



# Goalkeeping Drills, Volume 1

By Gerd Thissen

Reedswain. Paperback. Book Condition: New. Paperback. 161 pages. Dimensions: 8.9in. x 6.0in. x 0.5in. Soccer goalkeeping requires good tactical understanding and good physical fitness. This book contains drills intended to improve these individual key aspects of goalkeeping. Each drill is accompanied by a detailed description, a list of the main aspects being trained, and a series of diagrams showing each phase of the exercise. Topics covered in Volume One include: Handling the Ball Warming Up General Exercises Catching Technique Agility Endurance Take-Off Strength Reaction Speed This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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