



The Soccer Goalkeeping Handbook 3rd Edition

By Alex Welsh



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The Soccer Goalkeeping Handbook is the authoritative and comprehensive coaching guide to the most important position on the soccer field. It identifies the components that form the essential skills of any goalkeeper, and how these work within the five goalkeeping roles: shot stopping, dealing with crosses and with through balls, distribution and organisation. How the goalkeeper influences play with his presence is also vital. The handbook takes any keeper or coach through the physical, mental, technical and tactical attributes required. A full set of training drills and exercises are provided, focusing on game-specific behaviour to reinforce good habits. All are fully illustrated with a list of essential coaching points.

As the modern game has evolved, so has the role of the goalie. This new edition addresses the need for the goalkeeper to be an effective reader of the game and an intelligent distributor of the ball, both as a means of retaining possession and initiating counter-attacks. It also covers how the player can reinforce self-belief for good performance, and how versions of the small-sided game (five-a-side, futsal) can develop technique. Whether experienced or aspiring, this is essential reading for all goalkeepers and coaches.

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The Soccer Goalkeeping Handbook 3rd Edition By Alex Welsh Bibliography

- Sales Rank: #1000208 in Books
- Published on: 2014-09-16
- Released on: 2014-09-16
- Original language: English
- Number of items: 1
- Dimensions: 228.09" h x 11.56" w x 7.41" l, .0 pounds
- Binding: Paperback
- 176 pages

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Editorial Review

About the Author

Alex Welsh is a first-class goalkeeping coach of vast experience. He has coached senior goalkeepers at a number of top London clubs as well as playing a key role in the development of elite young players at Arsenal FC and Tottenham Hotspur FC Academies. A Lead Tutor for The Football Association, Alex has made a huge contribution to goalkeeping education in England. He is currently Chief Executive of the London Playing Fields Foundation.

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