

# futsalcoach

## **Profiles** **GOALKEEPERS**


### **2**

**tasks for education and training  
of the lateral slides**

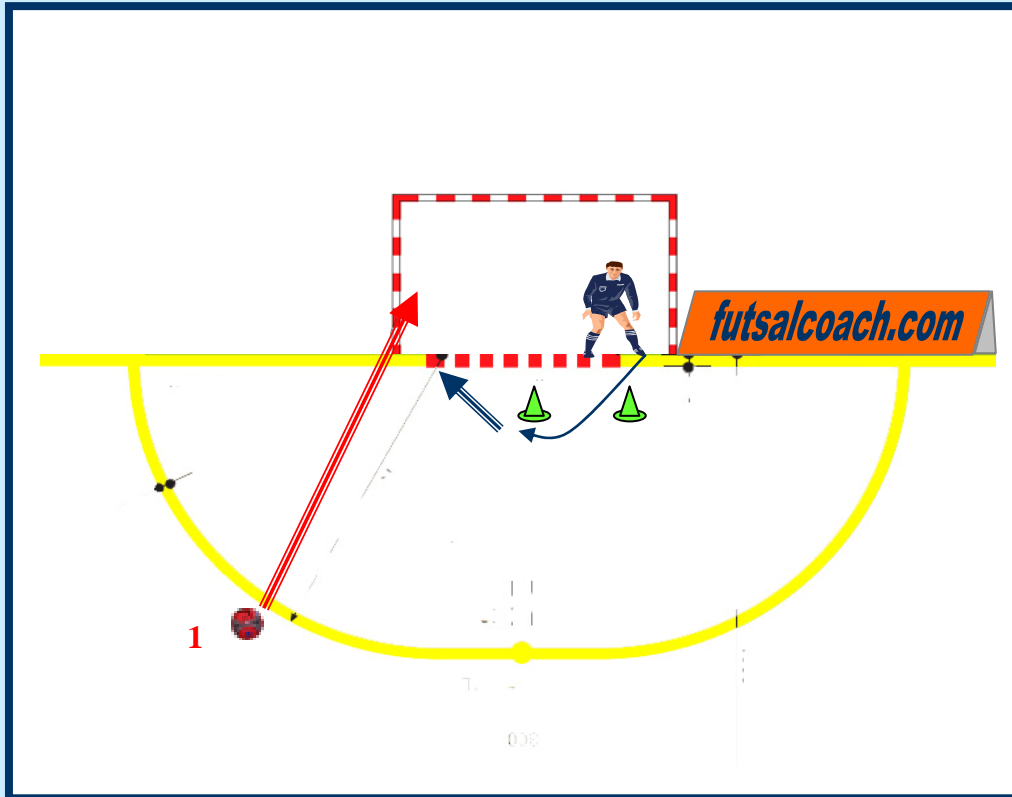
**Oscar Sánchez** 

[www.futsalcoach.info](http://www.futsalcoach.info)



<b>TITLE</b>	<b>SIMPE AND MEDIUM SLIDE</b>			<b>By Oscar Sánchez</b> 
<b>LEVEL</b>	<b>LOW-MEDIUM</b>	<b>AGE</b>	<b>From 17 YEARS</b>	<a href="http://www.futsalcoach.info">www.futsalcoach.info</a>
<b>PRIMARY TARGET</b>		<b>SECONDARY TARGET</b>		
To realise clearings of ball to average height by means of stretched lateral and interceptions at a hand		To extend the repertoire of technical actions of our goalkeeper, with a new concept implementing to the one of slide low simple, since shots that do to us can go to different heights and asi we prepared the shutdown of the same one		

### GRAPH



### ORGANIZATION

<b>Nº OF PARTICIPANTS</b>	<b>3 GOALKEEPERS + COACH</b>
<b>SURFACE</b>	Area of goal and environs
<b>MATERIAL</b>	Balls, cones,
<b>DURATION / SERIES</b>	2 series both sides with 16 shots


### DESCRIPTION

This exercise is simple in its execution, so that, goalkeeper it will leave from the right side if it begins by that side, it will happen among two cones, and will clear a firing to door to average height, with the objective to make prim the lateral one and clears of ball with a hand.

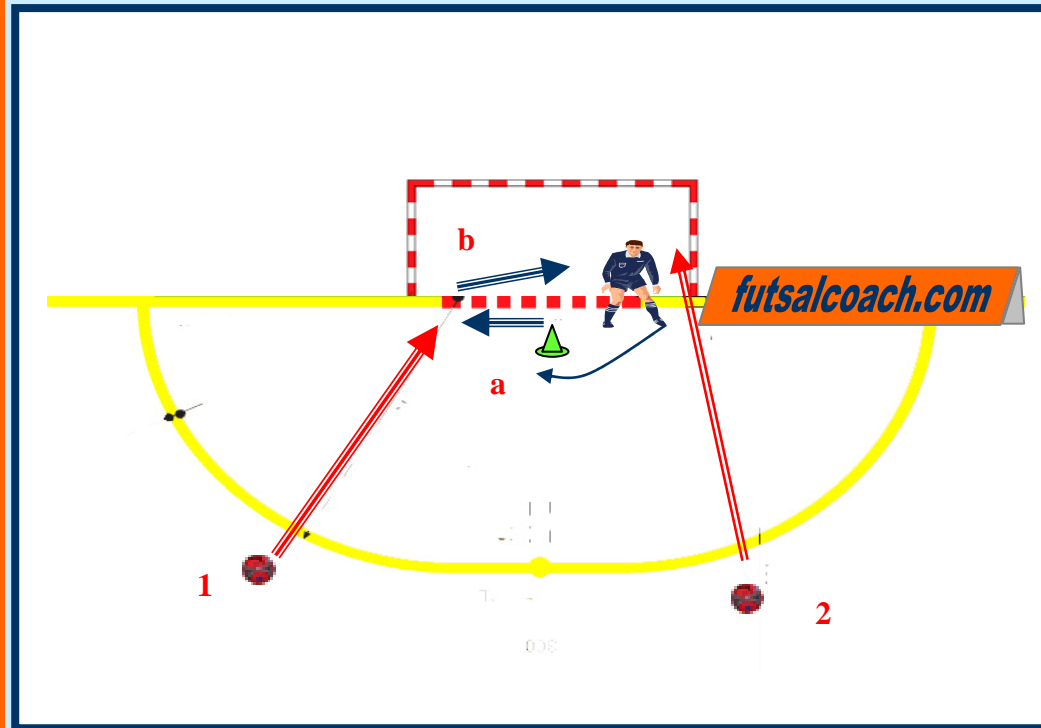
Also it is had to indicate here, that the fall technique is fundamental, because all the surfaces of game are not equal, reason why is of first level to know if the goalkeeper have acquired this technique.

In successive profiles we will be showing the sequence of the stretched one, to try that the movements are completely identical.



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<b>PRIMARY TARGET</b>		<b>SECONDARY TARGET</b>		
To realise clearings of ball to average height by means of stretched lateral and interceptions at a hand		To extend the repertoire of technical actions of our GOALKEEPERS, with a new concept implementing to the one of SLIDE lowers simple, since the SHOTS that do to us can go to different heights and asi we prepared the BLOCK of the same one.		

# GRAPH



# ORGANIZATION

<b>Nº OF PARTICIPANTS</b>	<b>3 GOALKEEPERS + COACH</b>
<b>SURFACE</b>	Area of goal and environs
<b>MATERIAL</b>	Balls, cones,
<b>DURATION / SERIES</b>	2 series both sides with 16 shots
<b>DESCRIPTION</b>	

This exercise its complicate a little in execution, so that, goalkeeper it will leave from the right side if it begins by that side, it will happen in front of cones, and will be sprightly a shot on goal, with low slide, with the objective to make prim the lateral one and to react to the second shot to average height being done an average slide.

Also it is had to indicate here, that the slide technique is fundamental, because all the surfaces of game are not equal, reason why is of first level to know if the doormen have acquired this technique.

It is had to follow the indications that in the graph appear, the actions to **A** and **B** is the movements of goalkeeper, to always affect rising with the opposite hand to gain time to execution.