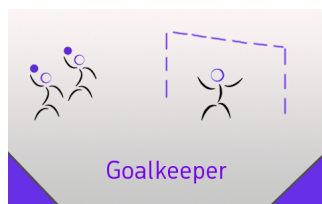


## 023 - Interaction of goalkeeper with defense players in case of back position player shots



Goalkeeper.jpg



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. **Difficulty:** ★★★

Rating: Not Rated Yet

**Price**

Price with discount 3,32 €

Sales price 3,49 €

Sales price without tax 3,32 €

Discount

Tax amount 0,17 €

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Description **Description:** 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.

<b>Product number:</b>	100023
<b>Title:</b>	Interaction of goalkeeper with defense players in case of back position player shots PDF
<b>E-book format:</b>	
<b>Duration:</b>	90 minutes
<b>Number of exercises:</b>	8
<b>Date of publication:</b>	01 August 2019
<b>Difficulty level:</b>	☆☆☆ High level (youth teams under 17 years of age and adult teams)

#### Sample pictures:

Short game



The training unit consists of the following key exercises:

- Warm-up/Stretching (individual exercise: 10 minutes/total time: 10 minutes)
- Short game (10/20)
- Ball familiarization (10/30)
- Defense/Individual (15/45)

-  
Goalkeeper  
warm-up  
shooting  
(10/55)  
- Defense/In  
dividual +  
Small  
groups  
(15/70)  
- Defense/In  
dividual +  
Small  
groups  
(15/85)  
- Closing  
sprint (5/90)  
Training unit  
total time:  
90 minutes