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Scientific Approaches to Goalkeeping in Football: A Practical Perspective on the Most Unique Position in Sport (Paperback)

By Andy Ellera

Bennion Kearny Ltd, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you coach goalkeepers and want to help them realise their fullest potential? Are you a goalkeeper looking to reach the top of your game? Then search no further and dive into this dedicated goalkeeping resource. Written by goalkeeping guru Andy Ellera this book offers a fresh and innovative approach to goalkeeping in football. With a particular emphasis on the development of young goalkeepers, it sheds light on training, player development, match performances, and player analysis. Utilising his own experiences Andy shows the reader various approaches, systems and exercises that will enable goalkeepers to train effectively and appropriately to bring out the very best in them. Practice and theory are merged together to create a highly practical book with its roots in the latest research and thinking. - Combat issues such as anxiety and nerves by boosting confidence and concentration - Delve into cutting edge video and performance analysis systems and implementations - Utilise alternative games-based training methods to bring out the best in goalkeepers - Develop the physical attributes needed to be a top goalkeeper - Learn about specific goalkeeping...



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