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Profiles GOALKEEPERS

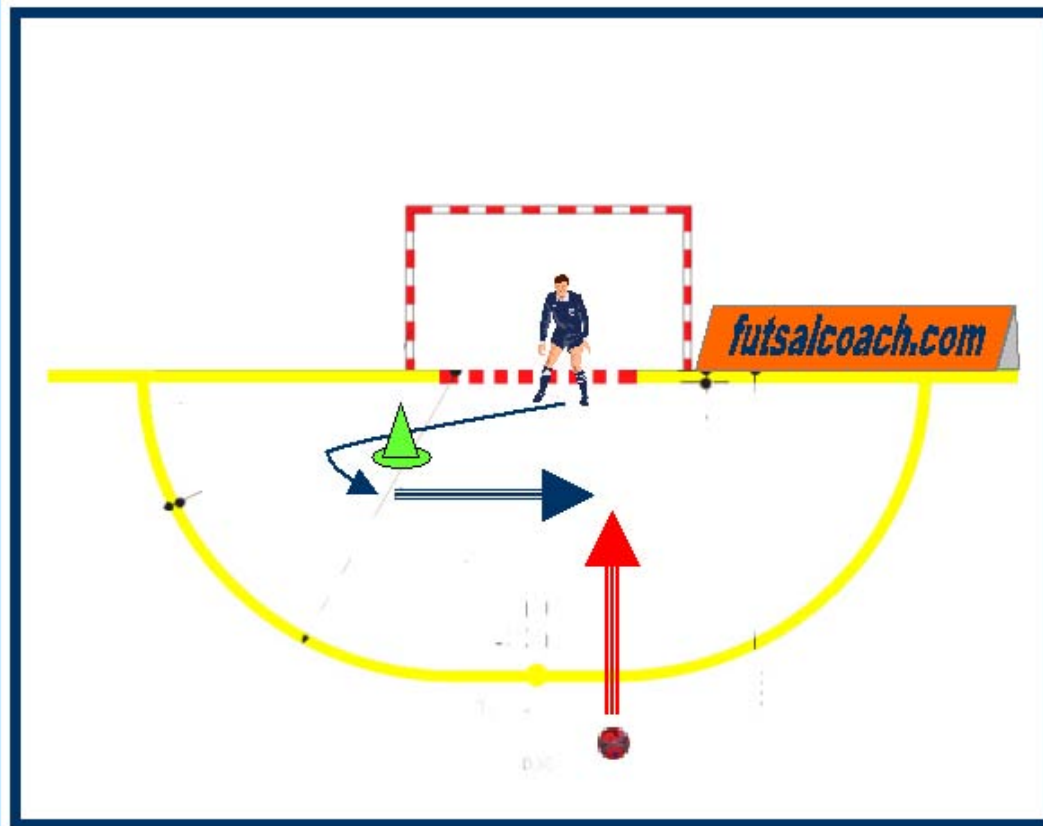
2 Tasks for learning and training of
down slide against flat shot

Oscar Sánchez 

www.futsalcoach.info



TITLE	SIMPLE LOW SLIDING			By Oscar Sánchez 
LEVEL	LOW	AGE	From .14 YEARS...	www.futsalcoach.info
PRIMARY TARGET		SECONDARY TARGET		
Promotion of accomplishment of low fall to flat firing		To improve the technique of fall of the goalkeeper and her agility at the time of conducting this action		

GRAPH**ORGANIZATION**

Nº OF PARTICIPANTS	Of 2 to 4 goalkeepers + Coach
SURFACE	Area and environs
MATERIAL	Balls, cones, Goal
DURATION / SERIES	Between 6 and 8 shots both sides
DESCRIPTION	

The goalkeeper in the middle of goal leaves initially to his right with lateral displacement and later, he pass in front of the cone, and he is sent to drop by low shot on target.

This exercise is had to make in both senses to foment the capacity of the goalkeeper in both sides of goal.


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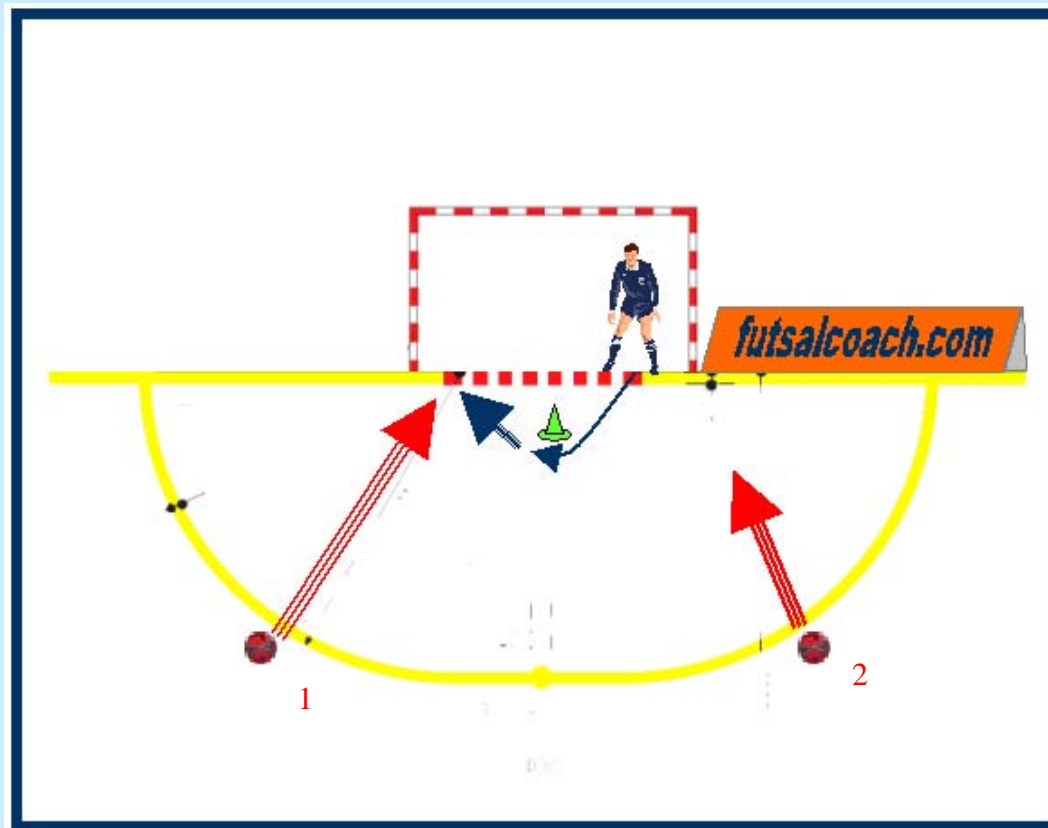


la web para el técnico de fútbol sala

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TITLE	SIMPLE LATERAL LOW SLIDING			By Oscar Sánchez 
LEVEL	MEDIUM	AGE	From 16 YEARS...	www.futsalcoach.info
PRIMARY TARGET		SECONDARY TARGET		
Promotion of the lateral fall and reaction to second shot		With this exercise as well, we harnessed what is a surprise shot to the first post, after an action of two against goalkeeper plus the speed of performance of the goalkeeper before a possible shot in second action		

GRAPH
ORGANIZATION


Nº OF PARTICIPANTS	Of 2 to 4 goalkeepers + Coach
SURFACE	Area and environs
MATERIAL	Balls, cones, Goal
DURATION / SERIES	Between 6 and 8 shots both sides

DESCRIPTION

The goalkeeper in his left post pass in front of the cone located to the approximated distance of 1 meter of the line of goal with the objective to make a slide low diagonal. Once made this slide low diagonal, he had to reincorporate with the hand would cut to the fall to take a short cut in slide lowers the ball number 2. With this we improved her agility and gestual speed quantitatively.

