



65 Goalkeeper Training Exercises: Modern Games-Based Soccer Drills for Shot Stopping, Footwork, Distribution, and More (Paperback)

By Andy Elleray

Oakamoor Publishing, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In 65 Goalkeeper Training Exercises, goalkeeping coach and educator, Andy Elleray, offers fellow football coaches a way of training that takes keepers from the confines of the goal or penalty area, into new, challenging, and fulfilling settings. Games-based goalkeeper training is an alternative to the traditional goalkeeping curriculum and combines physical, psychological, technical, tactical and social skills in small situations that keepers will face in matches. These include 1v1s, communicating with the defence, decision making, shot stopping, and more. Games-based training is about using games and activities drawn from football, selected sports, physical education, sports science, and other spheres, to help progress keepers with the skills they will really need in competitive match situations. Aimed at readers who coach goalkeepers at all levels, from junior level to elite standard, the games can be conducted within a variety of playing environments including, in many cases, indoors. Goalkeepers will be working on areas of their game relevant to their position without them even knowing it because they will be made to think quickly and do what comes naturally to them. They will be...



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