

Modern Games Based Soccer Drills For Shot Stopping, Footwork & Distribution

Welcome to the ultimate soccer training guide for goalkeepers, defenders, and attacking players. This comprehensive resource provides a collection of modern, game-based drills designed to elevate your skills and help you excel on the pitch.

Chapter 1: Shot Stopping Drills

Master the art of shot stopping with drills that mimic real-game scenarios. Learn techniques for:



65 Goalkeeper Training Exercises: Modern Games-Based Soccer Drills for Shot Stopping, Footwork, Distribution, and More by Andy Elleray

★★★★☆ 4.1 out of 5

Language	: English
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Lending	: Enabled
Hardcover	: 176 pages
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Dimensions	: 6 x 0.5 x 9.25 inches



- Reading the attacker's body language and shot trajectory

- Positioning your body and hands effectively
- Diving and recovering with lightning-fast reflexes
- Handling high, low, and angled shots with confidence



Chapter 2: Footwork Drills

Enhance your footwork agility and become a more dynamic player. These drills cover:

- Lateral shuffling and quick direction changes
- Forward and backward pedaling to cover ground swiftly
- Crossover steps for explosive bursts of speed
- Plyometric exercises to improve jumping and footwork coordination



Chapter 3: Distribution Drills

Master the art of accurate and effective passing and distribution. These drills help you:

- Develop pinpoint passing accuracy with both feet
- Learn different passing techniques for various distances and situations
- Improve your vision and decision-making on the pitch
- Practice long-range distribution to launch attacks from deep positions



Chapter 4: Modern Games Based Drills

Transition from drills to real-game situations with modern games based exercises. These drills:

- Replicate match conditions to prepare you for game-day intensity
- Combine multiple skills - shot stopping, footwork, and distribution
- Challenge you to think critically and make quick decisions under pressure
- Enhance your overall soccer intelligence and tactical awareness



With "Modern Games Based Soccer Drills For Shot Stopping, Footwork & Distribution", you will gain the technical proficiency, tactical awareness, and game intelligence to dominate the soccer pitch. Whether you're a goalkeeper, defender, or attacking player, this comprehensive guide will help you unlock your potential and achieve soccer greatness.

Free Download your copy today and start your journey to soccer mastery!



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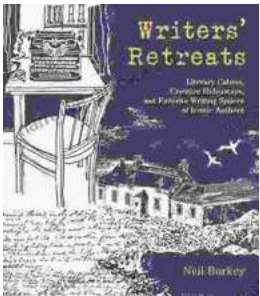
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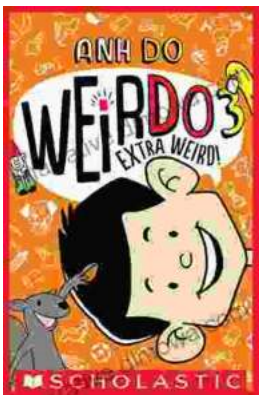
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