

# SOCER TRAINING FOR GOALKEEPERS



## Soccer Training for Goalkeepers

*Klaus Bischofs*

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## **Soccer Training for Goalkeepers Klaus Bischops**

There is no other position on the soccer field that has seen so many changes as seen in goalkeeping. In 50 training lessons, coordination exercises, fitness and preparation tips for the game for various age groups, this work shows trainers and exercise leaders, as well as goalkeepers the possibilities of improving their performance capabilities.

## **Soccer Training for Goalkeepers Details**

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