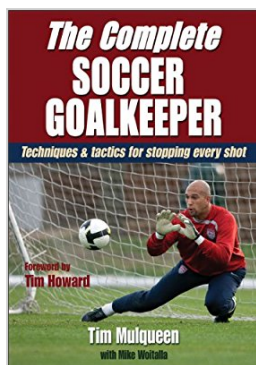


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The Complete Soccer Goalkeeper

By Timothy Mulqueen, Michael Woitalla

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The Complete Soccer Goalkeeper By Timothy Mulqueen, Michael Woitalla

Shut down the opponent and stop every shot. Only *The Complete Soccer Goalkeeper* will show you how to combine awareness, technique, and physical conditioning to anticipate the opponent's every move.

In *The Complete Soccer Goalkeeper*, renowned goalkeeping coach Tim Mulqueen shares his secrets and provides unparalleled instruction for developing the skills, techniques, and mental mind-set for mastering the game's toughest position:

- Stance, positioning, and footwork
- Leaping, diving, and saving shots at various heights
- Orchestrating the defense and distributing the ball
- Reading the game, including shooters, angles, and set plays
- Penalty kicks and situation-specific tactics
- Specific conditioning exercises to develop explosive power, sharpen eye–hand coordination, and improve reaction time

The Complete Soccer Goalkeeper also includes advice from leading goalkeepers, analysis of many of the game's stellar saves, and exclusive insights from today's top attackers on the defensive weaknesses they try to exploit.

From tactics to strategies, *The Complete Soccer Goalkeeper* is simply the most complete guide available for players and coaches of the game's most challenging position.

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"If you ask me when I really knew I wanted to be a goalkeeper, I trace it to when Tim Mulqueen started training me at a New Jersey soccer camp when I was 12 years old... [The Complete Soccer Goalkeeper] is more than a series of exercises: It delves into all the aspects of the position and the coach–player relationship... And that's what makes this book so valuable to the future of goalkeepers—it speaks to both the player and the coach."

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"The Complete Soccer Goalkeeper is a must-have for goalkeepers and their coaches. From tactics to strategies, Mulqueen and Woitalla cover it all."

Peter Nowak -- Head Coach, Philadelphia Union

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