



The Soccer Goalkeeping Handbook 3rd Edition

Alex Welsh

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The Soccer Goalkeeping Handbook is the authoritative and comprehensive coaching guide to the most important position on the soccer field. It identifies the components that form the essential skills of any goalkeeper, and how these work within the five goalkeeping roles: shot stopping, dealing with crosses and with through balls, distribution and organisation. How the goalkeeper influences play with his presence is also vital. The handbook takes any keeper or coach through the physical, mental, technical and tactical attributes required. A full set of training drills and exercises are provided, focusing on game-specific behaviour to reinforce good habits. All are fully illustrated with a list of essential coaching points.

As the modern game has evolved, so has the role of the goalie. This new edition addresses the need for the goalkeeper to be an effective reader of the game and an intelligent distributor of the ball, both as a means of retaining possession and initiating counter-attacks. It also covers how the player can reinforce self-belief for good performance, and how versions of the small-sided game (five-a-side, futsal) can develop technique. Whether experienced or aspiring, this is essential reading for all goalkeepers and coaches.

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