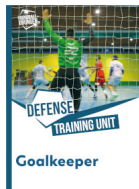
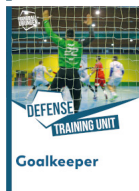


027 - Goalkeeper training – Saving shots at the top and middle of the goal with the feet



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

This training unit focuses on the saving technique of the goalkeepers for shots at the middle and top of the goal. Good agility is prerequisite for this. Following warm-up, there will be an exercise which combines the basic goalkeeper movements with coordination ladder drills. In the ball familiarization phase, the goalkeepers do short coordination exercises and play passes of medium length to the field players. Afterwards, the goalkeepers do a quick series of basic movements on the balance pad. In the subsequent exercise, there will be a passing contest with long passes to different targets. Following this, there will be series of shots in which the goalkeepers initially practice how to save balls shot at the top of the goal from the wing positions as well as a series of 3 shots with subsequent saving of a ball shot at the bottom of the goal. This training unit requires two to four field players.

Product number: 100027

Format: PDF

Date of Publication: 2021/05/21

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

- Warm-up/Stretching (10/10)
- Coordination Run (15/25)
- Ball familiarization (10/35)
- Goalkeeper/Preparatory exercise (15/50)
- Short game (10/60)
- Goalkeeper/Series of shots (15/75)
- Goalkeeper/Series of shots (15/90)

Sample Picture: Defense/Small groups



fitting training units:

[023 - Interaction of goalkeeper with defense players in case of back position player shots](#)

[021 - Defense training: Collaboration and prevention of breakthroughs](#)

[003 - Series of shots with reflexive jumping power training](#)