

# This Goalkeeper Training Regimen Will Turn You Into a Save-Master in Record Time - Unleash the Power Within!

Goalkeepers are the true heroes on the soccer field. They have the ability to make stunning saves and turn the tide of the game in their team's favor. But becoming an exceptional goalkeeper requires a lot more than just innate talent. It demands relentless training, discipline, and mastering various skills and techniques.

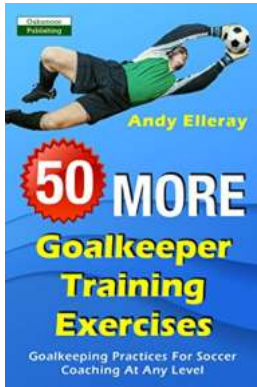
Whether you're a beginner starting your goalkeeper journey or an experienced goalie looking to enhance your skills, we've got you covered. In this article, we present you with an extensive list of 50 more goalkeeper training exercises that will take your game to the next level. Get ready to dive into the world of goalkeeping excellence!

## The Importance of Regular Training

Working hard on regular training sessions is crucial for goalkeepers. Just like any other position in soccer, goalkeeping demands discipline and continuous improvement. These exercises will help you develop your reflexes, agility, positioning, communication, and distribution skills, among others.

**50 More Goalkeeper Training Exercises:  
Goalkeeping Practices For Soccer Coaching At  
Any Level** by Andy Elleray (Kindle Edition)

★★★★☆ 4.1 out of 5  
Language : English



File size	: 1940 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
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## 1. The Quick Reflex Drill

Test and enhance your reaction time with this drill. Stand in front of the goal and have a teammate quickly shoot balls at you from different angles. React quickly and make every save!

## 2. The Diving Challenge

Improve your diving technique by setting up cones in different areas around the goal. Have a teammate call out the direction to dive as they strike the ball towards the cones.

## 3. The High Ball Drill

Building confidence in handling high balls is essential. Throw the ball up in the air and practice catching it at its highest point while under pressure from teammates or defenders.

## 4. The One-on-One Showdown

This drill mimics a game-like situation where you face an opponent charging towards you. Work on narrowing the angle and timing your dive to make the save.

## **5. The Distribution Masterclass**

A great goalkeeper can initiate counterattacks with accurate and quick distribution. Use a variety of distribution techniques, such as throwing, drop kicking, and rolling the ball.

## **6. The Strength and Conditioning Routine**

Goalkeepers need to be physically fit to excel in their performance. Implement a strength and conditioning routine that focuses on core, legs, and upper body strength to stay agile and powerful.

## **7. The Reaction Drill Paradise**

Increase your reaction time by practicing specific drills that aim to improve your speed and agility. Use cones or reaction balls to challenge yourself.

## **8. The Penalty Kick Simulator**

Test your abilities to save penalty kicks by simulating game-like scenarios. Have a teammate take penalty kicks from different positions and try to make the save.

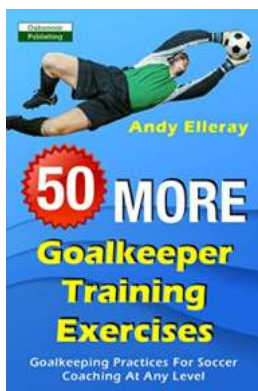
## **9. The Footwork Mastery**

Being quick on your feet is essential for a goalkeeper. Set up agility ladder drills that challenge your footwork, coordination, and balance.

## **10. The Cross Claiming Drill**

Work on improving your ability to claim and catch crosses by setting up a variety of cross scenarios. Have teammates deliver crosses from different angles and heights.

By incorporating these 50 goalkeeper training exercises into your regular training regimen, you will notice a remarkable improvement in your skills within weeks. Remember, becoming an exceptional goalkeeper requires consistent effort, dedication, and a growth mindset. So, dive into these drills, practice tirelessly, and unleash the goalkeeper within you. Your team will thank you!



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In 50 More Goalkeeper Training Exercises, goalkeeping coach Andy Elleray follows up his previous book – 65 Goalkeeper Training Exercises – to provide fellow football coaches with a wide variety of new practices that cover many aspects of goalkeeping. Practices are aimed at developing holistically-comfortable and effective goalkeepers who fit into different coaching philosophies and approaches. The practices are designed for working on the specific skills that goalkeepers need within the game.

The goalkeeper training exercises in the book focus on five main viewpoints – technical, tactical, psychological, physical, and social/environmental. Each

practice is weighted to develop these elements to greater and lesser degrees, and exercises include 1v1 techniques, decision making, shot stopping from different angles/distances, travelling around the goalmouth, re-positioning, cutback scenarios, and more.

All the listed practices are real-world and have been used at a variety of levels within football to enhance goalkeeper development of all ages. They can all be adapted based on the numbers of players and resources available to the coach, while fundamental factors such as time and space allow the coach to be creative with how the exercises are implemented. The book's and glossary sections outline how to go about applying the exercises and offer suggestions based on goalkeeping themes and the learning detail required within them.

50 More Goalkeeper Training Exercises is a must-have addition to every coach's bookshelf.

Andy Ellera is the author of the previously published titles: Scientific Approaches to Goalkeeping in Football and 65 Goalkeeper Training Exercises

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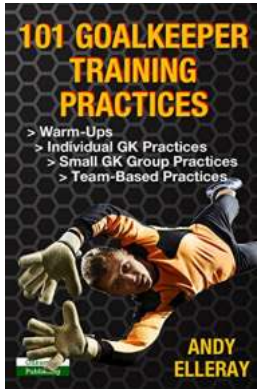
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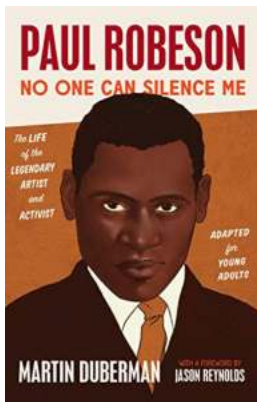
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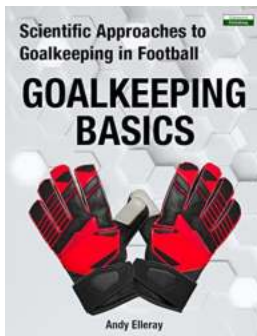
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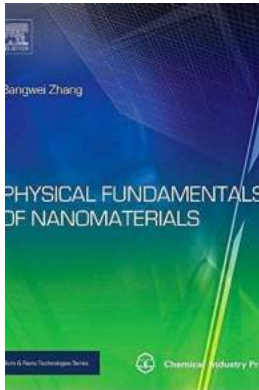
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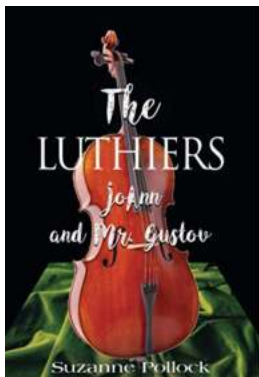
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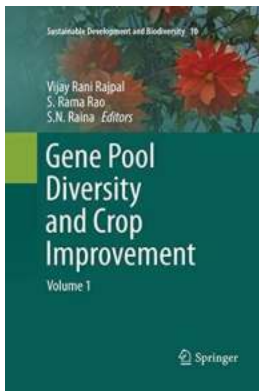
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