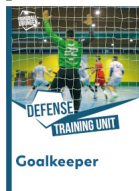


023 - Interaction of goalkeeper with defense players in case of back position player shots



Interaction of goalkeeper with defense players in case of back position player shots



Rating: Not Rated Yet

Price

Sales price 3,49 €

[Ask a question about this product](#)

Description

Level: High

The objective of this training unit is to practice the interaction of the goalkeeper with his defense players. Following warm-up with a short game, the players practice the legwork required for proper defense play during the ball familiarization and the goalkeeper warm-up shooting phases. With the subsequent defense exercises, the defense players develop interaction strategies with their goalkeeper step by step. Legwork will be paramount here as well. A shooting contest completes this training unit.

Product number: 100023

Format: PDF

Date of Publication: 2019/08/01

Contents: (time individual exercise/total time in minutes)

- Warm-up/Stretching (10/10)
- Short game (10/20)
- Ball familiarization (10/30)
- Defense/Individual (15/45)
- Goalkeeper warm-up shooting (10/55)
- Defense/Individual + Small groups (15/70)
- Defense/Individual + Small groups (15/85)
- Closing sprint (5/90)

Sample Picture: Short game



fitting training units:

[005 - Developing and improving the shooting movement](#)

[010 - Gaining positional advantage using passing feints](#)

[014 - Improving the dribbling technique while observing the game situation](#)