is lost

- By a pass or by an individual move
- Our player is overlapped or is able to take part in the defence

Number of players available to defend

- A greater number
- An equal number
- Fewer

Where the ball is lost on the pitch

- Opponents' half or own half
- Midfield or wing



8.2 Defensive tactical principles

8.2.1 Defensive positioning in general



Tactical positioning

Upon losing possession of the ball, the team can adopt one of two attitudes to shape their tactical positioning:

- If the team want to recover the ball immediately, they should direct their efforts towards the opponent in possession of the ball;
- If they want to delay recovery of the ball, they should direct their efforts through defensive positions that are established from the beginning.

Defensive play

Once we have decided which type of defence to adopt, we can position ourselves on the field in different ways for defensive play:

- Withdrawn: players take up positions and wait in their own half for the opposing team
- Compact: players take up positions and wait in midfield for the opposing team
- Advanced: players take up positions and pressure inside the opponents' half
- Mixed: players adopt positions, but when play arrives in their zone/space, they pressure towards another zone
- Combined: two variations...

Defensive pressure

Pressure is applied on the ball until possession is recovered.

Split: one group pursues the ball, while another withdraws in anticipation of an attack

8.2.2 Marking

The tactical play adopted by the players of the defending team in order to prevent the opposing team from scoring a goal and recover the ball for their own possession. Different types of marking can be determined:

Man-marking

When a player limits himself to marking an opponent until the defensive move has finished without considering the interaction with his team-mates.

Zonal marking

When each player is assigned a particular zone, which may vary depending on where the ball is, and defends against the player or players who come into that zone.

Mixed

Each player is assigned a zone until an opponent enters that zone, at which point the player man-marks the opponent until the opposing team's attacking move is over.

Combined

Use of two or three of the above-described types of defence within the same team during one game.

8.2.2.1 Man-marking

Explanation

With man-marking, a player is assigned a specific opposing player to mark. The player focuses only on the player he has been assigned. Man-marking requires players to run long distances and there is the danger that an opponent, with a dribble, dodging his man, can destabilise the whole defence. However, man-marking can minimise the risk of an opponent getting into space and receiving a pass and then shooting. Therefore, man-marking is mostly used around a team's own goal.



Drill:

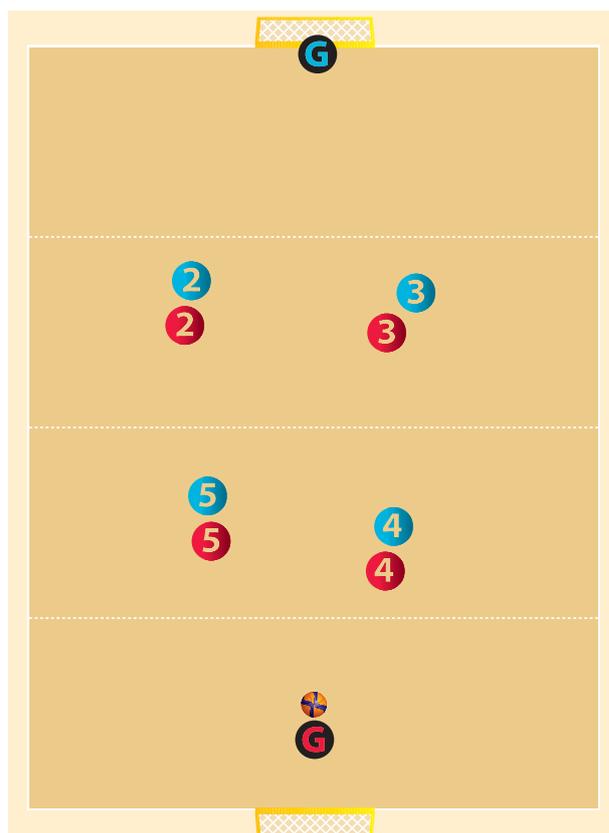
In a 5-on-5 game, each player has to mark an opponent.

Coaching points:

- Attack without committing any fouls
- Determined movement in the challenge

Variation:

- Playing with a numerical advantage: an additional player always plays on the side of the team in possession of the ball.



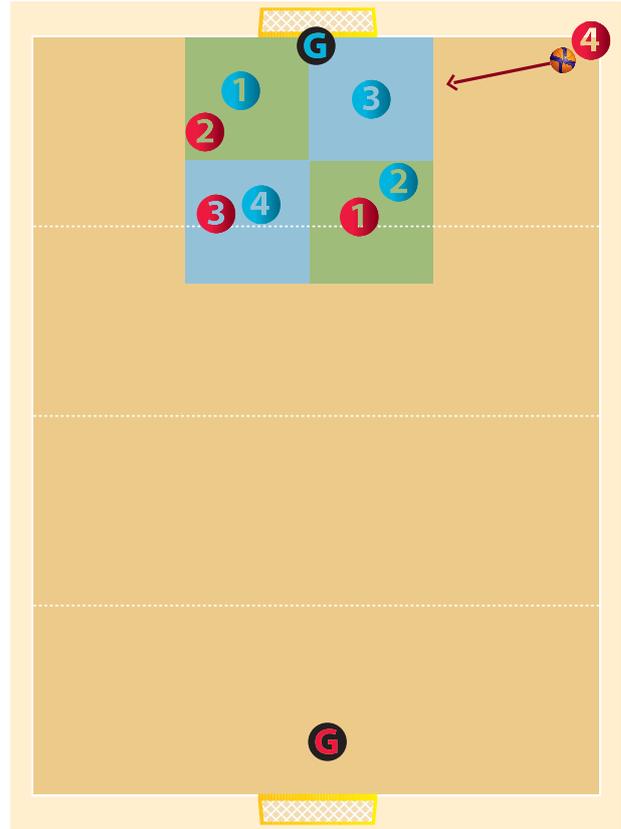
8.2.2.2 Zonal marking

Explanation:

In zonal marking, each player of the defending team is assigned a specific zone, in which he marks his opponent. A team-mate covers the opponent as soon as they have left his area. Zonal marking allows for a good distribution of players around the pitch, and they are engaged in direct marking for just a short time. However, a certain level of intelligence in such play and consistent communication between players is required, as the players always have to adapt to the opponents' movements and there is a high risk of coordination problems in marking the opponent.

Drill 1: Corner kick

The defenders occupy their own zone in defence. If a forward enters a player's zone, then he is responsible for marking the opponent in his zone.



Drill 2:

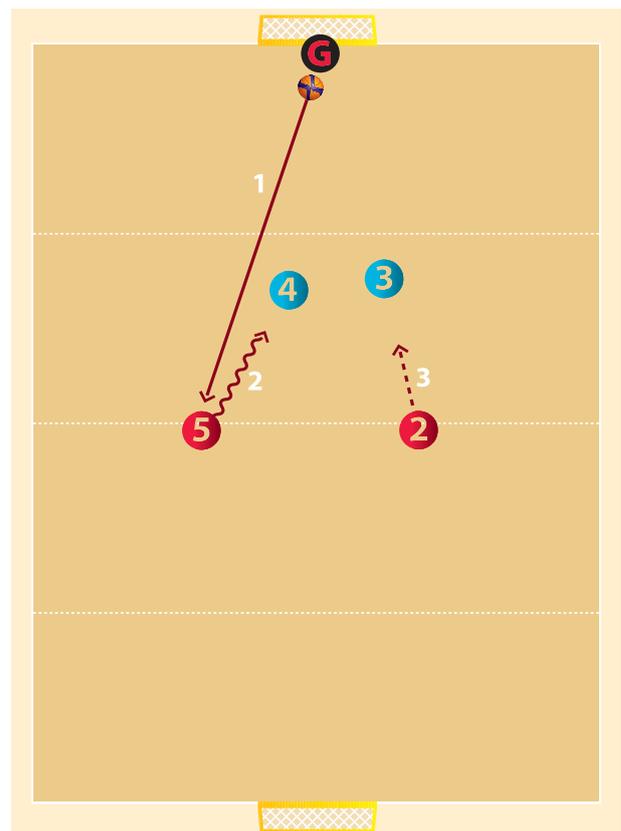
Pass by the goalkeeper to Player 5 (1). Players 5 and 2 attack the goal. Players 4 and 3 attempt to contain the attack and win the ball.

Coaching points:

- Maintain a compact formation
- Create pressure on the player with the ball
- When an opponent passes to a team-mate, do not follow the ball, but pass and protect it
- Communication

Variations:

- 3-on-3
- 4-on-4



Drill 3:

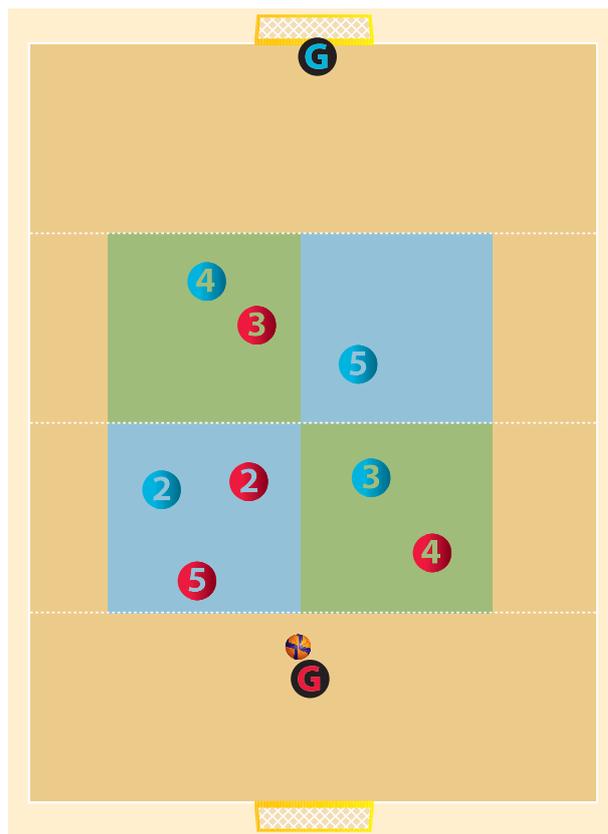
Playing with the instruction that the attacking team must keep three players in their own half and one in their opposing half at all times. The defending team plays with two defenders in their own half and two players in their opposing half.

Coaching points:

- Maintain a compact formation
- Create pressure on the player with the ball
- When an opponent passes to a team-mate, do not follow the ball, but pass and protect it
- Communication

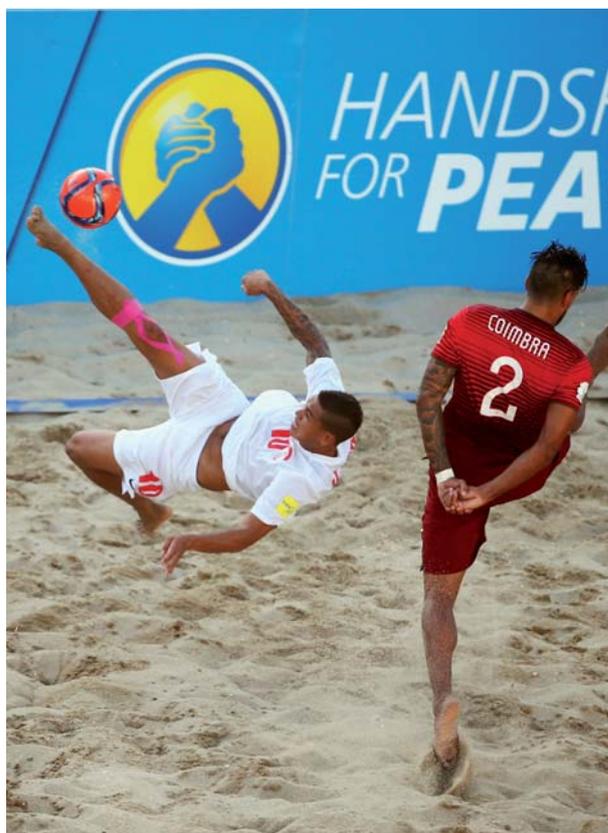
Variation:

- The team in possession of the ball must put an additional player in the opposite half

**8.2.2.3 Mixed marking****Explanation:**

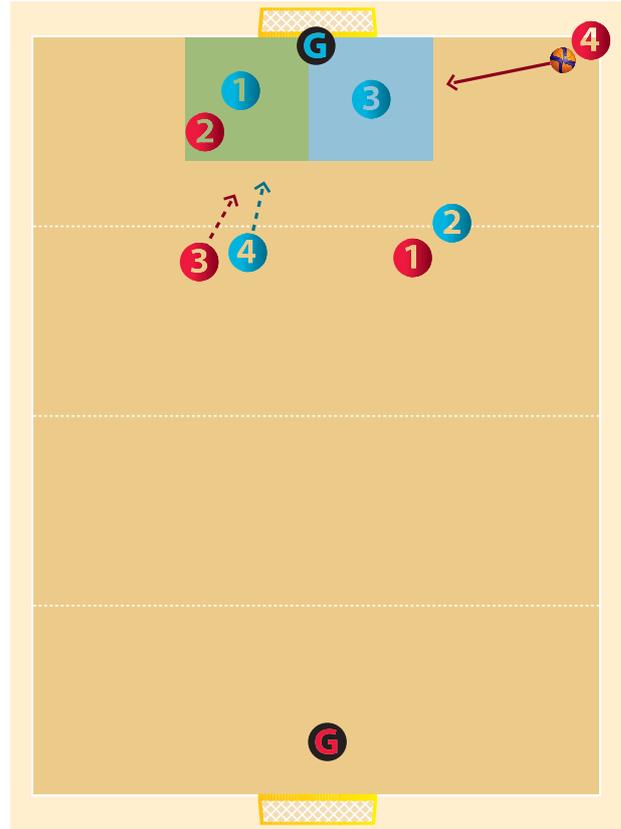
The defensive system can also be split into two types of marking. For example, in the opponents' half, a team can use zonal marking while there is no direct threat from the opposing team. The closer the opposing team gets to one's own goal, the team switches to man-marking.

This can also be used for corners and inbound balls. At first, the defending team stick to their area but then defend with man-marking in the opposing team's area.



Drill 1: Corner kick

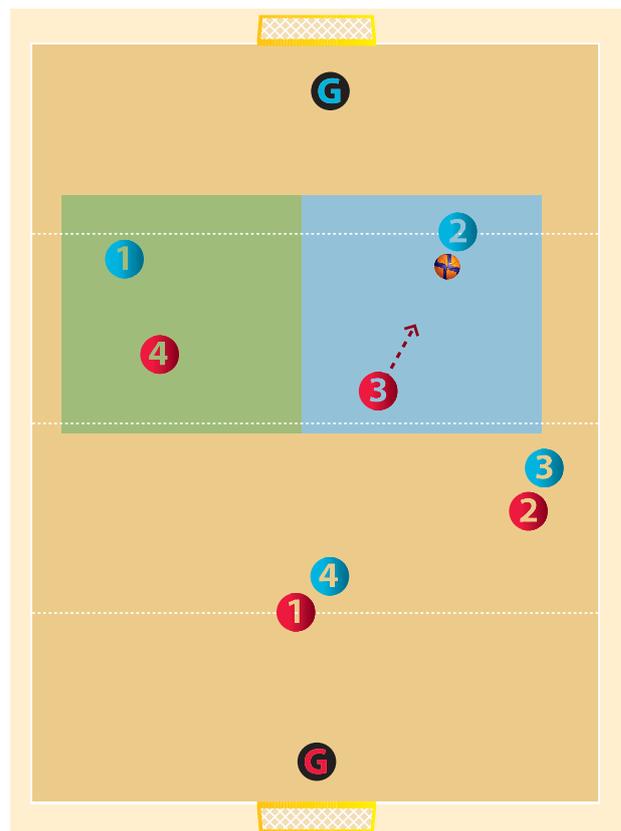
The two defenders closest to their own goal mark their own zones in defence. If a forward enters the zone, then the defender is responsible for marking this opponent in his own zone. The two defenders further away from the goal man-mark their opponents at all times.

**Drill 2:**

Free play with zonal marking in the opposing half and man-marking in the own half.

Coaching points (for both drills):

- Communication between team-mates
- Pressuring the player on the ball with the intention of winning the challenge
- Retain a compact formation
- The opponent should stop following the ball if it is passed to a team-mate. When the opponent passes the ball to a team-mate, the defender should not follow him but shield him



8.2.3 Covering

Explanation:

This is the act of being available to cover the back of a team-mate who may be overlapped by an opponent with the ball, or without it but intending to receive it.

Drill:

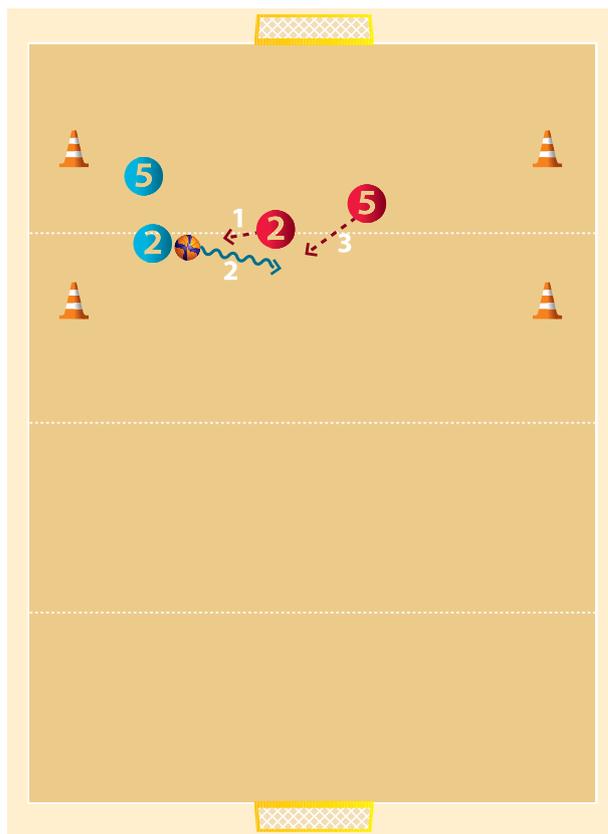
Two teams of two players play in a zone of 20m x 10m. The attacking team tries to go behind the line by passing the ball and dribbling. One player from the defending team attacks the player with the ball and the other defender covers the space behind his team-mate.

Coaching points:

- Attacking players should build up their attacking style with variable elements, e.g. overlapping runs, one-two passes or dribbling
- Defending players play a disciplined mixed-marking game. One defender marks man-to-man, the other stays in the zone behind to cover the last zone.

Variations:

- 3-on-3, 4-on-4



8.2.4 Recovering

Explanation:

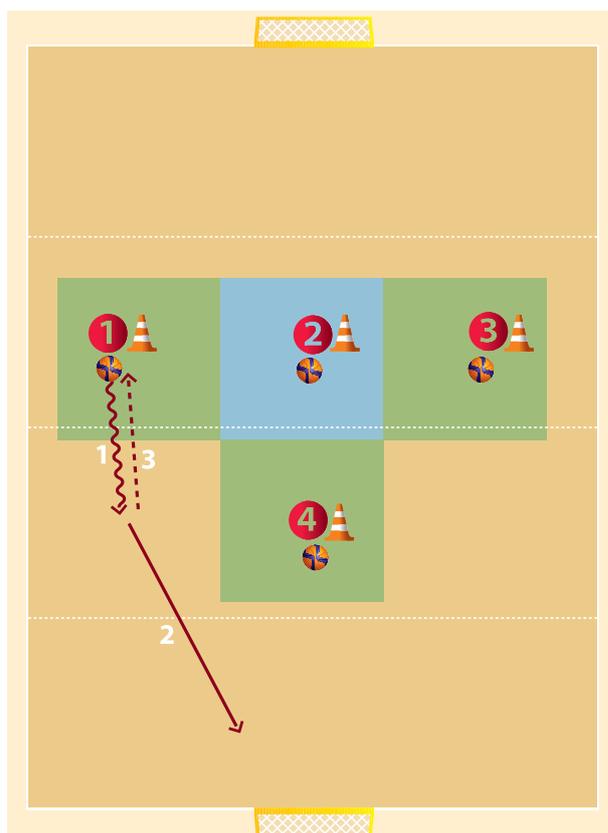
This is the move made by one or various players in a team when the team loses possession of the ball in order to quickly get back into the original defensive position established by the coach.

Drill:

Each player, individually or in a group (maximum four players), dribble towards goal with no opposition (1). At the moment of shooting on goal, they have to return to their defensive positions as fast as possible (3).

Coaching points:

- Return to the specified defensive position
- Orientation of body towards the ball
- Maximum speed



8.2.5 Changing position

Explanation:

This is a move to occupy the position left by a team-mate who has tried to challenge but has been overlapped by an opponent.

Drill:

In a 5-on-5 game, the outfield player starts the game in the middle of the pitch and plays a back pass to the goalkeeper. While the goalkeeper tries to build up the attack, the forward of the defending team attacks the goalkeeper. The closest defensive player emerges from his own position to provide cover to man-mark the attacking player who is left free by his team-mate who has attacked the goalkeeper. All other players move simultaneously to cover their team-mates to mark the opponents in danger positions.

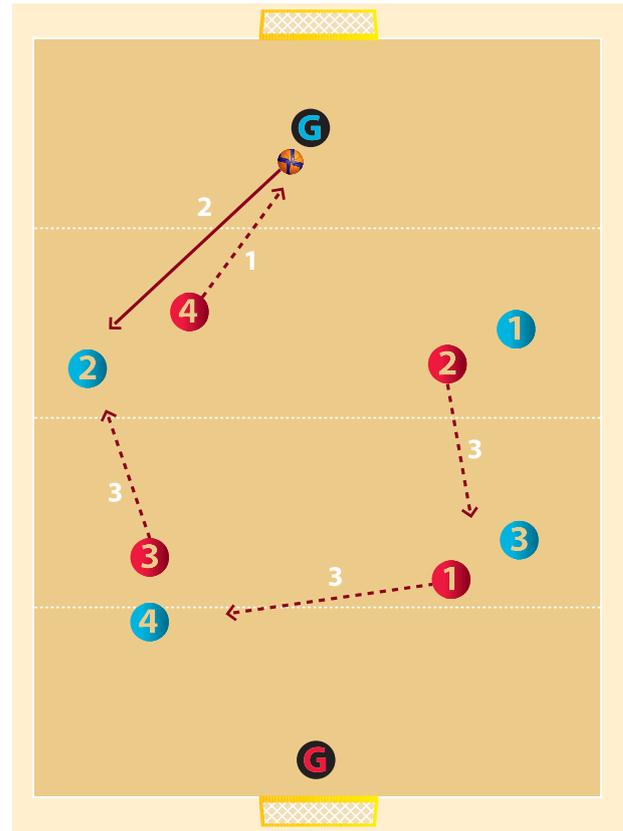
If they recover the ball, the defending team can launch a counter-attack.

Coaching points:

- Change positions with a team-mate to cover the most direct routes to the goal
- Clear and seamless communication between defenders

Variations:

- Start the move from a different position
- Reduce the number of players involved in the exercise



8.2.6 Defensive work as a group

Explanation:

This tactical move is defined as the continuous application of different defensive plays in a continuous and repetitive manner by players from the same team.

It happens in any game situation in a defensive phase in which all players are involved and act cooperatively to regain possession.

Drill:

In a situation with a clear numerical disadvantage (8-on-4), the defenders try to recover the ball as fast as possible by strong collective work.

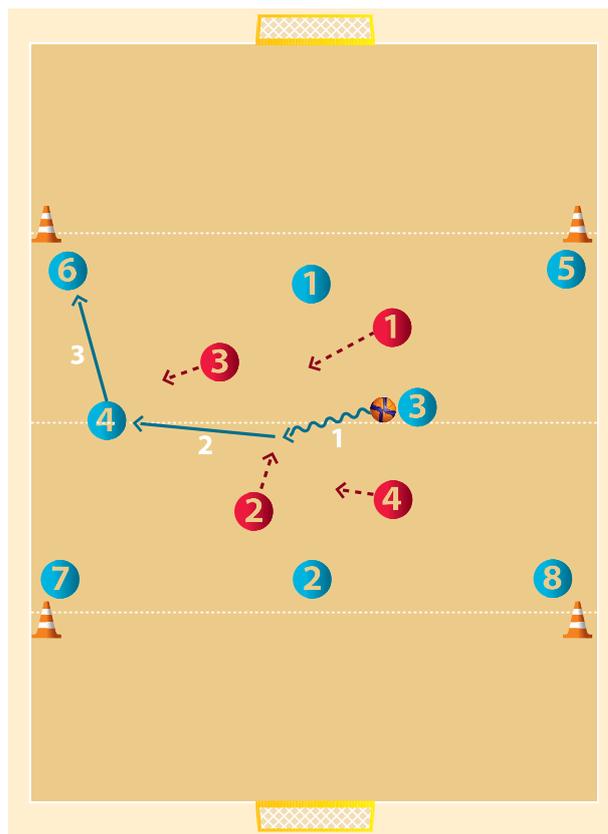
The drill is set up as three teams of four players. Two teams play the ball possession game together, the other team tries to recover the ball quickly. After two steals of the ball, switch roles.

Coaching points:

- Seek to apply pressure on the player with the ball and the closest passing options, including doubling-up on the player with the ball

Variations:

- Start the move from a central position
- Reduce the number of players involved in the exercise



8.2.7 Delaying an opposition attack

Explanation:

This is a defensive move which has the aim of delaying the opponents' attack, hindering and breaking up their progression - although at the cost of losing ground and moving back up the pitch. It is done by one or more players focusing on one opponent who has the ball. It is the opposite of tackling or pressing.

Drill:

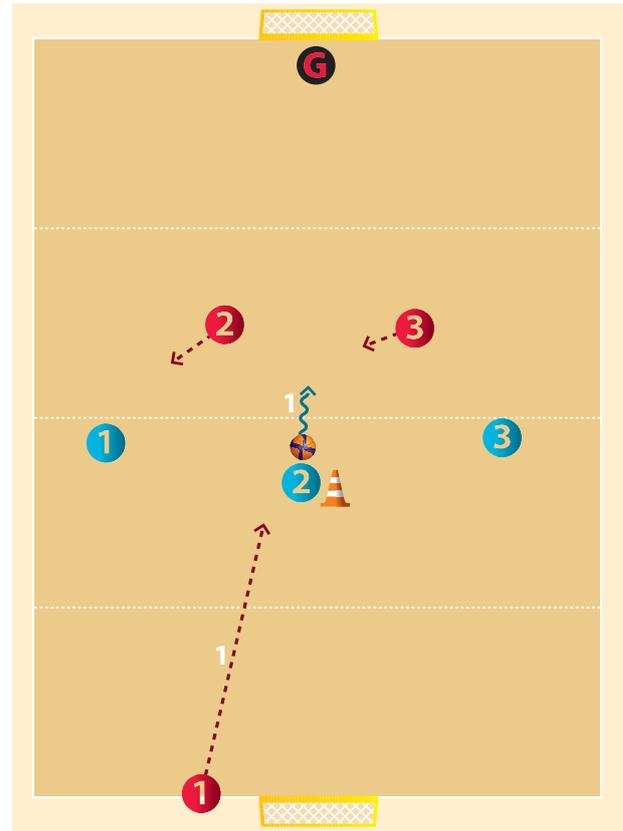
Three players in the attacking team try to score a goal. Two defenders try to slow down the opposition attack. The third defender runs back from the opponents' goal line to recover the defensive position as soon as the exercise starts. He runs back and helps his team-mates. The attacking team should try to move fast, to keep the advantage of the missing third defender.

Coaching points:

- Lateral orientation
- Make defensive feints
- Do not allow forwards a direct run on goal

Variations:

- Situation of forward and defensive players



8.2.8 Pressing

Explanation:

When pressing, the opponents are pushed backwards. The opponent who has the ball is quickly put under pressure and attempts are made to prevent him from passing towards his own goal.

Drill 1:

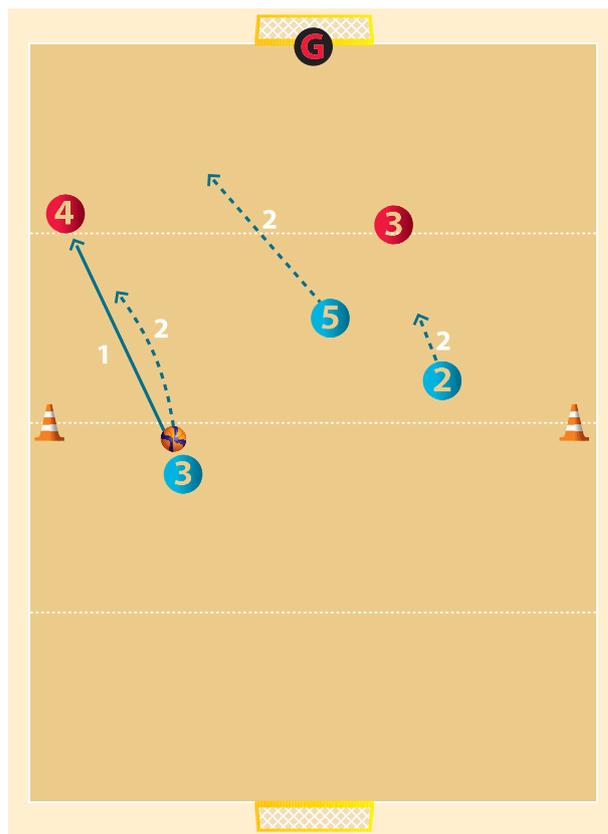
Player 3 (blue) passes the ball to Player 4 (red) and then takes him on. At the same time, Player 5 (blue) tries to prevent a pass back to the goal. The objective of Players 3 and 4 (red) is to pass the ball behind the halfway line. Player 2, 3, and 5 (blue) try to get the ball and shoot at goal.

Coaching points:

- Immediate pressing of the opponent with the ball
- Avoid a pass back to goal
- Determination to win the ball

Variations:

- 4-on-3 game
- 4-on-4 game



Drill 2:

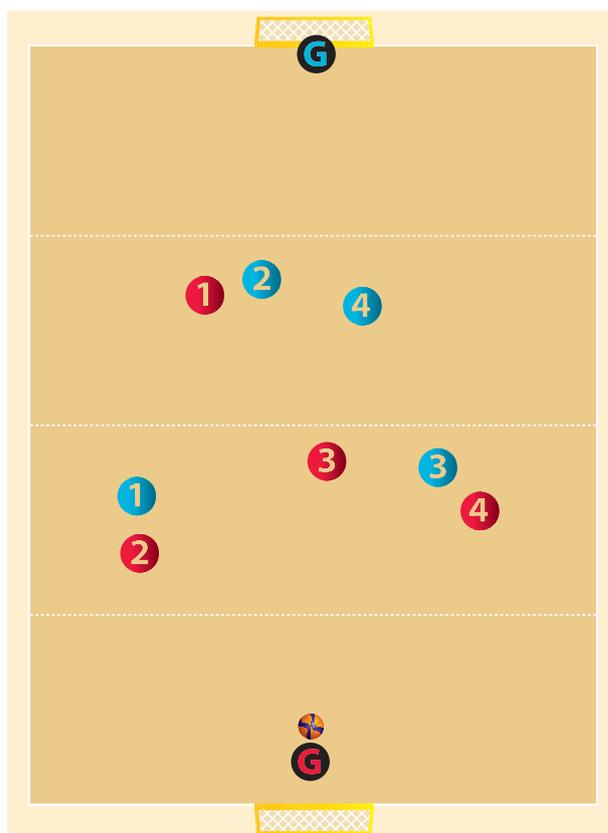
In a free game, a goal counts double when, after winning the ball, it is shot from the opposing half.

Coaching:

- Immediate pressing of the opponent
- Attack without committing any fouls
- Determined movement in the challenge

Variation:

- 3-on-3 game



8.2.9 Shepherding

Explanation:

By “shepherding” or “guiding” we mean directing an opponent in possession of the ball towards an area that is less dangerous, and where he is less likely to be able to shoot at goal.

Drill:

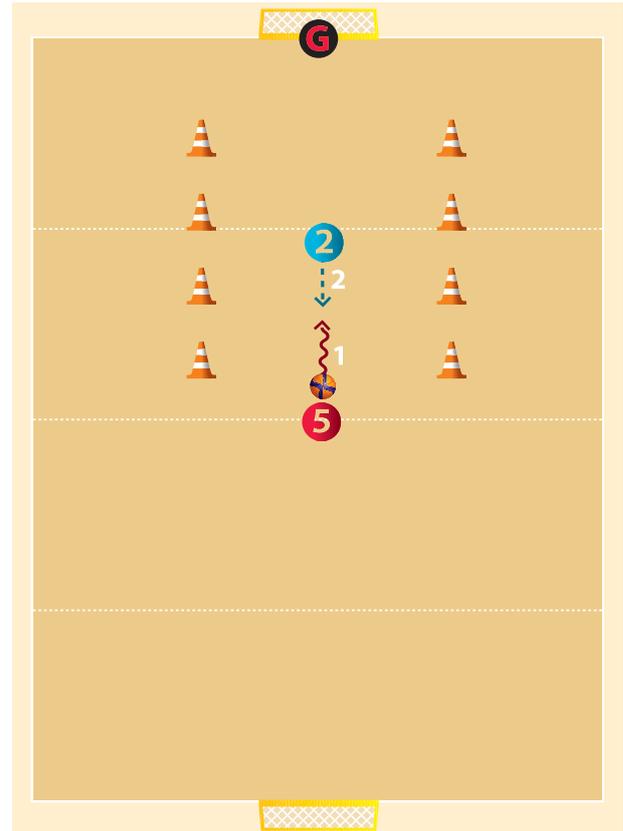
A defender and an attacker play 1-on-1. The defender attempts to redirect the attack with the ball or send the opponent towards the touch line (2).

Coaching points:

- Immediately pressure the opponent (if possible, away from goal)
- Reduce the time of the attack
- Get the opponent onto their weaker side
- Attack without committing any fouls
- Determined movement in the challenge

Variation:

- Can also be played 2-on-2 or 3-on-3



8.3 Models for attacking play

The attack is one of the tactics that teams adopt to pass and control the ball, whether short or long, towards the opposing team's goal with the aim of overcoming their opponents and scoring a goal. The attacking team must know how to use the ball, move it around and manoeuvre against the opposing team with skill and confidence in any circumstances in a match.

This tactic involves taking the initiative, dominating with short or long periods of possession of the ball with the intention of beating the opposing team. Every phase of attacking play, with greater or lesser periods of possession of the ball, must have an aim, a defined tactical purpose, which – with only few exceptions – is a goal.

This chapter explains three general ideas of attacking play:

- Direct attacks: The aim is to have a shot on goal after a limited number of passes
- Combined attacks: The attacking team tries to secure possession and build up the attack more carefully
- Counter attacks: This is a direct form of attack, when the opposing team does not have the chance to organise their defence after losing the ball

The attacking style during a game will be chosen according to overall tactics of the team, technical abilities of the players, the opposing team, the situation of the game, and many other factors.

8.3.1 Direct attacks

8.3.1.1 Introduction

Description:

- Attack searching for the fastest route to goal
- Fast transitions, short moves, and few players involved
- Use medium and long passing

Technical-tactical nature of teams:

- Physical, aggressive, well-disciplined players

Basic mechanisms:

- Fast combinations with objective to finish the action
- Short periods of possession
- Balls into space and second attempts

Play that can lead to difficulties:

- Playing the ball around and individual moves in own area
- Poor cooperation and communication between players

Internal logic:

- Fast defence-attack transitions
- Short build-up
- Fast finishing
- Try to conclude all attacking moves with a shot on goal



8.3.1.2 Pass to attacker by the goalkeeper

Explanation:

One of the most commonly used attacking variations is a long pass by the goalkeeper to a striker. It allows distance to be gained without having to move the ball over the technically difficult playing surface.

Drill 1:

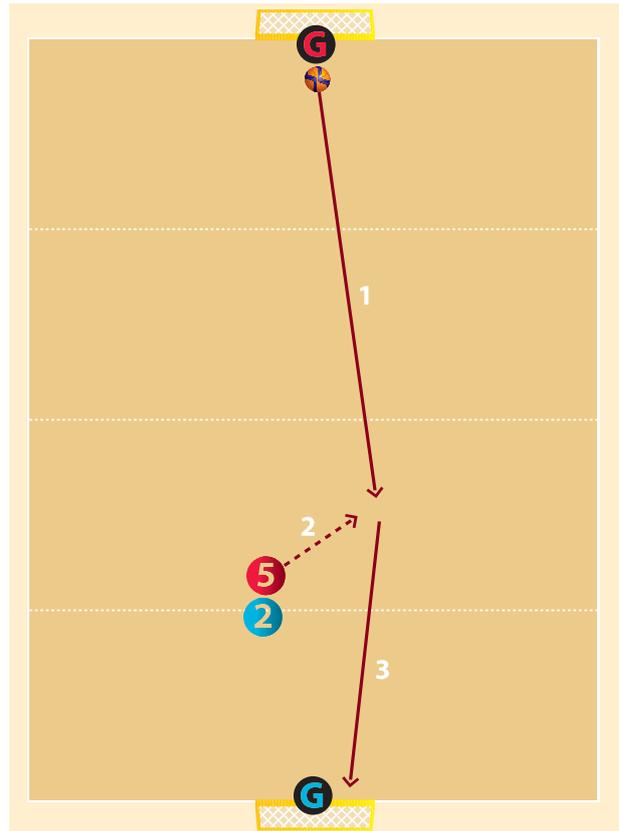
The goalkeeper passes to Player 5 (1), who shoots after controlling the ball (3). Defender 2 remains passive.

Coaching points:

- The attacker creates space: switching (faking a run)
- Attacker indicates which side he wants the ball (usually his stronger side)

Variation:

- Attacker goes for goal direct with a first-time shot or scissors kick



Drill 2

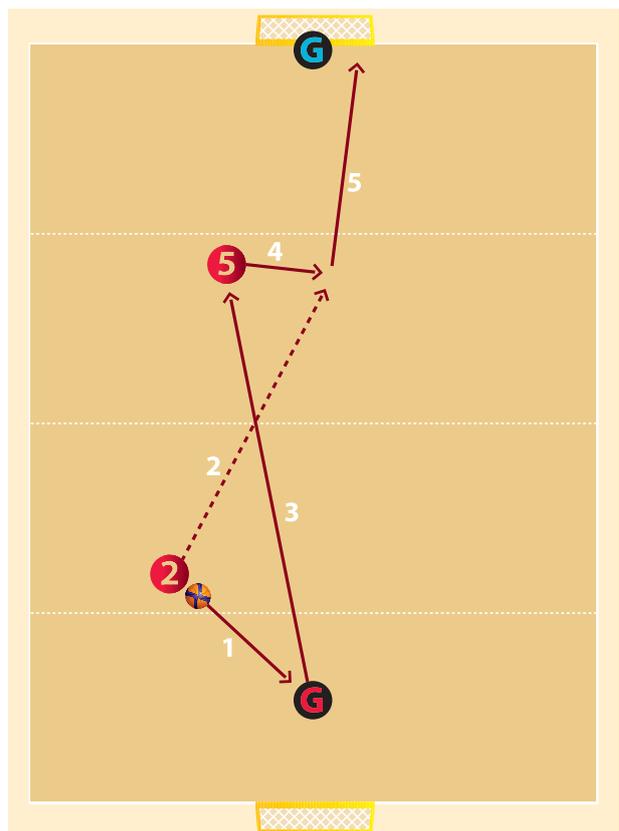
Player 2 passes the ball to the goalkeeper and runs towards Player 5 (2). The goalkeeper plays a long ball to Player 5 (3). Player 5 lays the ball off to the approaching Player 2 (4). Player 2 shoots (5).

Coaching points:

- The attacker creates space: switching (faking a run)
- Attacker indicates which side he wants the ball (usually his stronger side)

Variation:

- Passive defender near the attacker.



8.3.1.3 Pass to attacker by a team-mate

Explanation:

An outfield player can also play long balls straight to the attacker rather than the goalkeeper. Once again, gaining ground quickly is of key importance.

Drill 1:

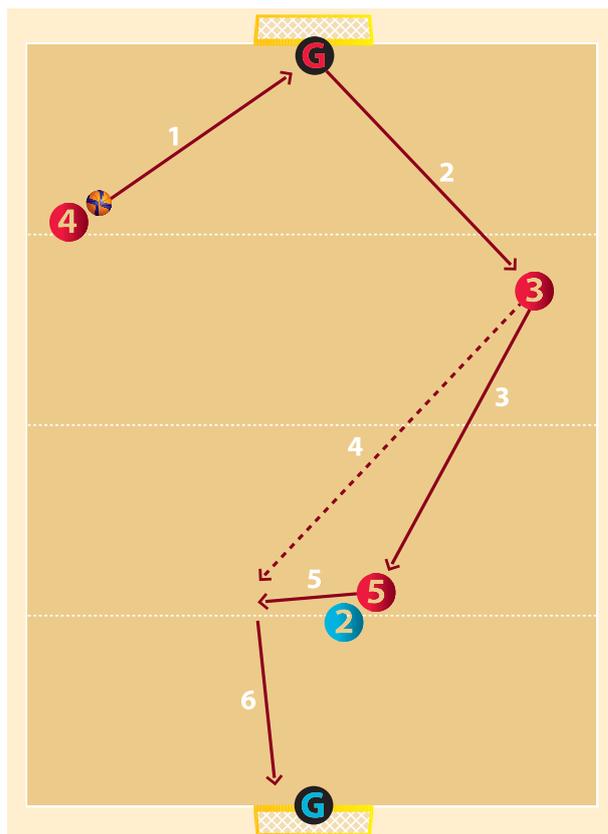
Player 4 passes the ball to the goalkeeper. The goalkeeper passes to Player 3 (1), who plays a long ball to Player 5 (3) and runs towards the goal (4). Player 5 controls the ball and passes to Player 3 (5), who tries to finish (6).

Coaching points:

- Accuracy and timing of the pass
- Good ball control by the attacker

Variation:

- The attacker goes for goal himself.



Drill 2:

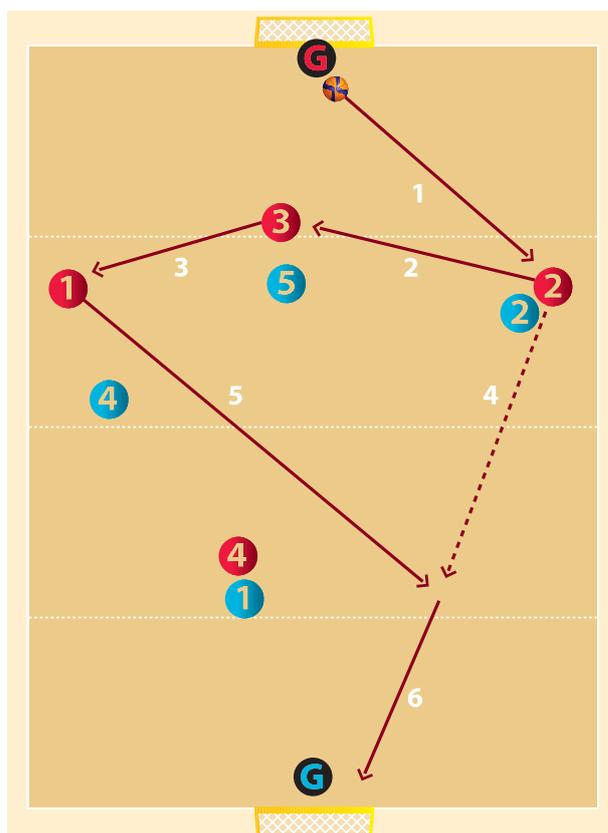
The goalkeeper throws the ball to Player 2 (1), who passes to Player 3 (2), who in turn plays another pass to Player 1 (3). Player 1 plays a long ball to Player 2 (5), who has run down the flank towards goal (4) and finishes (6). The blue players remain passive.

Coaching points:

- Accuracy and timing of the pass
- Good ball control by the attacker

Variation:

- Player 2 attempts to bring Player 4 into play after the long pass (5).



8.3.1.4 Shots from distance

Explanation:

In beach soccer, shots from a long distance for example within one's own half, are a variation of tactics that teams often opt for. For free kicks, also taken a long distance from the goal, teams mostly opt for a direct shot at goal because the opponents cannot put up any kind of obstacle. Passes towards goal from a short distance across the sand that change direction are very dangerous.

Drill 1:

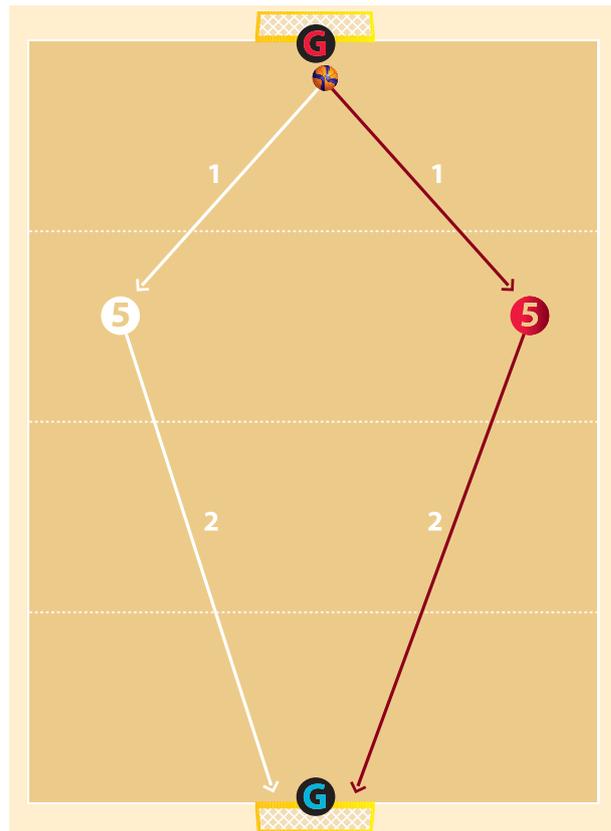
Players are split into two equal groups. The goalkeeper passes the ball to Player 5 (1), who controls it and shoots towards the goal (2).

Coaching points:

- Control of the ball should be directed, i.e. the ball has to be controlled or received so that the next move can be performed without losing time in changing direction
- All passes towards goal, ideally by the midfielder

Variations:

- The forward participates passively
- Passing with left and right feet
- After controlling the ball, shoot
- Before shooting, let it run for 3-4 metres



Drill 2:

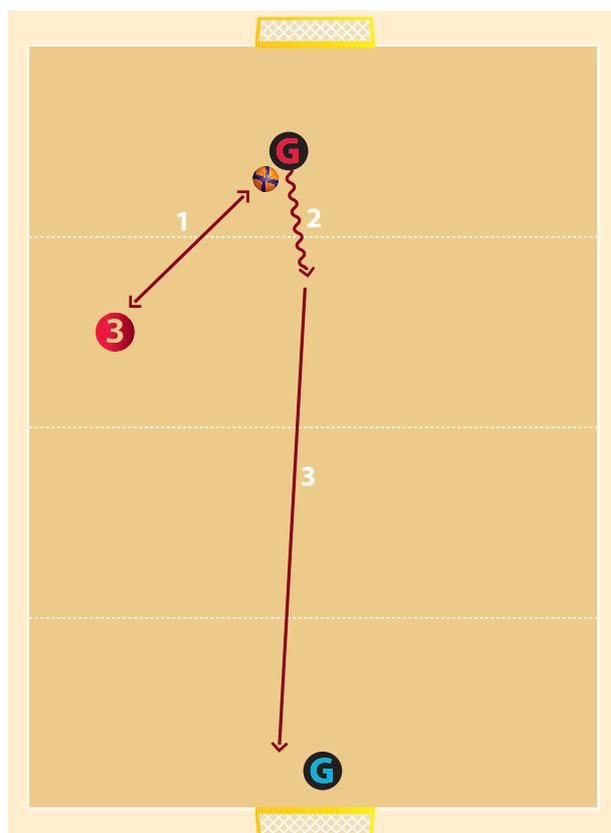
The goalkeeper passes the ball to Player 3 (1), who controls it and returns it to the goalkeeper. He leaves his area and shoots at goal.

Coaching points:

- Control of the ball should be directed, i.e. the ball has to be controlled or received so that the next move can be performed without losing time in changing direction.
- Passing technique
- All passes towards goal, ideally by the midfielder

Variations:

- Passive defence
- Instead of shooting, the goalkeeper passes the ball out to a winger, who attacks/shoots at goal



8.3.1.5 Creating space

Explanation:

A player can create space for his team-mates by positioning himself without the ball and making the opponents move. By creating space, team-mates can often make new passes and open up possibilities for a shot at goal.

Drill:

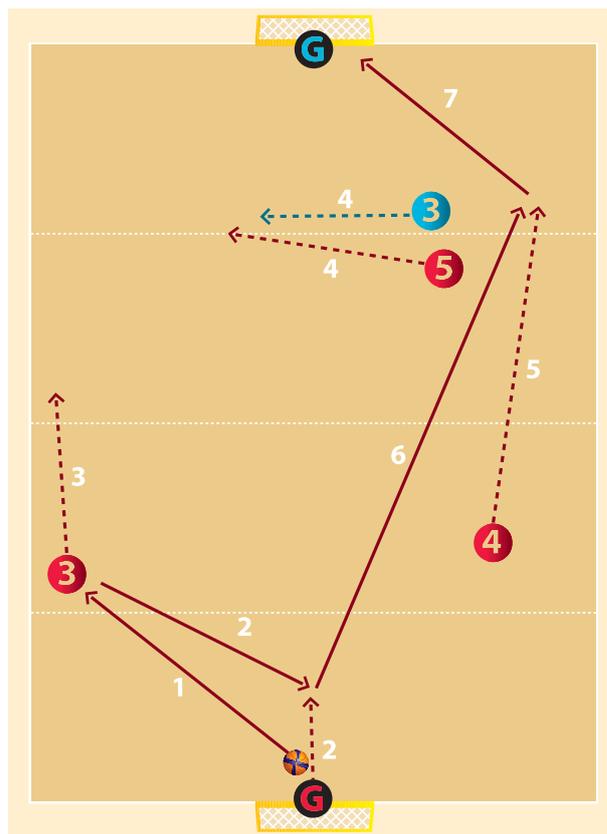
Pass by the goalkeeper to Player 3 (1), who passes the ball back (2) and moves forward to attract an opponent (3). Meanwhile, the goalkeeper keeps hold of the ball, Player 5 runs towards the centre (4) to create space for Player 4 (5). The goalkeeper passes a long ball (6) up to Player 4, who shoots (7). There is a passive opponent player who man-marks Player 5.

Coaching points:

- In this exercise, communication and the timing of passing are very important
- The changing manoeuvres by Players 3 and 5 should be backed up with calls for the ball

Variation:

- Passive defence



8.3.1.6 One-two passing (wall pass)

The ball is passed between two or more players of the same team, each time with one touch, in order to get past one or more opponents.

Explanation:

A one-two is used to gain a better position for an attack through direct passing between two team-mates. In beach soccer, players often use a one-two with a flick from short distances.

Drill:

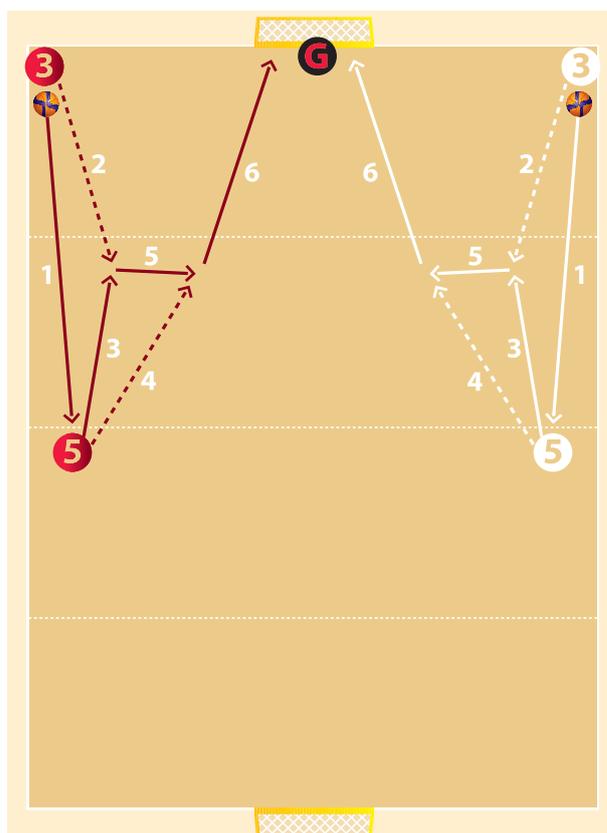
Players are split into two equal groups. Player 3 passes to Player 5 (1) and runs towards him (2) in order to perform a one-two with him (3, 5). Player 5 shoots (6) and joins the back of the queue of players. Player 3 then takes the position of Player 5.

Coaching points:

- Timing and precision of one-twos
- Change of pace (acceleration) after the pass
- Gain space

Variation:

- The pass can be along the ground or in the air



8.3.1.7 Pass and overlapping run

Explanation:

Leaving and entering the penalty area describes a one-two passing move between two players. Player 1, after making a pass, runs to position himself behind Player 2, who passes into open space.

Drill:

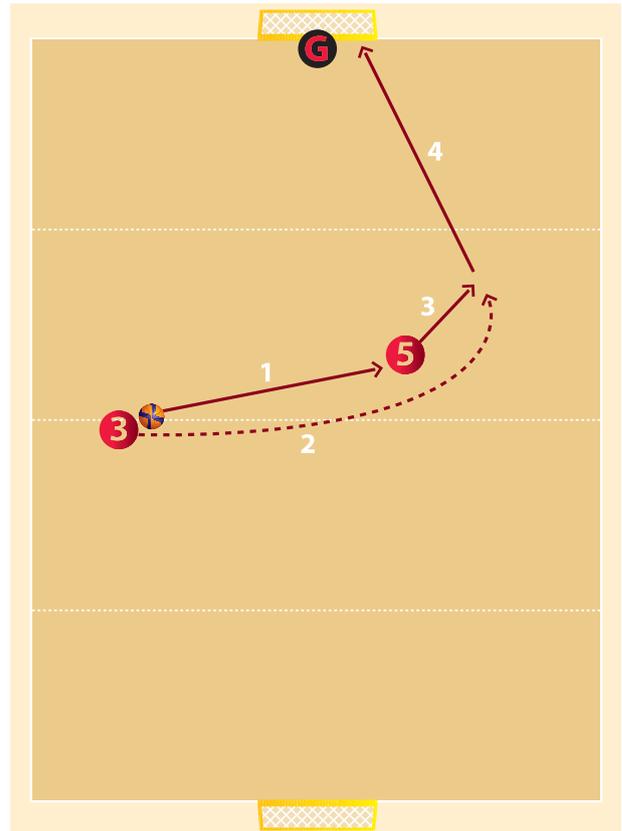
Player 3 passes to Player 5 (1) and the former runs to position himself behind the latter (2). Player 5 passes the ball to Player 3 (3), who then shoots (4).

Coaching points:

- Timing and precision of passes
- Sprint to shoot
- Gain space

Variation:

- The pass can be along the ground or in the air



8.3.1.8 Speed of the game (playing quickly)

Explanation:

Rapid moves performed by two or more players from a team with precise well-directed kicks using only one touch.

The difficulty of managing to kick with only one touch in the sand means that this principle can be implemented more precisely or effectively in the air.

Drill:

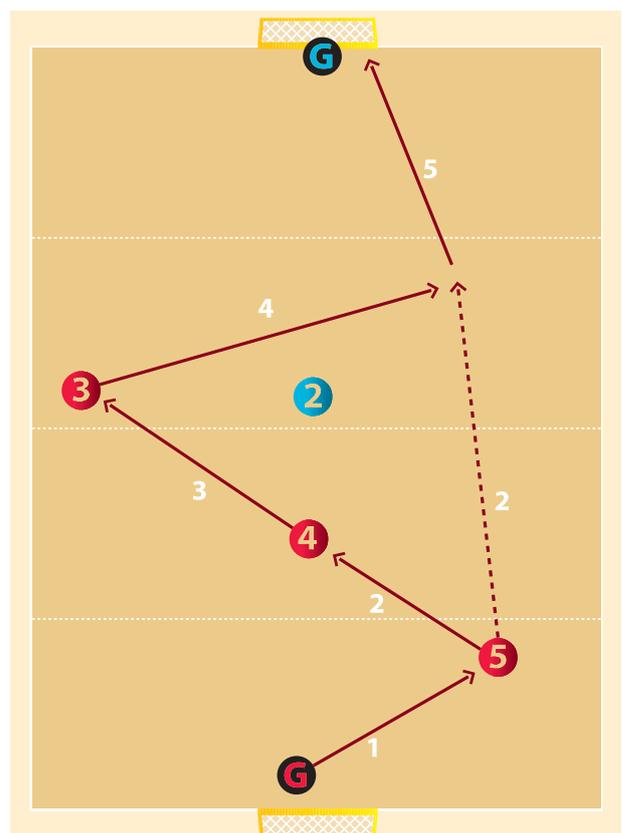
The goalkeeper starts the move. Three outfield players attempt to reach the opposition goal as quickly as possible with one passive defender who tries to intercept the ball.

Coaching points:

- Offer passing options/support to a team mate
- Lose one's marker in wide areas using feints, runs

Variations:

- Score after a change of direction
- Not allowed to cross to the centre



8.3.2 Combined attacks

8.3.2.1 Introduction

Description:

- Attack opposition goal gradually, keeping ball control
- Many individual and collective moves in each attack
- Smaller number of total attacks

Technical-tactical nature of teams:

- Need intelligent, talented and technical-tactically skilled players
- Good management of ball, precision, confidence...

Basic mechanisms:

- Ball moving under control
- A lot of passes in different directions to disorientate opponents
- Long moves and lot of movements without the ball

Play that can lead to difficulties:

- Closed spaces
- Too many players packed into the same area or a long distance from one another

Internal logic:

- Short play to start, confidence and control
- Create and search for space behind opponents
- Finishing moves efficiently requires talent and creativity

8.3.2.2 Build-up from defence

Explanation:

Moves can be initiated with several passes inside a team's own zone. The aim is to keep possession of the ball and wait for the right moment to launch an attack. Owing to the high degree of difficulty of passing moves involving several players, only very experienced and technically adept teams employ this method of build-up play.

Drill 1:

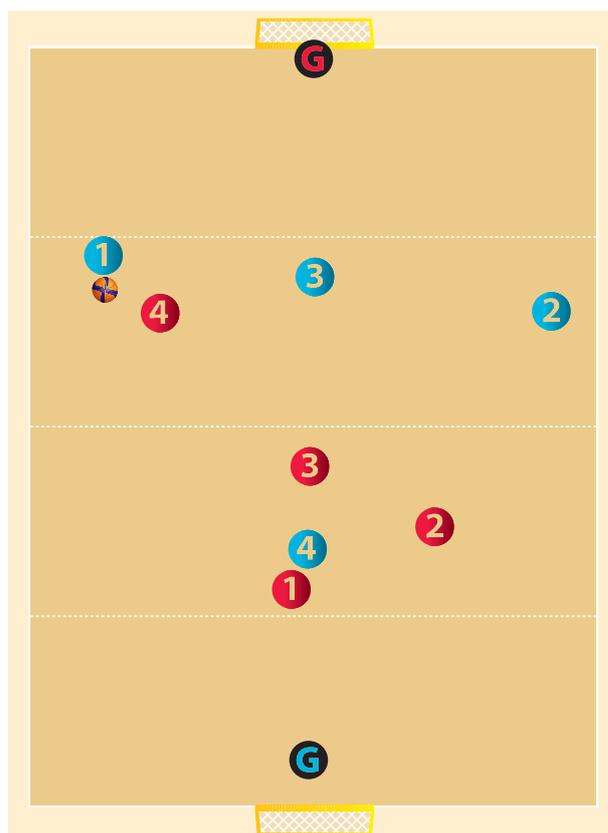
Game with the restriction that three players have to be in their own half at any one time. A maximum of one player is allowed to advance into the opposition half. This simplifies and encourages passing in the team's own half.

Coaching points:

- Accurate passing
- Patience in launching attacks

Variations:

- Attacks may not be launched until at least six passes have been completed
- Attacks may not be launched until every player in the team in possession has touched the ball at least once

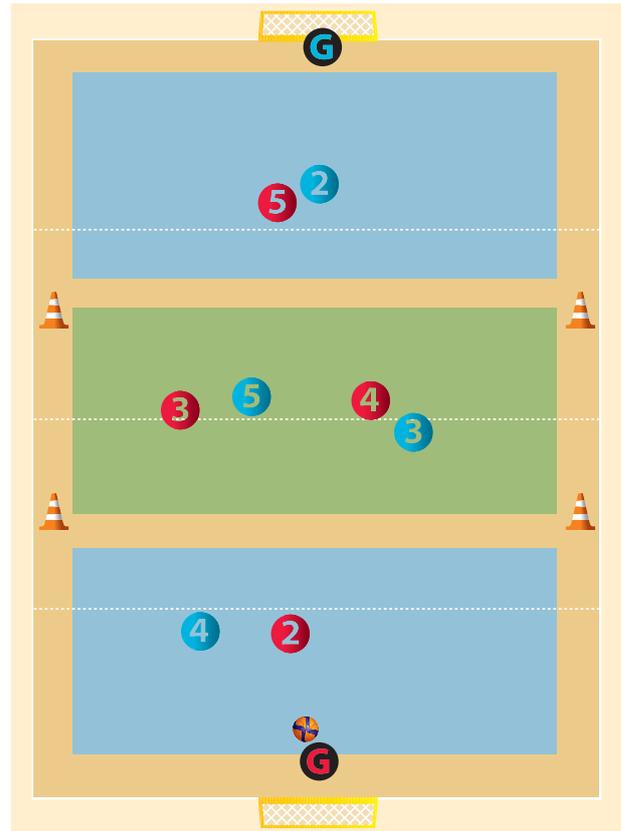


Drill 2:

Two teams of five play a game. The defending team are not allowed to leave their zone (one in the defensive zone, two in the middle, one in the forward zone). All the players of the attacking team are allowed to enter every zone and create a numerical advantage to score goals.

Coaching points:

- Accurate passing
- Patience in launching attacks

**8.3.2.3 Keeping possession of the ball****Explanation:**

The team in possession of the ball tries to keep it using different individual and collective technical moves, not giving the opponent any opportunity to join the game.

Drill:

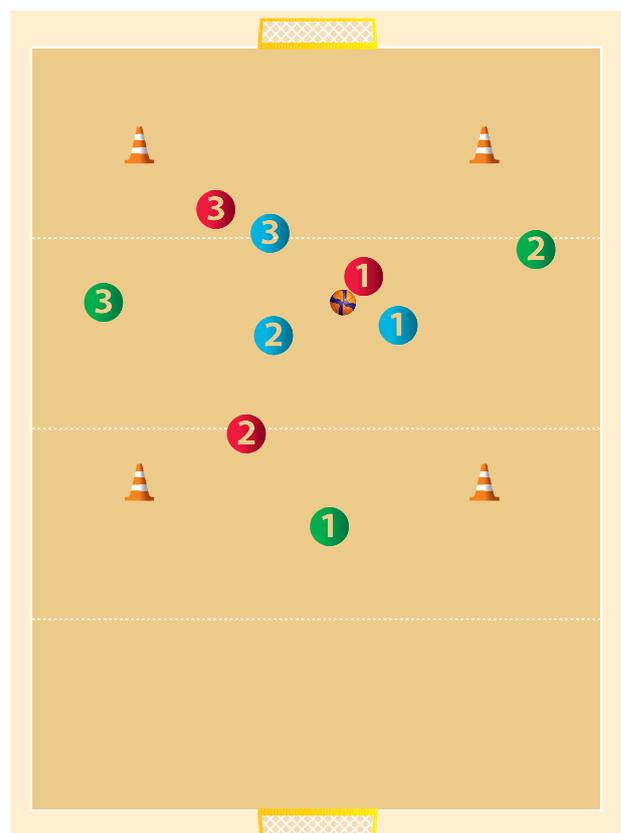
Two teams of three players are set up in a space of 14m x 14m. The team in possession of the ball are able to play passes with the three support players outside of the zone to keep possession of the ball. They try to keep possession of the ball by doing technical moves and creating space. The three defensive players try to recover the ball as fast as possible. As soon as the defensive team has recovered the ball they play as the attacking team to keep possession of the ball.

Coaching points:

- Create space away from the opponent
- Get the ball away from the opponent (use body/arms)
- Movements of players and creating angles

Variations:

- Smaller spaces
- Less support players out of the game zone



8.3.2.4 Delaying attack to wait for support

Explanation:

These are moves by which the team in possession delays the attack in order to obtain a tactically advantageous situation. It may be with the aim of ensuring the team keeps possession of the ball when they are faced with a numerical disadvantage, to maintain the advantage in the score, or for any other objective.

Drill:

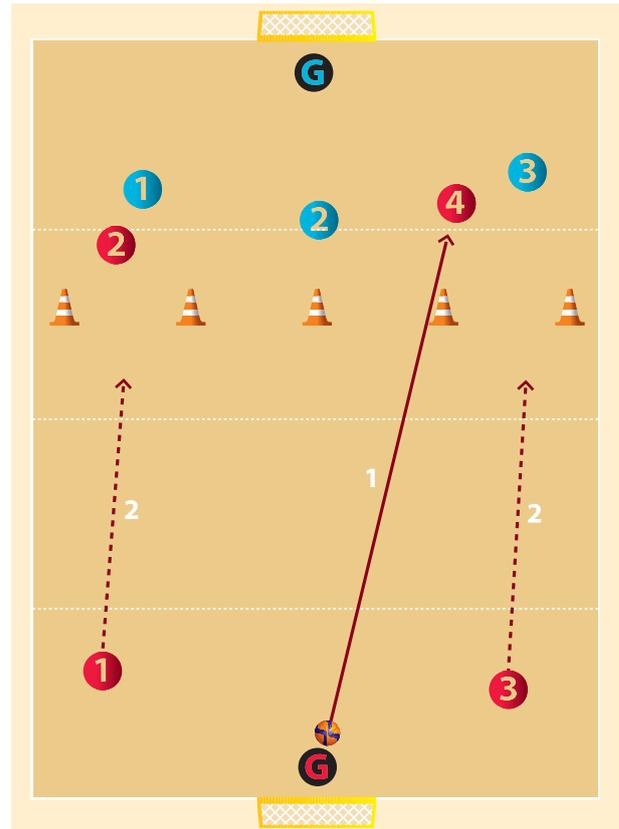
Two teams start the exercise. The defending team is set up with one goalkeeper and three defenders. The attacking team only have two players in the attacking zone. The goalkeeper starts the attack with a long ball towards the forwards (1). At the same time (or by signal of the coach) the supporting players join the forwards to score the goal. Both forwards try to keep possession of the ball until the two other attacking players join them (2). The attacking team tries to score the goal 4-on-3.

Coaching points:

- Attackers use feints to buy time for the arrival of supporting players
- Time to execute this move is limited
- Do not give defensive players the option to get the ball
- Always receive the ball with the option to pass

Variation:

- Situation of attackers and defensive players



8.3.2.5 Changing the speed of play (rhythm of play)

Explanation:

This is the increase or decrease of the speed of execution of moves by one or several players from the team in possession of the ball. The aim of individually or collectively attempting to change the rhythm is to surprise the opponents to create a favourable attacking situation.

Rhythm changes serve to increase the pressure, both physical and psychological, on the defenders, but in turn requires good physical preparation.

Types:

- **Individual:** Only one player participates
- **Collective:** Two or more players intervene in a coordinated manner with the same objective.

Changing the rhythm of play during longer phases of a match:

During a game, in an ideal world, the players always play at the highest possible intensity. But due to the sand and its effect of tiring players quickly, it is not possible to play at the highest pace throughout the game. Therefore, there are phases in a match when the rhythm of the game is slower (keep ball possession), while five minutes later a team may try to play a high pressing game again to surprise the opponent.

Drill:

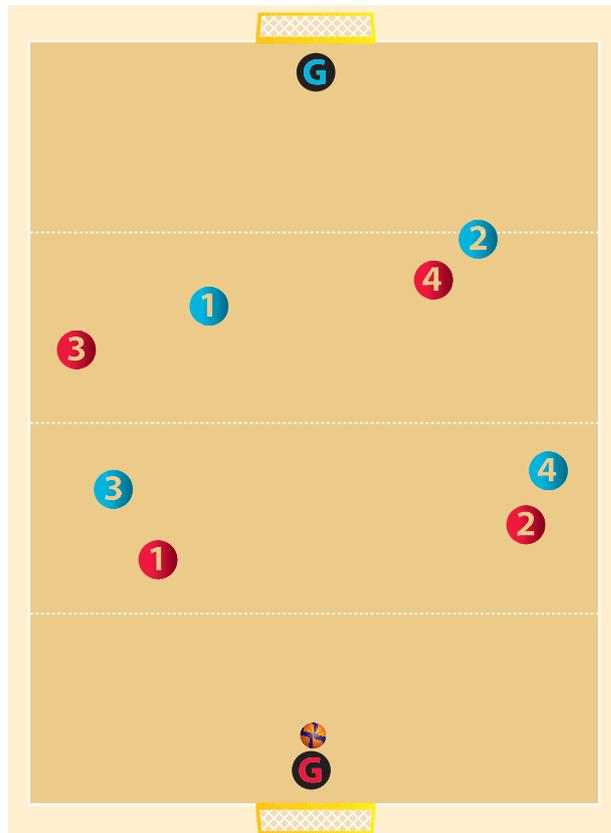
Two teams of four players and a goalkeeper play a game. In their own half, each team has to play at a slower pace, i.e. plenty of individual moves, lots of close ball control, dribbling and less mobility. In the opposition half, each team has to play at a faster pace with fewer touches and attempting to fire a quick shot on goal with constant mobility.

Coaching point:

- Big difference between rhythm in own half and opposition half

Variation:

- Limit the involvement of players to a particular area to favour the attacking team
- Announce a game situation before the drill starts: team A is 2-0 up and tries to slow down the game, whereas team B has to score two goals and play a faster rhythm in a limited amount of time. Then change roles to a different game situation



8.3.2.6 Change of play

Explanation:

These are all passes where the ball changes its trajectory with the aim of disorientating the opponents, taking advantage of free space, looking to get behind the opponent, trying to get width in the attack, etc.

The end result varies depending on whether it takes place in the creation zone or finishing zone.

Drill:

Three teams play in three areas. Team Red with the ball play as many passes as they can in their own third of the pitch. After a minimum of five passes, the ball can be played to Team Green in the last third of the pitch.

The third team, Team Blue, tries to recover possession with one player within the area of Team Red, who have the ball. The other three players from Team Blue wait in the neutral area in the middle of the pitch and try to intercept passes to the other zone. If the pass from Team Red to Team Green is successful, one player of Team Blue moves from the neutral zone to the zone of Team Green to try to recover the ball while the other players from Team Blue remain in the neutral zone to intercept the long passes between Teams Red and Green.

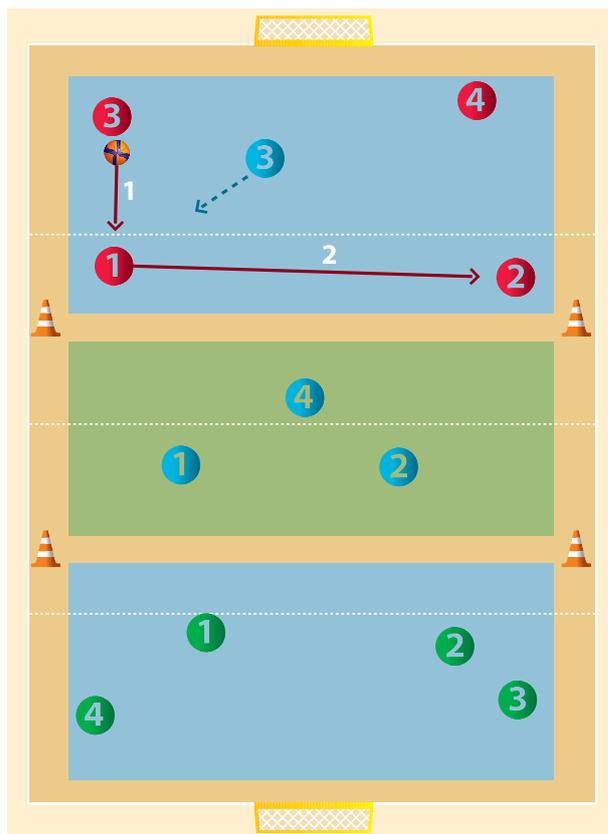
The ball cannot be passed into another area before five passes have been made but must be passed after no more than ten passes.

Coaching point:

- Space for kicking/shooting the ball

Variations:

- More defenders (team Blue)
- less space for teams Red and Green



8.3.2.7 Attacking available space

Explanation:

Moves performed by the team that has possession in order to move forward with the ball towards the opponents' goal. For example, there is space behind the defence where the goalkeeper cannot reach the ball. The forwards go into these spaces and wait for the long ball from team-mates.

Drill:

In a space of 20m x 20m, two players start the game against one defender. They start at one end of the area and try to pass the ball behind the line of the opponents' defence with the ball under control.

If the defender gets the ball, re-start with the next group of the same team. One point for the team that pass the ball behind the line with the ball under control. Play for two minutes per team and then swap possession (competition).

Coaching points:

- Use feints to create space for oneself or for a team-mate
- Always be aware of where the opposition players are
- Always have a passing option when receiving the ball

Variations:

- Smaller spaces
- More defenders/participants

8.3.3 Counter-attack

Explanation:

A counter-attack is the fast change between winning the ball after defending against an attack and a direct approach to the opposite goal with a maximum of two or three passes.

- After recovering the ball, carry out moves while progressing towards the opposition goal in as short a time as possible
- Precision, use width/length of the pitch and speed

Basic mechanisms:

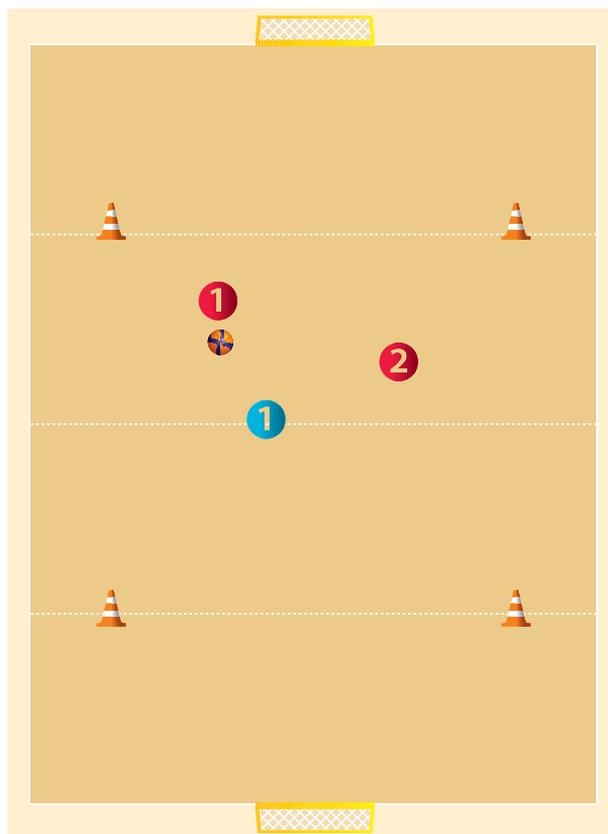
- Establish defensive areas and zone to recover the ball and organise a counter-attack
- Establish attacking mobility for the ball and players' distance from the ball

Play that can lead to difficulties:

- Holding on to the ball
- Passing or technical errors after recovering the ball

Internal logic:

Recovery of the ball + initiation/transition + finishing



8.4 Formations

The choice of playing system can be a decisive factor and depends on the levels of ability and motivation of each player and the team as a whole.

Depending on the opponents and the physical capabilities of the players, the playing system can be adapted a little before the beginning of the match or even during, depending on the score.

8.4.1 1-3-1 formation

Description

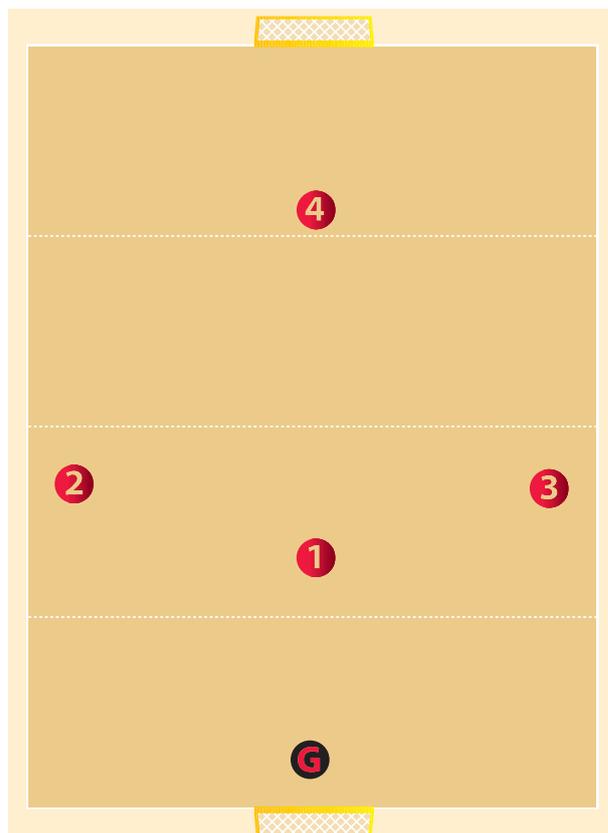
- Three defenders and one attacker
- A formation centred around the defence

Advantages:

- The defensive area is divided in the best way possible and the defence can remain compact
- A sensible formation when the team is dominant and the opposing team has not kept a safe distance
- Keep possession of the ball for as long as possible and build play slowly from the back

Disadvantages:

- A large distance between the wide defender and the attacker make support difficult
- The attacker is often isolated
- There are few variations for attacking play if the players do not advance



8.4.2 1-2-1-1 formation

Description:

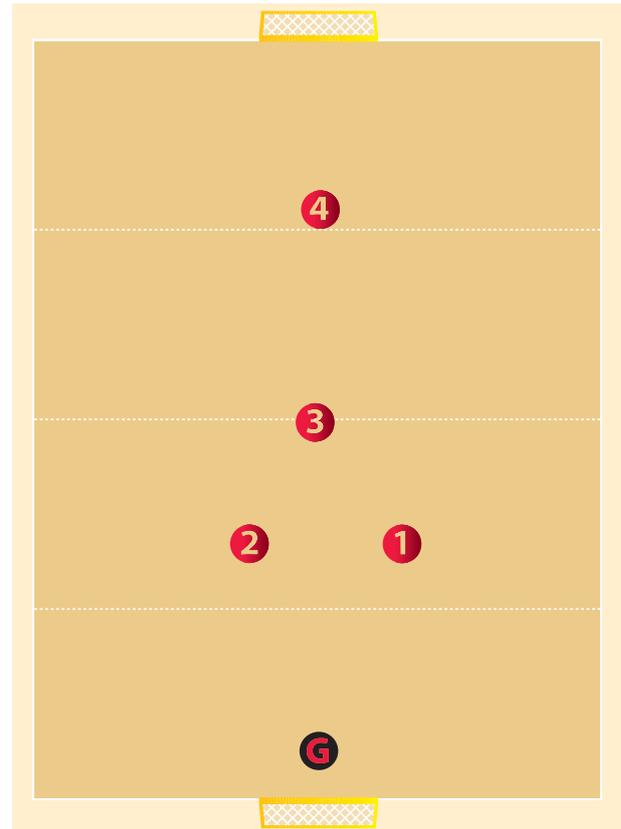
- Two defenders, one midfielder and one attacker
- The midfielder supports the attacker as well as the defence during attacks by the opposition, which requires good physical conditioning and a lot of running
- The system is suitable for a very direct style of play

Advantages:

- Good distribution along the length of the pitch

Disadvantages:

- The width of the pitch is not used as well as it could be
- There is no clear distribution in the defence
- Attacks become very predictable and the majority use a long ball to the attacker



8.4.3 1-1-2-1 formation

Description:

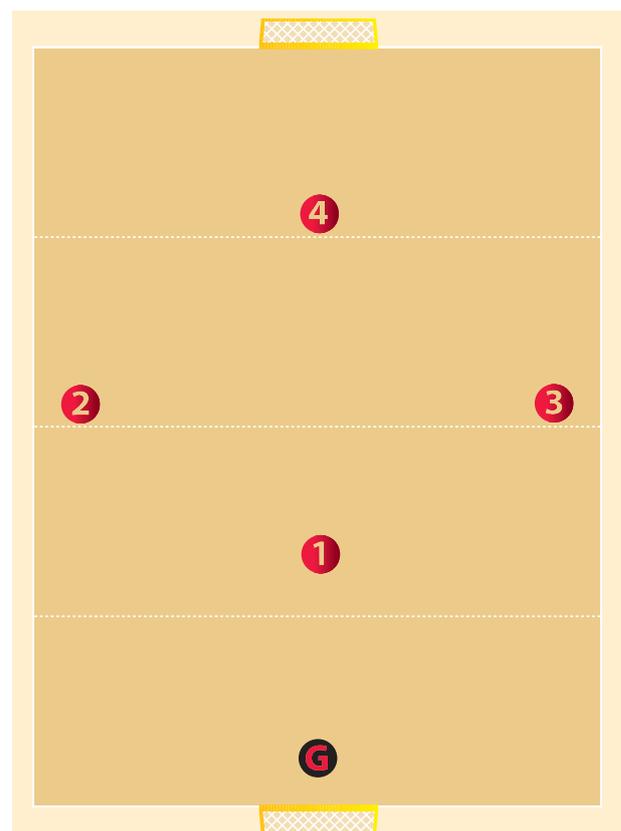
- One central defender, two wingers and one central attacker
- Variables of the formation

Advantages:

- Good division of the area across the length and the breadth of the pitch
- Adventurous wingers can carry out multiple fast attacks

Disadvantages:

- Requires good tactical understanding on the part of the player so that he can keep a defensive position and frequently change to zonally mark the opponent
- Many 1-on-1 situations for the central defender



8.4.4 1-2-2 formation

Description:

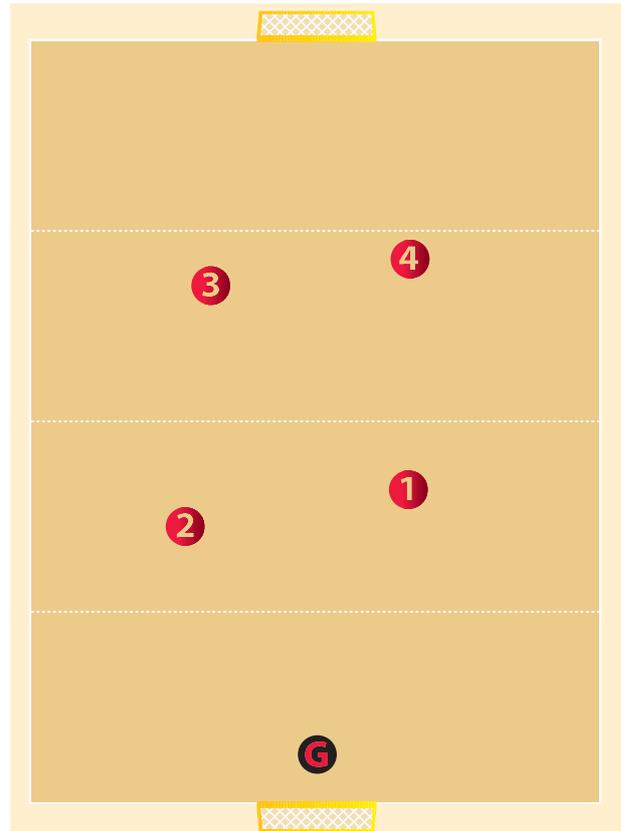
- Two defenders and two attackers

Advantages:

- Clear distinction between attack and defence
- Good distribution across the width of the pitch

Disadvantages:

- The attackers tend to neglect defensive work
- There is a lot of space between the lines
- There is no clear position for marking the opposing attacker



8.4.5 1-1-3 formation

Description:

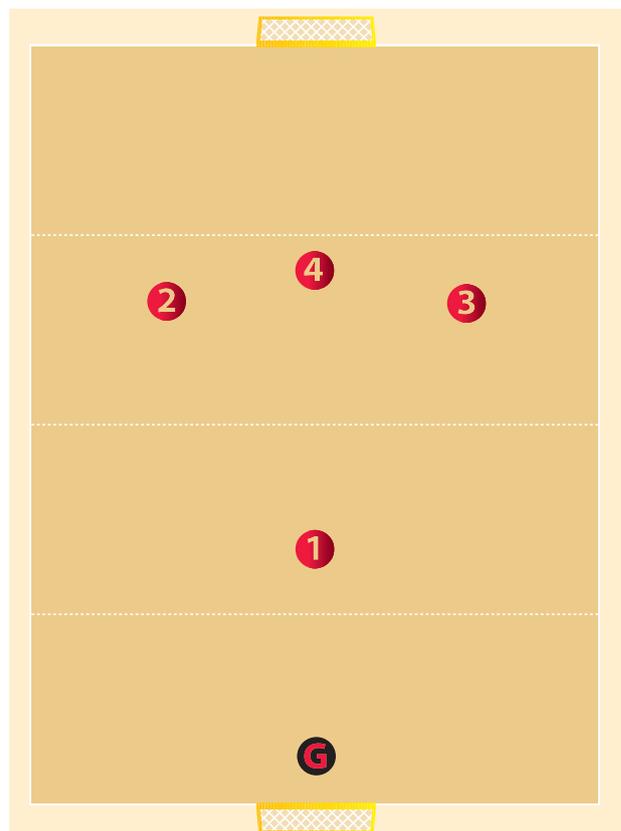
- One defender and three attackers
- A very attacking formation

Advantages:

- Used to keep the opponents constantly under pressure and prevent them from organising their game

Disadvantages:

- Vulnerable to counter-attacks
- Players have to run a lot
- Can only be used for players who have an extremely high capacity for intensive play



8.5 Set pieces

8.5.1 General aspects

Explanation:

The statistics from the last FIFA Beach Soccer World Cup Tahiti 2013 indicated that 38% of goals were scored from set pieces, showing the importance of these situations in the modern game. Below, we see all of the attacking and defensive approaches used by a team to restart the game in each of these different situations.

Types of strategy:

There are various types of strategy, each with two perspectives – as the attacking team and as the defending team.

- When the game is started
- When the ball goes off the pitch
- Corner kick
- Ball inbound
- Goal clearance
- When the referee stops play for a foul

Types of moves:

- Feints
- Rotation

Tactical planning of strategies

Simplicity, the element of surprise and speed are factors to bear in mind. Before selecting strategies, the following must be considered:

- The number of tactics for each type of strategy
- The tactical aims of each one
- The number of players directly or indirectly involved
- The tactical role to be played by each player

When selecting strategies, we should bear in mind:

- Whether they are attacking or defensive
- The area of the pitch in which they will be used
- The state of the pitch
- The weather conditions
- The characteristics or abilities of your own players and those of the opponents



Option 1: Feints

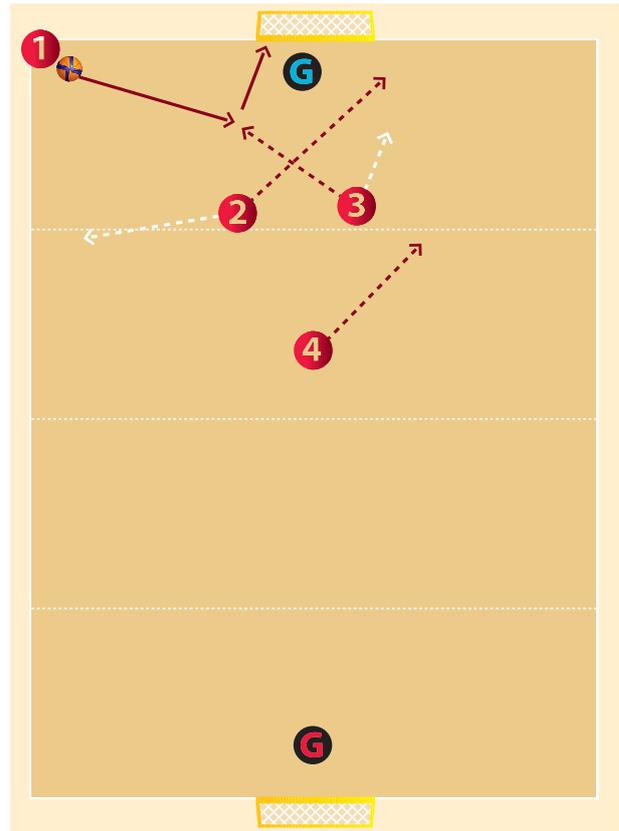
Fake runs to one space and go to another

Advantages:

- Plenty of movement
- Different passing options

Difficulty:

- Coordinating passing and movement correctly against opposing defenders
- Opposition of goalkeeper

**Option 2: Rotation**

Rotate positions to create space

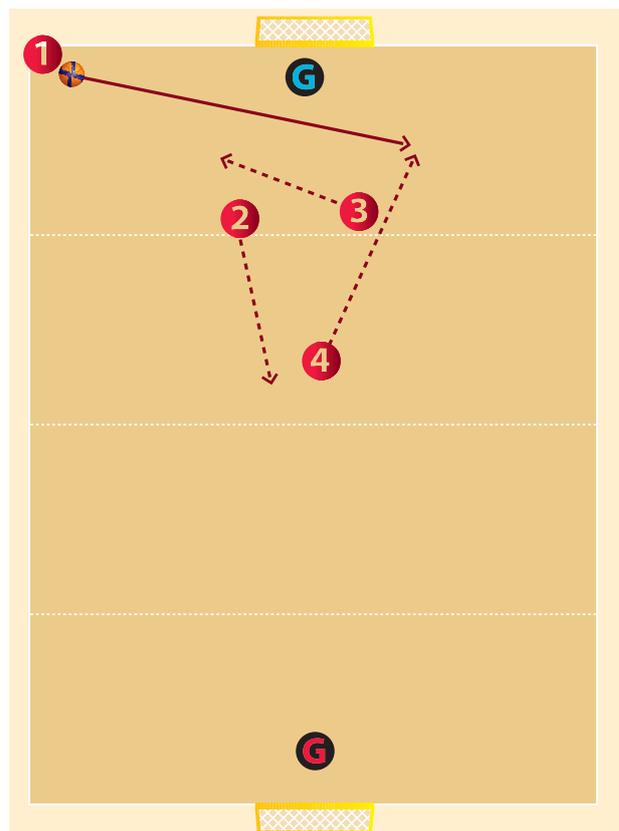
Advantages:

- Plenty of movement
- Different passing options

Difficulty:

- Bad passing or intervention of opposition keeper
- Could put opposition in a favourable position to counter-attack

The following exercises show examples of set pieces in different situations of the game. The drills only explain the options for the attacking team. The defensive team has to defend by man-marking, zonal marking or mixed marking. In some situations (e.g. kick-off), the defending team can put a wall of players between the ball and the goal.



8.5.2 Kick-off

There are several options to start the game. Most times the teams try to score a goal after only one or two passes.

Drill:

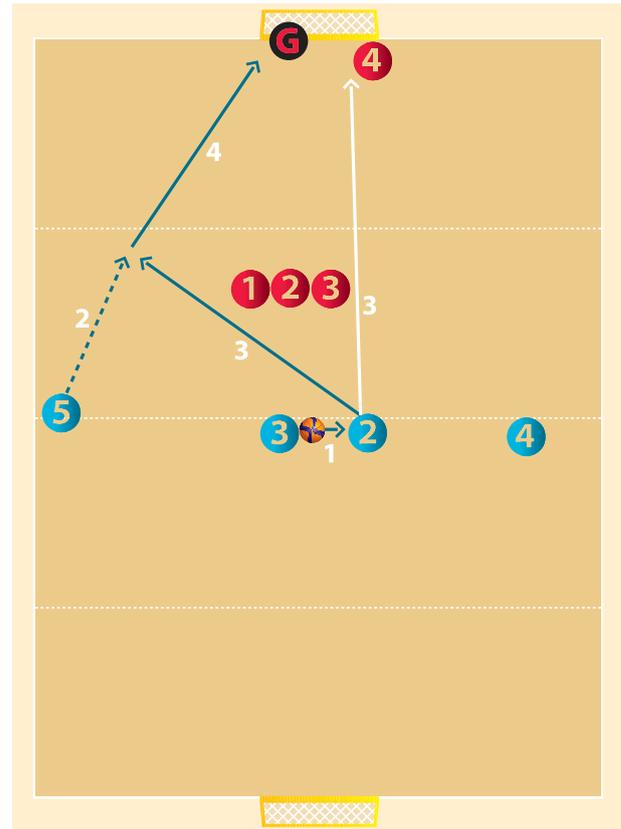
Player 3 flicks the ball off the sand to Player 2 (1). This player has the option of shooting at the target or giving the ball to Player 5 on the left (3). Player 5 has already started his run towards goal when the game is started. If the pass is well-timed, Player 5 can volley a shot towards the goal.

Coaching points:

- Quick pass towards Player 5 before the defence can react to the new situation
- Compact wall in defence

Variations:

- Player 2 starts the game instead of Player 3. This gives the option of shooting directly or passing to Player 4 on the right-hand side of the pitch.



8.5.3 Free-kick

8.5.3.1 Free-kicks in the opposition half

Drill:

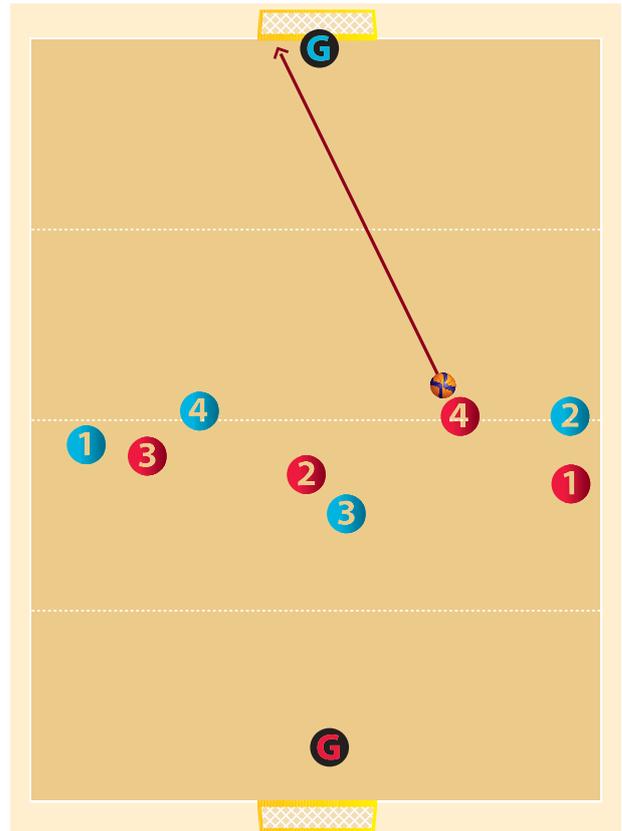
Player 4 goes directly for goal.

Coaching point:

- Low shots are more unpredictable for goalkeepers because the ball can be deflected off the sand

Variation:

- Player 4 passes the ball into space, a team-mate bursts forward and finishes



8.5.3.2 Free-kicks in own half

Drill:

Player 2 fakes a shot on goal and plays a high pass to Player 3.

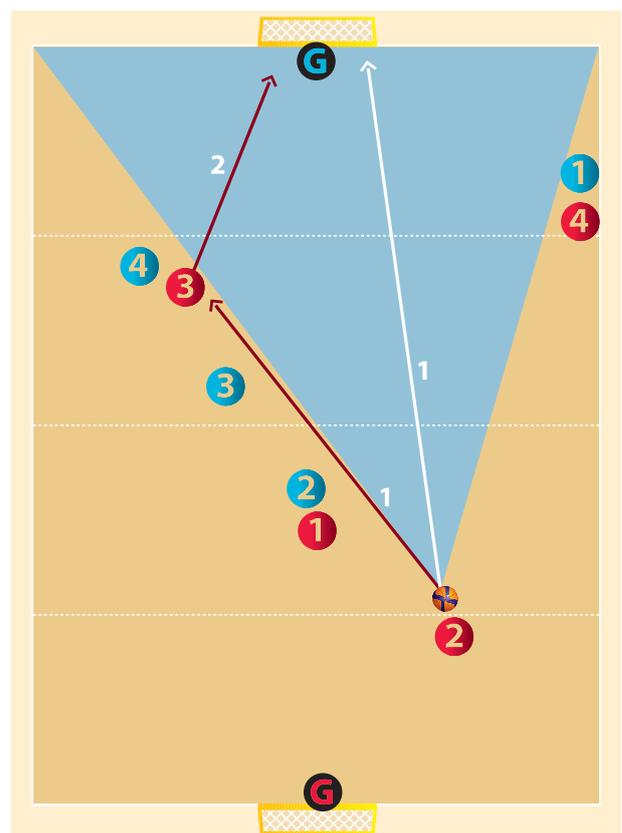
Note: Players are allowed to touch the ball only when it has left the highlighted zone or touched the ground.

Coaching point:

- Low shots are more unpredictable for goalkeepers because the ball can be deflected off the sand.

Variation:

- Player 2 goes directly for goal



8.5.4 Throw-in

The throw-in can be played with the hands or the feet.

Drill 1:

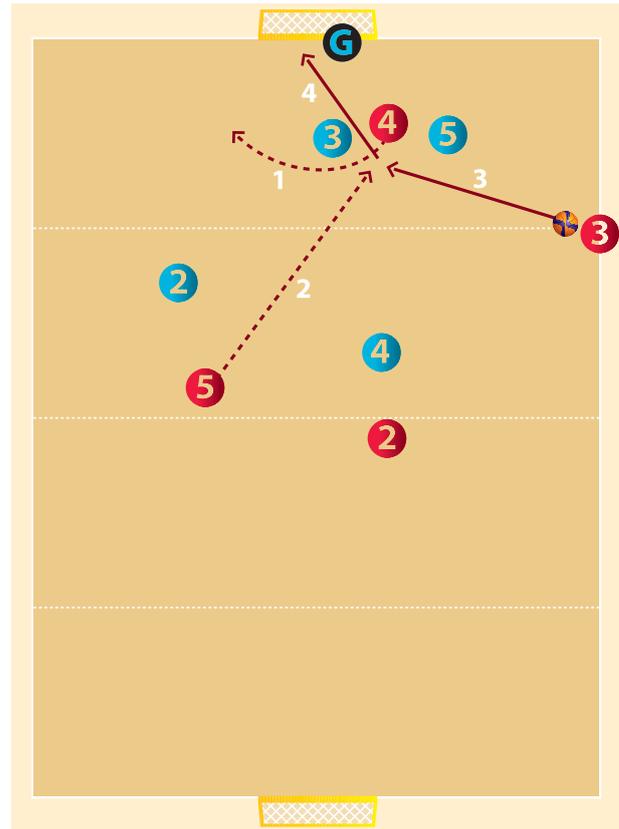
Player 4 creates space by running from his position in front of the goal to the far post. At the same time Player 5 runs into the free space because at least one of the defenders will move with Player 4. Player 3 plays the throw-in to Player 5 who shoots or heads at goal.

Coaching points:

- Quick movement
- Timing of the runs and passes
- At least one player (in this example, Player 2) should think defensively and keep an eye on the forward in case of loss of possession

Variation:

- Scissors kicks are very efficient because the ball can be struck towards goal at speed



Drill 2:

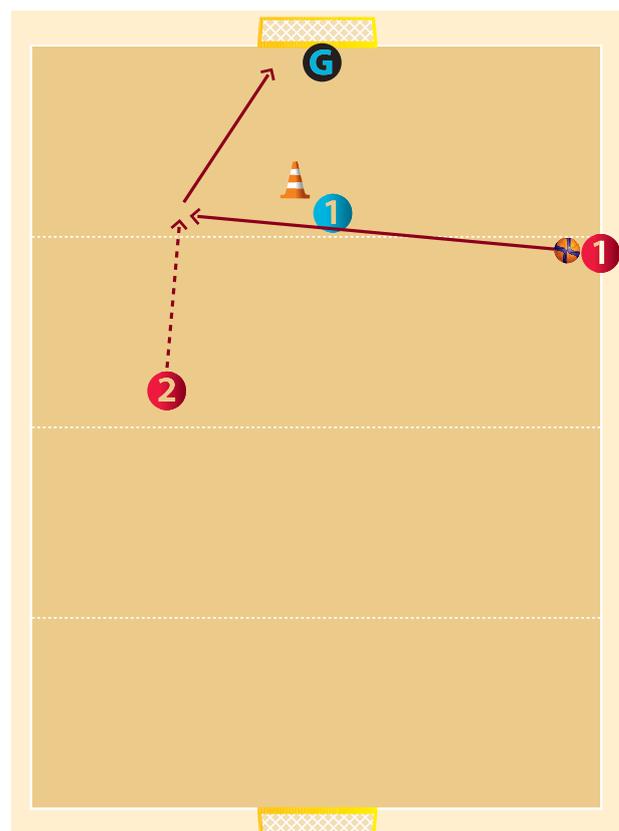
Player 2 runs from his own half towards the far post of the opposition goal. Player 1 plays a high ball towards Player 2 who shoots.

Coaching point:

- Timing of the pass

Variation:

- Role of other team members (fake runs, defensive securing)



8.5.5 Corner kick

A corner kick is given if a player of the defending team touches the ball before it goes out behind his team's goal line.



Drill:

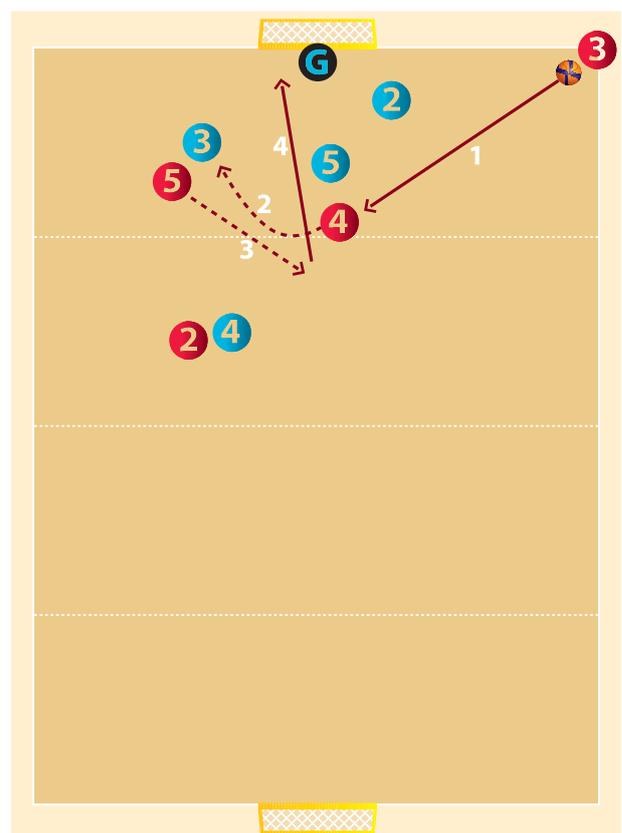
Player 3 passes the ball in the direction of the original position of Player 4 (1), while Player 4 runs towards the far post. With this move, Player 4 not only creates space at his origin position. Moreover, he blocks the defender from man-marking Player 5 who runs in the direction of the pass played by Player 3. He then heads or shoots with a scissors kick.

Coaching points:

- Timing of runs and pass

Variations:

- Include Player 2 but he must remain aware of defensive responsibilities



9. Beach soccer-specific fitness training

9.1 Endurance

Endurance, explosive power and speed are, in that order, the major focus of pre-season training.

Where a particular player or the whole team is found lacking, certain specific training sessions can be very beneficial, just as they can be during the season itself. Strength and coordination exercises can be included in training at regular intervals throughout the season.

Explanation:

Endurance training is a programme aimed at improving the player's stamina. Endurance is the capacity of the body to exert an effort over a prolonged period of time. Endurance training reinforces general health, heart capacity, and the circulatory and immune systems. Therefore, good endurance reduces the risk of injury and improves recovery capacity. Good endurance is the basis for excellent performance in speed and explosive power training. In integrated endurance training, there are exercises specifically designed to improve this and technical and tactical elements can also be included.

Methods/basic principles:

During endurance exercises, the heart rate of the player should be between 130 and 160 bpm.



Drill 1:

One team plays against another on a pitch with two goals. They only pass with their hands and can only score goals with the head. If the ball falls to the ground, possession goes to the other team. Players may not run with the ball.

In addition, so that all players keep moving, all players on the attacking team must remain in the opposing half so that they can shoot at goal.

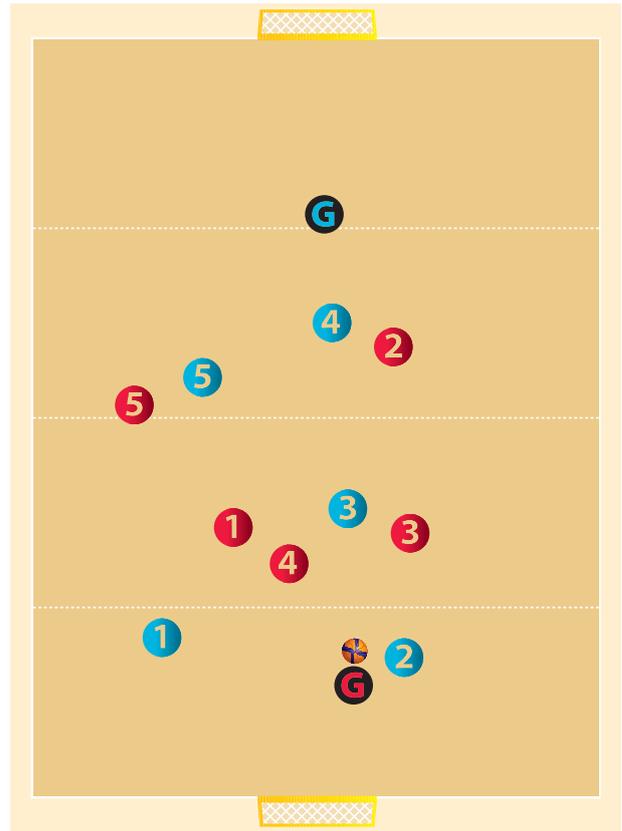
- Duration of the exercise: 3-4 minutes
- Break between exercises: 1 minute
- Three exercises per set
- Three sets per training session
- Break between sets: 3 minutes

Coaching points:

- All players must keep moving at all times
- Heart rate between 130 and 160 bpm

Variation:

- Numerical advantage: 6 against 4
- Smaller playing area



Drill 2:

Players are split into groups of four. Player 3 passes the ball to Player 4 (1) and then positions himself behind Player 1 (2). Player 4 then repeats this.

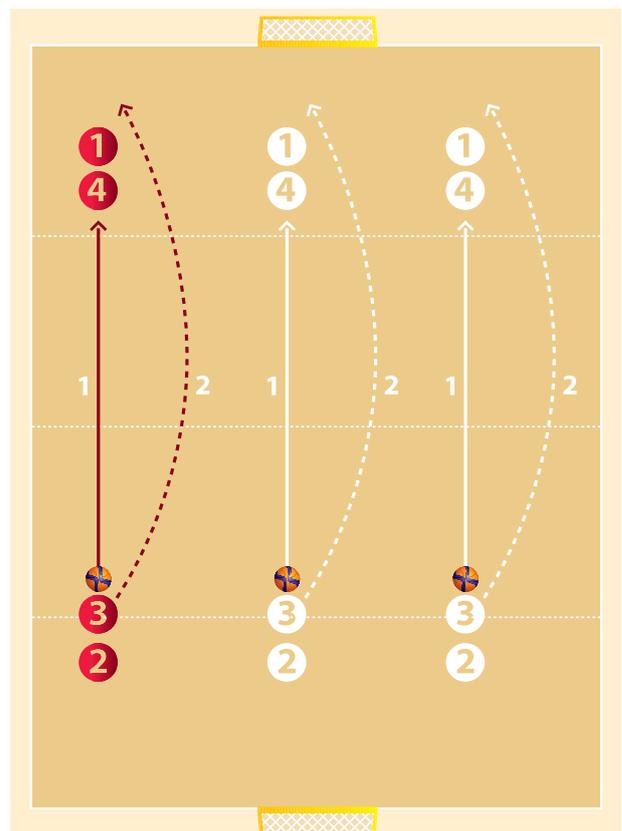
- Duration of the exercise: 3-4 minutes
- Break between exercises: 1 minute
- Three exercises per set
- Three sets per training session
- Break between sets: 3 minutes

Coaching points:

Heart rate between 130 and 160 bpm

Variation:

- Pass on the sand or in the air
- Instead of passing, players have to kick the ball to the other half of the pitch



9.2 Explosive strength

Explanation:

The combination of speed and strength, and making the maximum impact in the shortest time possible. Particularly in beach soccer, explosive strength is a vital asset, because movements such as jumps or shots require much more energy when playing on sand than on turf or other fixed surfaces.

Methods/basic principles:

- After the warm-up, start the main part of the training session
- Rapid and explosive movements
- Load: 80-90% of maximum velocity
- No significant increase in pulse between reps
- 1 minute rest
- Three rounds per set
- One to three sets per training session
- Rest between sets: 3-5 minutes. The team can be divided: five players complete the set and the others, with balls, assist and motivate the active players, then swap.



Drill 1:**Station 1:**

- Six obstacles of approximately 40cm high, for example
- Jump 1m with knees together
- 4-5 seconds rest

Station 2:

- Four short sprints with a direct shot at an open goal always starting from the same point
- 4-5 seconds rest

Station 3:

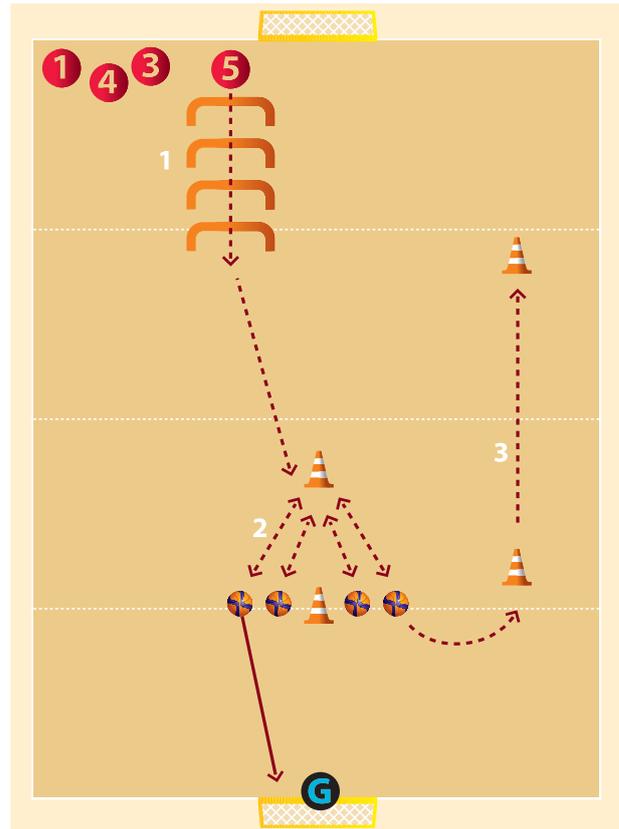
- Sprint 20m

Coaching points:

- Heart rate more than 160 bpm
- Concentration and motivation of the player
- Complete the exercises with intensity until the end: keep the body in a position ready to jump, shoot and sprint

Variation:

- Increase the number of obstacles, vary the distances of the sprints, etc.

**Drill 2:**

The pitch is divided into two halves. Players 3 and 4 (blue) try to take the ball from the other players. If they manage to get the ball, they return it and try again. After 60 seconds, the defenders are changed and, after 30 seconds rest, the exercise is continued. A set is finished when each player has played as a defender twice.

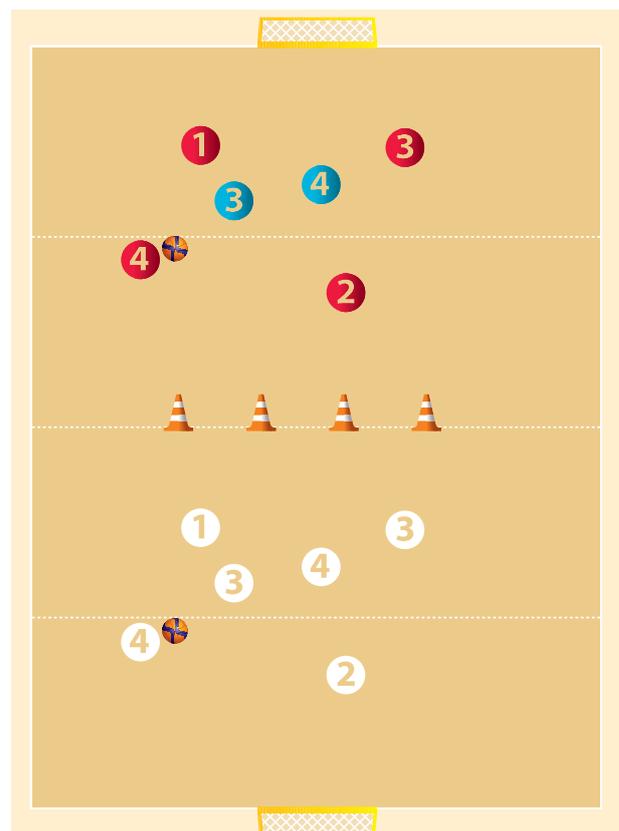
- One to three sets per training session
- Rest between the sets: 3-4 minutes

Coaching points:

- Heart rate more than 160 bpm
- Concentration and motivation of the players
- Defenders push themselves to the limit

Variation:

- Change the number of players



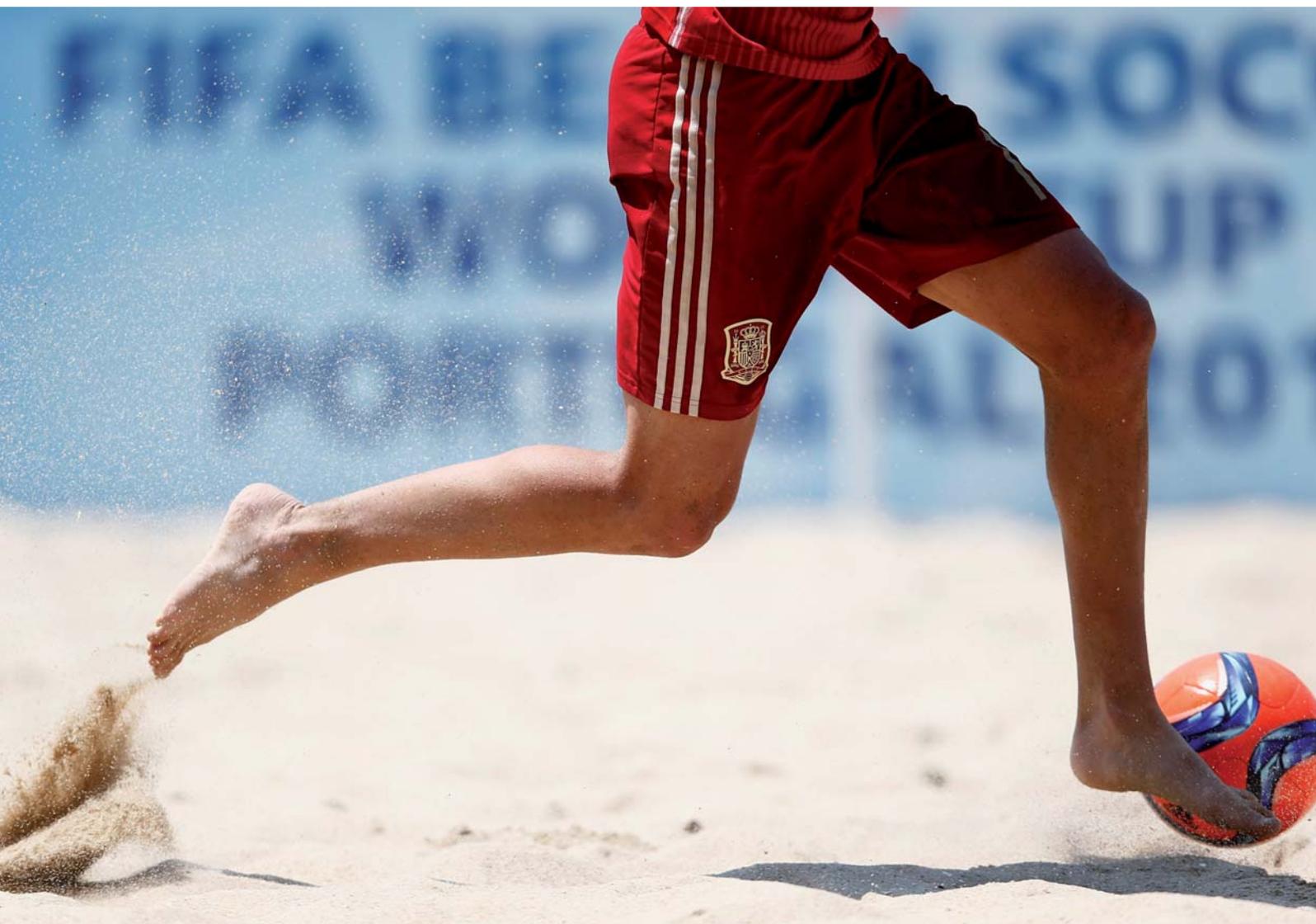
9.3 Speed

Explanation:

Speed can be divided into: speed of reaction, speed off the mark, and speed of action. Speed of reaction refers to the ability to react to a stimulus such as, for example, an acoustic signal, as quickly as possible. Speed off the mark is measured by the pace in the first 5-7 metres. Speed of action refers to the ability to maintain speed up to 20 metres after the initial 5-7 metres.

Methods/basic principles:

- After the warm-up, start with the main part of the training session
- Full recuperation before drill starts (resting heart rate)
- Maximum speed
- Significant increase in heart rate after each rep
- Basic speed training sessions are conducted without a ball, while individual training sessions may be with a ball to include, e.g. a shot on goal



Drill 1:

Two groups of players stand in a line. When instructed to, they sprint 5-25m. A set is finished when each player has done 5-7 sprints.

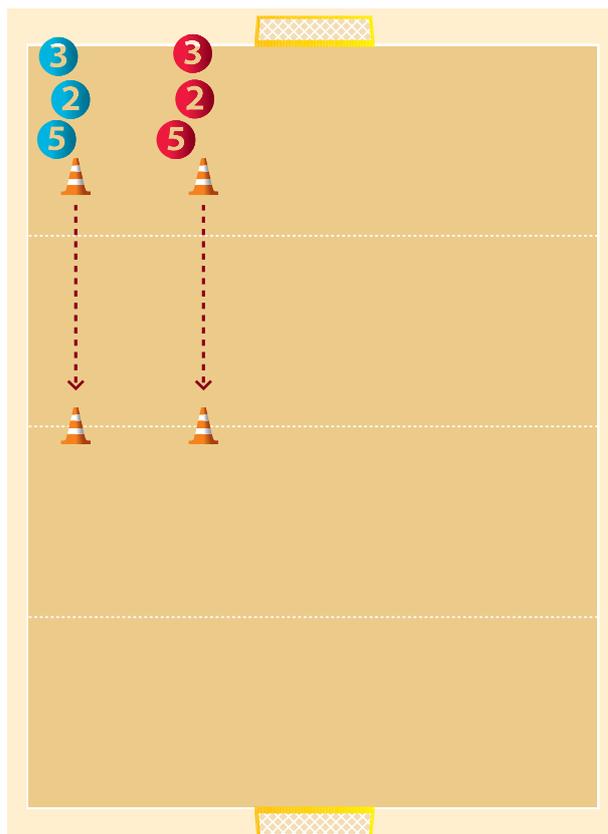
- Rest between sprints: 90 seconds or when the players have recovered completely
- One-three sets per training session
- Rest between sets: 5 mins

Coaching points:

- Rapid reaction and motivation of the players
- Maximum speed

Variations:

- Acoustic sound to start, e.g. clap or shout
- Tactile instruction to start, e.g. a tap
- Visual instruction to start, e.g. when the ball touches the ground

**Drill 2:**

Player 1 throws the ball in the direction of the goal (1). From the same distance, players compete against their opposite number to try to reach the ball (2) and then shoot towards the goal. A set is finished when each player has done five sprints.

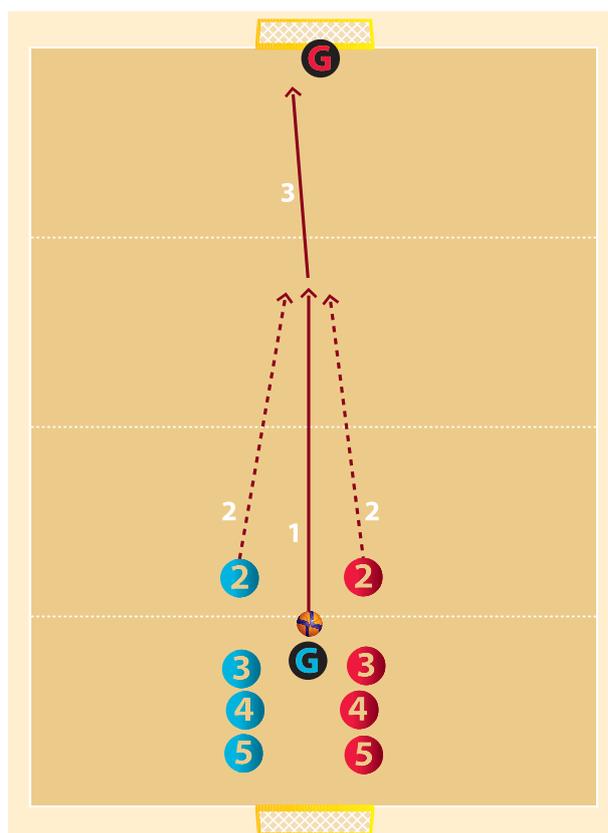
- Rest between sprints: 90 seconds or when the players have recovered completely
- One to three sets per training session
- Rest between sets: 5 mins

Coaching points:

- Rapid reaction and motivation of the players
- Maximum speed

Variation:

- Game: Which team scores more goals?



9.4 Coordination

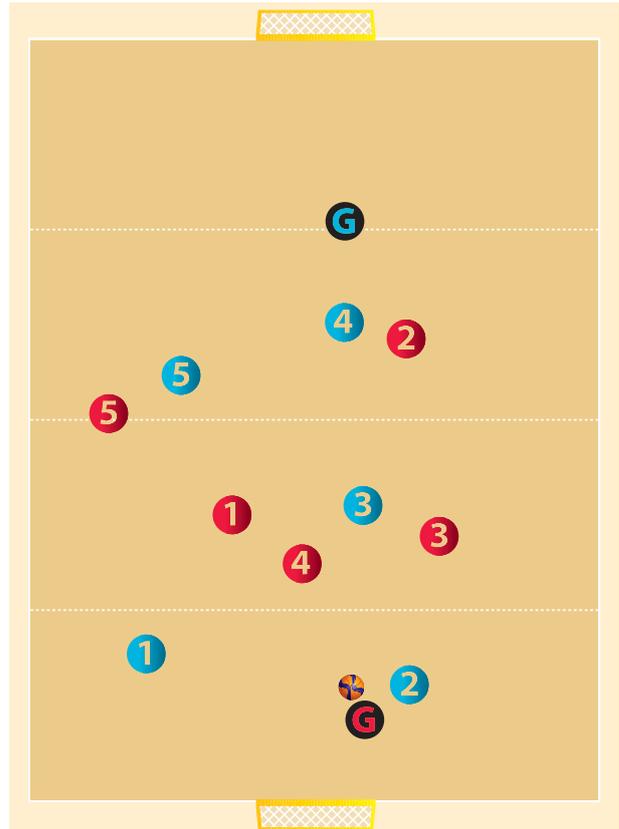
Explanation:

Coordination refers to the synchronised functioning of the organs of the body, the nervous system, and the skeletal muscular system. The main five coordination abilities are:

- Reaction capacity, e.g. reaction of the forward to rebounds
- Orientation capacity, e.g. receiving the ball when it moving
- Rhythmic capacity, e.g. synchronisation of double passes
- Differentiation capacity, e.g. precision of goalkeeper kicks
- Sense of balance, e.g. feints while dribbling

Methods/basic principles:

Coordination exercises can be used as a warm-up.



Drill 1:

One team plays against another on a pitch with two goals. The ball can be picked up, but passes must be made with the feet and attempts on goal can only be made with headers. If the ball touches the ground, the teams switch possession. Players may not run with the ball.

Coaching points:

- Concentration and compromise of the player

Variation:

- During the game, players must pass the ball with the hands between their own legs

Drill 2:

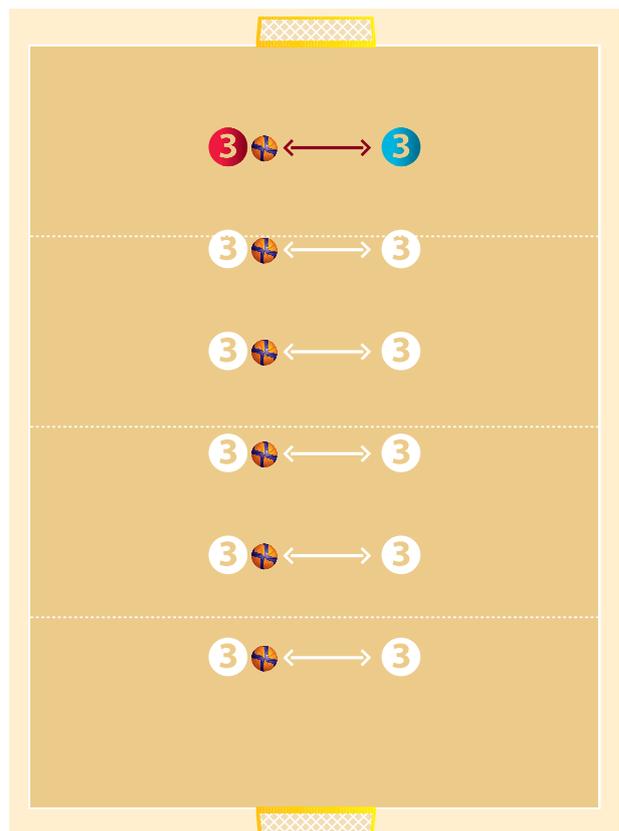
Players are split into pairs, and assigned by the coach to the marked out zones. Team-mates pass the ball to each other, trying to keep it in the air (e.g. only feet, only knees, 2 balls).

Coaching points:

- Concentration and compromise of the player

Variations:

- Juggle with two balls at the same time



9.5 Strength

Explanation:

Strength training can contribute to building muscle. It also contributes to maintaining good posture and, for example, preventing back pain. Therefore, it makes a significant contribution to the prevention of injuries. Exercises such as stretching or abdominal crunches can be included as in training.

Top eight exercises:

1. **Main exercise:** lie down in the “plank” position
Enhance balance: brace arms or feet on a ball



2. **Main exercise:** side “plank” with a flexed elbow (both sides)
Enhance balance: move hips up and down or lift the upper leg



- 3. Main exercise:** abdominal muscles – flexed knees, alternately tap floor with left and right heel



- 4. Main exercise:** push-ups

Enhance balance: brace on forearms. Body balance: extend the left arm, then the right arm. Lay down the left forearm, then lay down the right forearm and so on.



- 5. Main exercise:** abdominal muscles – flexed knees, alternately tap floor with left and right toe. Extend knee and extend arm cross-side.

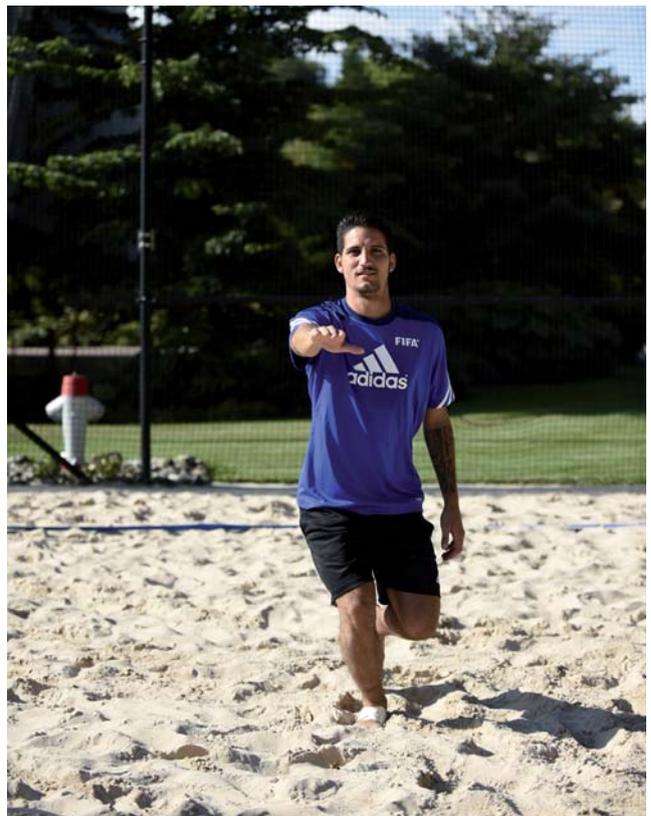
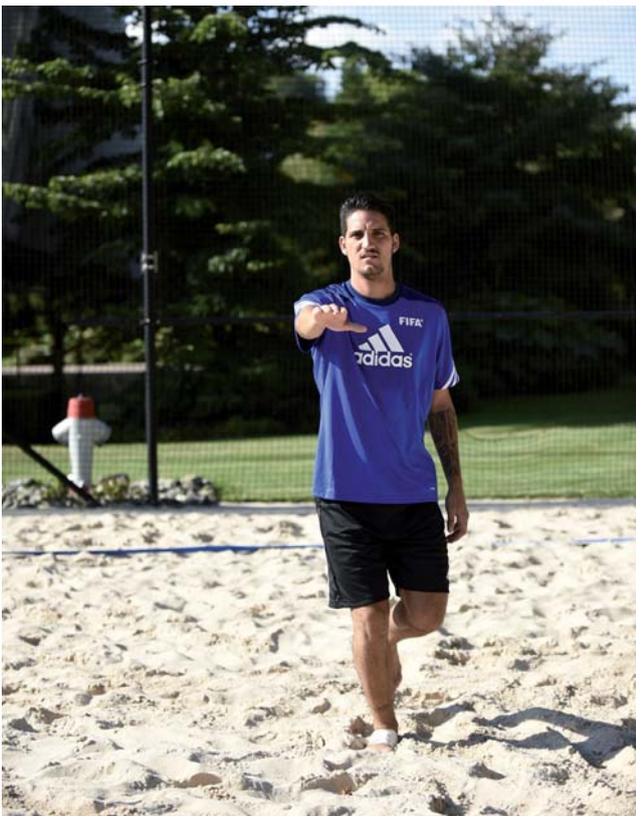
Enhance balance: lift the foot of the flexed leg. Continue exercise.



- 6. Main exercise:** sideways jumps over a ball. Only jump off and land on the outside leg.
Enhance balance: jump higher or crouch deeper



- 7. Main exercise:** one-leg stand – slowly flex and extend the knee (perform exercise on both sides)
Enhance balance: stand on a rolled towel. Perform exercise in the same way.



8. Main exercise: flex and extend the knees

Enhance balance: stay in the “knee bend” position. Shift weight slowly to left and right.



9.6 Physical preparation for goalkeepers

The goalkeeper’s physical condition enables him to perform well in matches and training sessions. The goalkeeper works on his fitness during pre-season, but he also has to maintain and improve his physical fitness during the season itself. Integrated physical preparation is one way to work on fitness (speed, power, and coordination) linked to technical work with the ball. Goalkeepers can participate in team training or have individual training with the goalkeeping coach.



10. Beach soccer as a complement to football

10.1 Complementary training for football

Beach soccer is an excellent form of complementary training for football, especially for children. As already mentioned, playing on sand demands high levels of technique, fitness and coordination. Playing beach soccer thus helps to develop all these elements.

Technique and tactics:

The combination of more touches, an uneven playing surface and less time to control the ball is excellent for improving a player's technique. As the foundations of technical skills are laid very early, beach soccer is especially suitable for children and young players. From a tactical viewpoint, beach soccer also offers many advantages for grass-based players. Rapid switches of play, the search for a direct and fast route to goal and the many rehearsed patterns and routines serve to improve a player's tactical understanding.

Fitness and coordination:

As players sink into the sand each time they take a step, simply moving on sand requires a high level of fitness and coordination. In this respect, beach soccer constitutes an exciting alternative to conventional conditioning and coordination drills.

Cognitive skills

Beach soccer also improves a player's cognitive skills. The high tempo that is characteristic of the sport forces players to recognise and analyse each situation right away and reach a quick decision on what to do. Players who correctly anticipate a situation during a game will gain more time to select and prepare an action. The ability to read a game and anticipate individual moves is a crucial success factor for any player of a team sport and can be learned particularly well at a young age.



10.2 Infrastructure and season

In many places the demand for public football pitches far outstrips the supply. In countries with long coastlines such as Brazil, many footballers therefore take to the sand in order to pursue their hobby. Permanent or temporary beach soccer pitches can be made available with little effort and cost and offer an attractive alternative to the existing infrastructure.

Yet beach soccer is not just limited to coastal regions, of course. It has already become established in many landlocked countries too.

The football season does not usually cover the whole year, and many clubs offer no alternative activities during the summer and winter breaks. Beach soccer can therefore be introduced as a seasonal extension to football at such times of the year.

10.3 Preventive health and rehabilitation

Owing to the physical characteristics of sand, beach soccer training enhances a player's ability to perform and also strengthens muscle groups that are not worked when playing on a solid surface. Complementary training sessions on sand can thus lessen the risk of injury.

Yet playing on sand not only strengthens the muscles, it also reduces the strain on the spine, joints, ligaments and tendons. Along with the ban on boots, the cushioning effect of the sand is the primary reason for the low number of injuries in beach soccer compared with football.

Muscle building and the reduced strain on the joints, ligaments and tendons are also important factors when designing a training programme for the rehabilitation of overworked joints and injuries. When certain knee or ligament injuries prevent a player from training on a hard surface, beach soccer may offer an alternative.



11. Training for grassroots and youth football

11.1 Main advice

- The first main objective is to enjoy the game
- Education and maturity are key aims
- Accept and learn from mistakes
- Make positive comments, create a friendly atmosphere and build good relations between the players and with yourself
- Be a role model
- Encourage players to improve themselves
- Let them try out new ideas, don't let them feel afraid to make mistakes
- Fair play

All the exercises and drills which were discussed earlier in this book can be used for grassroots training. It is very important to simplify the nature of every drill by one or several of the following pieces of advice:

- Smaller pitches or drill zones
- Shorten distances between players to pass the ball or shoot
- Play passes by hand
- Adapt size of balls (smaller or bigger balls for some drills)



11.2 Grassroots 6-9 years old



Characteristics:

- Try to score as fast as possible
- Don't understand the need for collective action
- They use less space on the pitch
- They use space down the middle of the pitch, and don't create much width
- They fight for the possession of the ball as individuals, not as a team
- They don't fully understand the reason for most of the rules of the game

Try to show:

- Try to show them the importance of keeping possession of the ball
- To get the most out of the game, it is better to play as a team, rather than as an individual

11.3 Grassroots 9-12 years old



Characteristics

- They use more space all over the pitch
- There is more cooperation and coordination with team-mates
- They use the space to be more "available" to team-mates
- Understand different roles, as attacker or defender
- Get more distance between themselves and their opponents
- Have a better understanding of the rules of the game

Try to show:

- How to play off the ball, in both attacking and defensive phases
- Use space all over the pitch
- How they can become more efficient in attacking and defensive actions and cooperation with their team-mates

11.4 Youth 13-16 year old



Characteristics:

- Use the space
- Decide on main roles and supporting roles
- Create collective plans
- Understand the game globally (attacking/defensive)
- Play for the team
- Accept rules and understand them

Try to show:

- Help to understand actions from team-mates
- Motivate to cooperate/participate in attacking and defensive phases
- Fast transitions
- Importance of play near and away from the ball, in defence and in attack
- Play on both sides, in the centre and up front/at the back
- Create space/stop the opponent from creating space

11.5 Youth 16-18 years old

Characteristics

- Learning to play: perception, analysis, decision and execution
- Competitiveness
- Don't like to be pushed into things
- Psychological aspects:
 - Puberty makes them very sensitive and unstable
 - Development is related to what they see and do

Try to show:

- 50% technical + 25% physical + 25% tactical
- Avoid fatigue
- Develop all basic tactics
- Introduce formations and strategies
- Introduce attacking and counter-attacking play
- Develop zonal defence and defensive positioning
- Encourage constant decision-making
- Simplified game tasks with changing rules to encourage different moves
- Games and circuit training

Matches of all kinds on varying pitch sizes, numbers of players, goal sizes.

12.1.2 Beach soccer equipment

- Beach soccer balls
- Whistles for referees
- Substitution boards
- Bibs: four different colours
- Sirens: to indicate the start and end of games
- Standard, recognisable clothing for tournament officials
- Cups and medals for participants

12.1.3 Infrastructure and equipment

- Marquee for players and referees
- Chairs
- Toilets
- Safety barriers
- Showers
- Rubbish bins
- Coolers
- Water
- Running water supply
- Power supply
- Site surveillance

12.1.4 Entertainment

- PA announcer
- Loudspeaker system and microphone
- Music

12.1.5 Staff and administrative considerations

- Human resources (organising committee, volunteers, etc.)
- Competition regulations
- Match schedule
- Budget

Day 1:

14:00	Match 1:	Team 1 v. Team 2
15:15	Match 2:	Team 3 v. Team 4
16:30	Match 3:	Team 5 v. Team 6
17:45	Match 4:	Team 7 v. Team 8

Day 2:

14:00	Match 5:	Losers of Match 1 v. Losers of Match 2
15:15	Match 6:	Losers of Match 3 v. Losers of Match 4
16:30	Match 7:	Winners of Match 1 v. Winners of Match 2
17:45	Match 8:	Winners of Match 3 v. Winners of Match 4

Day 3:

14:00	Match 9:	Losers of Match 5 v. Losers of Match 6	(7 th and 8 th place)
15:15	Match 10:	Winners of Match 5 v. Winners of Match 6	(5 th and 6 th place)
16:30	Match 11:	Losers of Match 7 v. Losers of Match 8	(3 rd and 4 th place)
17:45	Match 12:	Winners of Match 7 v. Winners of Match 8	(Final, 1 st & 2 nd place)

12.2 Match schedules

12.2.1 Match schedule (adults, three days, eight teams)

Overview:

Total of three games over three days for all teams;
3 x 12 minutes effective playing time

12.2.2 Match schedule (juniors, amateurs, one day, ten teams)

Overview:

Minimum total of five games over one day for all teams; 1 x 20 minutes:

Time	Match	Group	Teams
08:00	1	A	Team 1 v. Team 2
08:25	2	A	Team 3 v. Team 4
08:50	3	B	Team 1 v. Team 2
09:15	4	B	Team 3 v. Team 4
09:40	5	A	Team 5 v. Team 1
10:05	6	B	Team 5 v. Team 1
10:30	7	A	Team 2 v. Team 3
10:55	8	A	Team 4 v. Team 5
11:20	9	B	Team 2 v. Team 3
11:45	10	B	Team 4 v. Team 5
12:10	11	A	Team 1 v. Team 3
12:35	12	A	Team 2 v. Team 4
13:00	13	B	Team 1 v. Team 3
13:25	14	B	Team 2 v. Team 4
13:50	15	A	Team 5 v. Team 2
14:15	16	B	Team 5 v. Team 2
14:40	17	A	Team 1 v. Team 4
15:05	18	A	Team 3 v. Team 5
15:30	19	B	Team 1 v. Team 4
15:55	20	B	Team 3 v. Team 5
16:20	21	Playoff	5 th Group A v. 5 th Group B
16:45	22	Playoff	4 th Group A v. 4 th Group B
17:10	23	Playoff	3 rd Group A v. 3 rd Group B
17:35	24	Playoff	2 nd Group A v. 2 nd Group B
18:00	25	Playoff	1 st Group A v. 1 st Group B
18:25	26	3 rd place PO	Losers 24 v. Losers 25
18:50	27	Final	Winner 24 v. Winner 25

Group A	Group B
Team 1	Team 1
Team 2	Team 2
Team 3	Team 3
Team 4	Team 4
Team 5	Team 5



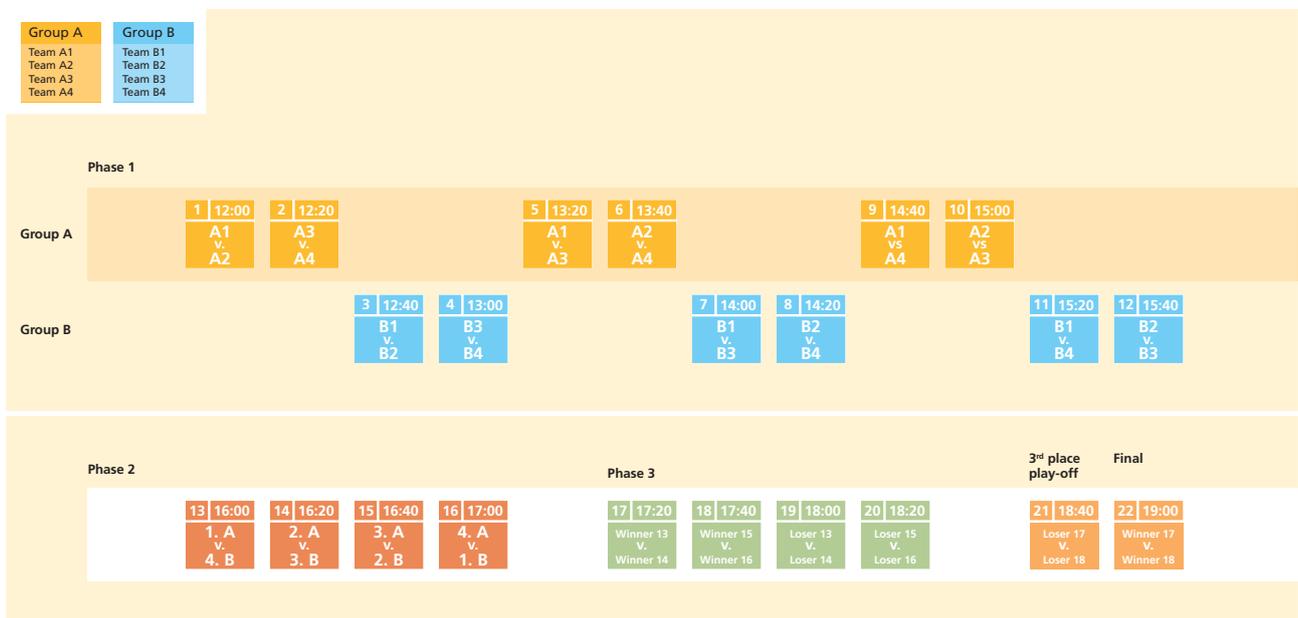
12.2.3 Match schedule (juniors, amateurs, half day, eight teams)

Overview:

Minimum total of five games over half a day for all teams; 1 x 15 minutes

Group A	Group B
Team 1	Team 1
Team 2	Team 2
Team 3	Team 3
Team 4	Team 4

Time	Match	Group	Teams
12:00	1	A	Team 1 v. Team 2
12:20	2	A	Team 3 v. Team 4
12:40	3	B	Team 1 v. Team 2
13:00	4	B	Team 3 v. Team 4
13:20	5	A	Team 1 v. Team 3
13:40	6	A	Team 2 v. Team 4
14:00	7	B	Team 1 v. Team 3
14:20	8	B	Team 2 v. Team 4
14:40	9	A	Team 1 v. Team 4
15:00	10	A	Team 2 v. Team 3
15:20	11	B	Team 1 v. Team 4
15:40	12	B	Team 2 v. Team 3
16:00	13	Quarter-final	Team 1 v. 4 th Group B
16:20	14	Quarter-final	Team 2 v. 3 rd Group B
16:40	15	Quarter-final	Team 5 v. 2 nd Group B
17:00	16	Quarter-final	Team 5 v. 1 st Group B
17:20	17	Semi-final	Winner 13 v. Winner 14
17:40	18	Semi-final	Winner 15 v. Winner 15
18:00	19	Playoff	Loser 13 v. Loser 14
18:20	20	Playoff	Loser 15 v. Loser 16
18:40	21	3 rd place PO	Loser 17 v. Loser 18
19:00	22	Final	Winner 17 v. Winner 18



Concept and content

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Editor

Fédération Internationale de Football Association

Translation

FIFA Language Services

Photos

FIFA via Getty Images, Joss Media, TWINDESIGN

Layout/production

FIFA Production

Printing

galledia ag, Switzerland

06.16 1'500 CLO/jne/lsc

