



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.



READ ONLINE
[2.18 MB]

Reviews

This is the finest book i have got study till now. It usually does not price a lot of. I found out this publication from my i and dad encouraged this book to understand.

-- **Jamil Collins**

Absolutely among the best book I have possibly go through. I have go through and that i am certain that i am going to gonna read through once again again in the future. I am just delighted to tell you that this is basically the finest book i have got go through within my personal existence and could be he finest book for ever.

-- **Brian Bauch**