



KEEPER FILM ROOM **SCAN SHEET**

Goalkeepers · 377 videos across 13 coaching modules

Every video in the library as a scannable code, in the same modules as the training checklist. Point a phone camera at any code and it opens straight to the video — no typing, no searching. Works on the field with a printed page in your hand.

REELS

Short. Show one on the sideline, then coach the thing immediately.

SIT-DOWNS

Long-form. Classroom sessions, film study, or homework between trainings.

PRINT & GO

Hand a player one module. Codes stay scannable in black and white.



THE WHOLE LIBRARY, LIVE

Searchable and filterable, and it remembers what you've watched on your device.
Scan this one first — or visit www.michigansoccertraining.com/keeper-film-room

01	Set Position, Stance & Body Shape	8 videos
02	Footwork & Movement	11 videos
03	Handling & Catching	24 videos
04	Diving & Shot Stopping	68 videos
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06	1v1s, Breakaways & Blocking	35 videos
07	Positioning, Angles & Sweeper-Keeper	34 videos
08	Distribution & Playing Out	66 videos
09	Communication & Leadership	8 videos
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11	Mentality & Handling Mistakes	9 videos
12	Pro Film Study	30 videos
13	Full Sessions & Masterclasses	16 videos

01 Set Position, Stance & Body Shape

8 VIDEOS



REEL

Set Position ✓✗



REEL

Sweeping Set Position ✓✗



SIT-DOWN

Goalkeeper Beginner Tutorials — The Keeper Set & Ready Position



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Wide Vs Narrow Stance? — Goalkeeper Set Position



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Fixing Your Goalkeeper Set Position!



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Proper Goalkeeper Stance — Soccer Tips



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Goalkeeper Set Position



SIT-DOWN

Goalkeeper Training — Set Position and Footwork Part 1

02 Footwork & Movement

11 VIDEOS



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Crossover Step VS Shuffle Step
GK Union



REEL

👉 CROSSOVER step 🏃 Footwork technique



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Fast Goalkeeper Footwork Techniques Coaches Don't Share



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FAST Goalkeeper Footwork in 30 Days with PROVEN Drills



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7 Goalkeeper Footwork Drills You Can Practice at Home



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The 4 Best Goalkeeper Footwork Exercises



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Footwork for Keepers



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Lateral movement exercises for goalkeepers



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MAKE MORE SAVES USING THIS GOALKEEPER CHEATCODE



SIT-DOWN

Efficient Footwork and Explosive Power



SIT-DOWN

Calculated Footwork + Diving

03 Handling & Catching

24 VIDEOS



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Goalkeeper "W" Catch Tutorial 🍇



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Easy W Catch Technique — Guide to High Balls



REEL

Goalkeeper's Low Ball Guide: The Scoop Technique



REEL

Master Low Balls: Guide to Ground-Level Saves



REEL

Must Watch for Goalkeeper Handling Tip



REEL

Training Alone as a Goalkeeper — Wall Rebound Drill



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GOALKEEPER COACHING | "W" HAND SHAPE WITH TONY PARKS



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The Handling Secrets Goalkeepers Never Get Taught



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Learn All PRO Catching Techniques
As A Goalkeeper



SIT-DOWN

Catch The Ball Like A Pro — Handling
& Catching Tutorial



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BG-Better Goalkeeping: Handling
Contour Catch
BG-Better Goalkeeping



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How to Contour Catch as a
Goalkeeper



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Modern Scooping Technique vs. Old
Technique
GKeeping



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Beginners Goalkeeper Training:
Learn the Scoop Technique
gkmanual



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Scoop Technique | Goalkeeper
Training
Danishgoalkeeping



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RGA Goalkeeper Basic Handling
Technique Tips and Tutorial
RGA Goalkeeper



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3 pro goalkeeper drills to improve
your technique and handling



SIT-DOWN

Improve your handling and footwork
— 5 exercises, training in pairs



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Goalkeeper Catching, Hand
Distribution, Angles and Ready
Position Drill



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Goalkeeper 1-2-1 training — hand
speed, handling, dive technique



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Soccer Goalkeeper Training: Hand
Exercises / Challenge



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Goalkeeper Finger Strength Exercise
Drills



SIT-DOWN

Pick-Up Technique & Goalmouth
Movements



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Goalkeeper Catching Basics Made
Easy: Best Drills for Beginners



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Improve Your Diving Technique



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Goalkeeper Diving: Top Hand or Lower Hand? 🤔



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Goalkeeper tips 101: Diving technique



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A Guide to Low Diving for Soccer Goalkeepers



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Tips for YOUNG Goalkeepers: Diving Technique



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HOW TO Make Top Corner Saves as a Goalkeeper ⚡



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Deflection Training for Goalkeepers! ⚡



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Goalkeeper Training: How To Dive Without Hurting Yourself



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Dive Without Hurting Yourself — Become A Better Goalkeeper



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How To Dive Without Hurting Yourself — Low Dive Technique



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How To Dive Without Hurting Yourself | CoachUp
CoachUp

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Goalkeeper Protection — How to Dive Without Getting Hurt



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Learn All The PRO Diving Techniques



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4 Essential Diving Techniques for Goalkeepers



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4 Essential Diving Techniques That Will Make You Save Like the Pros



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How to Dive — The Goalkeeper Drills YOU Need to Dive Like a Pro



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How To Dive As A Goalkeeper —
Diving Tutorial



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Soccer Diving Techniques:
Goalkeeper Training



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Soccer Goalkeeper Training:
Teaching Power Dives



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Low Diving & Power Step Exercise
TC1Goalkeeping



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Dive and grasp from standing
position, using leg push-off



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HOW TO PERFORM A COLLAPSE
DIVE



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Goalkeeper Diving Training —
Collapse Dive Technique



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Low Diving | Goalkeeper Technique |
Virtual Coaching
GKeeping



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Low Dive As A Goalkeeper — Diving
Tutorial



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Low Dive Technique Secrets Goalies
Need to Know



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5 Beginner Goalkeeper Low Diving
Drills



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Goalkeeper Low Diving Drill For Youth
and Developing Goalies



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SOLO GOALKEEPER TRAINING | MID
DIVES



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High Dive As A Goalkeeper



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Goalkeeper Training: How To Make
High Diving Saves



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LEARN HOW TO MAKE HIGH DIVING
SAVES 🦋 | Keeper Tips
KitLab



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Extension Saves & Plyometrics —
Off-Season Series Ep.8
Pro GK



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How To Save Top Corners — Tips
And Drills



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Goalkeeper Training Top Corner
Saves



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Save Longshots As A Goalkeeper



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Low, Mid & High Dives — Goalkeeper
Training in the Garden



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Goalkeeper Training: 9 Diving Drills



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Elite Explosive Goalkeeper Drills You
Need to Try



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Goalkeeper Training Session 5 —
Collapse Dives, Footwork & Fitness



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FIX Your Weak Side Dives



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Goalkeeper Training: Weak Diving
Drill



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How to Get Over the Fear of Diving
and Weak Side



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Dive On Your Weak Side As A
Goalkeeper



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Most Beginner Goalkeepers Dive
Wrong (Here's Why)



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7 WORST Mistakes You Make When
Diving



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Goalkeeper Training: How to Parry a
Soccer Ball



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How To Parry as a Goalkeeper?



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Goalkeeper Individual Training •
Parrying



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Deal With Deflections Easy —
Reaction Tutorial



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SIMPLE REBOUND CONTROL DRILL
— Train In-Season Like a Pro



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Recovery Saves: 2nd Saves, Collapse
Saves, Getting Up Quickly



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Recovery Saves through a GK Fartlek
Drill



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The Best Reaction Drills for
Goalkeepers



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TOP 5 GOALKEEPER TRAINING
DRILLS — Reaction Drills



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Reaction Save Goalkeeper Training —
The Gloves Are On Ep.16
The Gloves Are On



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IMPROVE Reaction Time As A
Goalkeeper



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GOALKEEPER TRAINING | REFLEX
AND REACTION SAVES



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Reflex & Reaction Saves — England
Inside Training



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Goalkeeper Training • Reaction
Saves © 4GK
4GK



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Soccer Goalkeeper Training: Reaction
Save Exercise — U18 Players



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How to Improve your Shot Stopping
with Adrian



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Be A BETTER Shot Stopper Doing
THIS



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Angle Shot Stopping & Handling | Full
Session
Pro GK



SIT-DOWN

Reaction Saves, Shot Stopping & Distribution
Pro GK



SIT-DOWN

Full Handling & Shot Stopping Session | 60 in 5
Pro GK



SIT-DOWN

Goalkeeper Academy: Breakdown on How to Attack the Shot



SIT-DOWN

Brilliant Pro Goalkeeper Block Save and Shot Stopping Session

05 Crosses & Aerial Balls

39 VIDEOS



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Claiming Crosses ✓✗



REEL

Punching ✓✗



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Why Goalkeepers Punch the Ball Instead of Catching It



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GK Tipping Ball Over the Bar



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Catch Crosses like a Pro — Goalkeeper Tips 101



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Deal With Crosses Like THIS — Defend Corners, Catch High Balls



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Goalkeeper Crossed Balls — Aggressive Starting Position, with Eric Steele



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Goalkeeper Positioning for Crosses — Mastering Angles & Decision Making



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Goalkeeper Positioning: Where to Stand for Crosses



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Mastering the Box: Goalkeeper Body Positioning for Crosses



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How to Catch Every Cross Like a Pro Goalkeeper



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How I Stopped Fearing Crosses: Goalkeeper Tutorial



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99% of Goalkeepers Get THIS Wrong
on Crosses



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Victor Valdes | How to Catch Crosses
| Pro Goalkeeper Tips



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Goalkeeping Tutorial: How to Take
the Cross



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HOW TO CATCH CROSSES — Soccer
Goalie Training



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Goalkeeper Training | Claiming
Crosses



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3 Pro Goalkeeper Tips to Dominate
Crosses & Corners



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When Should Goalkeepers Punch or
Catch on a Cross?



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Punch, Catch or Parry — Which Is
Best?



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3 Tips for Goalkeeper Punching



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How to Improve Your Punching |
Swansea City Academy
Swansea City Academy



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Goalkeeping: Punching the Ball
MOJO



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Goalkeeper Training • Punching
Crosses © 4GK
4GK



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How to Punch the Ball Away



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The Most Important Goalkeeper
Advice for Tipping Over the Bar



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Goalkeeper Training: Tipping Over
the Bar



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Goalkeeper Training: How to Tip a
Soccer Ball



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Back to the Bar | Goalkeeper Training
HK Goalkeeping



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Goalkeeper Recovery Training:
Highball Drills and Tips



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Goalkeeper Training: Crosses and
High Ball Keeper Drill



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High-Balls, Handling & Footwork —
Episode 26



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U17 Goalkeeper Training: Footwork,
High Dives & Claiming



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How to Improve DECISION MAKING
BY YOURSELF — Crossing Drill



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Full Crossing Session w/ Todd
Hoffard | 60 in 5



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Box Crosses | Defending the Area |
Coaching Session



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5 Crossing & Shot Stopping Drills |
LAFC 2 Full Session



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Four Keeper Drill, Crosses & More |
Inside Training



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Goalkeeper Training | Crosses — full
playlist

06 1v1s, Breakaways & Blocking

35 VIDEOS



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Goalkeeper Tips — How To Improve
Your Smother 🍇



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3 Essential Block Techniques 🔥



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Block Save or K-Save? What Do You
Call It? 🤔



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How to Block Save as a Goalkeeper
🍇🍇



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1v1 Breakaways: Get BIG or Get Beat
👉🔥



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MUST WATCH! Breakaway
Goalkeeper Tip 👉⚡



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Goalkeeper vs. Striker 🟡 Winning
1v1 Battles



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TOP 3 WAYS TO SAVE 1v1 | How To
Save Breakaways



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The Complete Guide on How to Save
Breakaways | 1v1's



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Goalkeeper Training: How to Save
Breakaways | Drills & Tips



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How to Save 1v1 — Breakaway
Training with Saint Benedict's Prep
GK



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Goalkeeper Breakaway Training —
How to Save One on One



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Goalkeeper Training: How to Save 1v1
/ Breakaways



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ULTIMATE 1v1 Saving Goalkeeper
Tutorial by Courtois



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How to DOMINATE 1v1s —
Goalkeeper Tutorial



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How to SAVE a 1v1 — Goalkeeper
Training 101
Keeping Goals



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Your Goalkeeper 1v1 Technique is
WRONG (Here's Proof)



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SAVE MORE 1V1s — Positioning and
How To Save Chip Shots



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How To Save 1v1s — Tips and Drills



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LEARN HOW TO HANDLE 1V1
SCENARIOS !! | Keeper Tips
KitLab



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INSANE GOALKEEPER 1V1 DRILLS |
With an MLS Goalkeeper



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1v1 Techniques | Top 3 Block Shapes
| Phil Wheddon
Pro Gk



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Goalkeeper Blocking — Modern
Technique with Tony Elliott



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Goalkeeper Training: Basic K Barrier



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Goalkeeper Training: Blocking
Technique



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Learn How To Practice The K Block or
Diving at Feet
FCG



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Goalkeeper Session: 1v1 Block Saves
and Smothers



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Goalkeeper Blocking / Smothering in
a 1v1 — Animated Session



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Goalkeeper Training | Block / Spread
/ Smother & 1v1



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Save Close Range Shots Like THIS



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Distribution and 1v1 Spreads —
Episode 18



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INSIDE TRAINING! 1v1 Tips, Block
Saves, Close Shots
LOVI GK Academy



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Fantastic Pro Goalkeeper Block Save
and Breakaway Session



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1v1 Breakaway Moments — When to
Smother or Block?



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1v1 Breakdowns | BTS Goalkeeper
Training
Pro Gk

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Goalkeepers 🚩 Stuck on the Near Post?

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Beaten at the Near Post Too Easily? It's Not Your Reactions

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Decision Making as a Goalkeeper
saviourgk

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How To Position Correctly As A Goalkeeper

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You're Doing Goalkeeper Positioning Wrong: Fix It Now

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Basic Goalkeeper Positioning | Virtual Coaching
GKeeping

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Goalkeeper Positioning | Pro GK Masterclass
Pro GK

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Goalie Positioning: Angles, Squareness & Depth Explained

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Goalkeeper Training: Narrowing the Angle w/ Peter Shilton

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Goalkeeper Coaching: Narrowing the Angle

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How to Cover Your Angles | Swansea City Academy
Swansea City Academy

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Beginners Goalkeeper Training: Learning Your Basic Angles
gkmanual



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1 vs 1's & Angle Shot Stopping | Full Session

Pro Gk Sessions



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5 Angle & Reaction Drills | LAFC 2 Full Session



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Goalkeeper Angles, Distribution and Breakaways for Game Situations



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Do THIS To Make More Saves



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Be A Sweeper Keeper Using THIS



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Sweeper Keeper Training with Miguel Miranda ⚡



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Where a Goalkeeper Positions During a Game — How to Be a Sweeper Keeper

FCG



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Sweeper Keeper Positioning Analysis — Mike Maignan



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Ederson Masterclass! Risk vs Reward as a Sweeper Keeper



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Neuer, Gulacsi & Co. — Sweeper-Keeper & Other Goalkeeper Styles Explained

Tifo Football



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How Sweeper-Keeper Manuel Neuer Changed World Football



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The Modern Day GK: Sweeper Keeper



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The Modern Goalkeeper in Football Explained



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Goalkeeper Session: Defending the Space Behind



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Goalkeeper Training • Defending the Space © 4GK
4GK



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Defend the Space | England Goalkeeping Camp



SIT-DOWN

Defend the Area | England Goalkeeping Camp — Morning Session



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Tim Dittmer: Defending The Area | FA Learning Coaching Session
FA Learning



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Defend The Space | Session Including the Goalkeeper



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Dropping Versus Stepping: How to Coach Defensive Positioning



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How Do You Train Your Goalkeepers on Attacking and Defending Transition?



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Soccer Goalkeeper Tips For Coming Off Your Line



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Goalkeeper Exercises to Roll the Ball



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Simple Trick To PERFECT Your Goal Kick



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How to Do a DROPKICK ⚡ Pro Goalkeeper Tutorial



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GOALKEEPER SIDE VOLLEY EXPLAINED



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How to Hit the Perfect Side Volley 🎯



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Master The Half Volley In 2 Minutes ⚡



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Receiving With Open Body Shape 🌐



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Goalkeeper Tutorial: How to Throw the Ball — Long & Short Throws



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Throw A Football Like A Goalkeeper — Distribution



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Goalkeeper Training: How To Throw Like a Pro | Long Throw Breakdown



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How Goalkeepers Throw a Soccer Ball



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Goalkeeper Training: Over Arm Throw Distribution



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Goalkeeper Rolling Technique



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Better Reaction, Better Results By Learning to ROLL the Ball



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Learn All The PRO Distribution Techniques



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Soccer Goalkeeper Skills: How to Distribute the Ball



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Distribution Tutorial for Goalkeepers
Keeping Goals



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Technical Training Part XI:
Distribution — Starting the Attack



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The Secret to the PERFECT Goal Kick



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Take Goal Kicks Like A Pro — How To
Kick The Ball Far



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Take GOAL KICKS Like A PRO | Get
More Distance



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How To Take The PERFECT Goal Kick



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How to: Goal Kick | Long Ball
Technique



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How To Take GOAL KICKS | Kick
FARTHER



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Boost Your Goal Kicks with this
PROVEN Technique



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Learn Different Goal Kick Techniques



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How to Take a Goal Kick — The
ULTIMATE Guide



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Kick FURTHER And HIGHER —
Longball Technique



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Long Ball | Goal Kick | Goalkeeper
Technique
GKeeping



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MDGK TUTORIAL: THE GOAL KICK
MDGK



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How to Take a Goalkick —
Goalkeeper Training 101



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How To Take A Goal Kick —
Techniques for Distribution



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The Simple Guide to Side Volleys & Drop Kicks



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The Soccer Goalkeeper Drop Kick and Punting Warmup



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Goalkeeper Training: How to Punt a Soccer Ball



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How To Half Volley A Football — Distribution



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How to Side Volley / Drop Kick — Goalkeeper Tutorial



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Goalkeeping Tips for the Half Volley



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Goalkeeper: How to Do a Drop Kick



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SIDE-VOLLEY TUTORIAL — Goalkeeper Training 101
Keeping Goals



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Top 3 Drills for an ELITE Side-Volley



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MDGK TUTORIAL: THE SIDE VOLLEY
MDGK



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How to Play Out From the Back | Swansea City Academy
Swansea City Academy



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GOALKEEPER DISTRIBUTION TRAINING SESSION — Playing Out From The Back



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How To Teach Building Out Of The Back



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Soccer Drills: Playing Out From The Back



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4 Tactical Build-Up Variations With Your Goalkeeper (Explained)



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Goalkeeper Training • Dealing with a Back Pass • 4GK
4GK



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Goalkeeper Training: Pass Back Drills



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Improve Ball Control and Distribution
| Swansea City Academy
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Train Yourself Series Ep.1 — Body
Shape When Receiving



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Add This Small Detail When
Receiving to Become Press Resistant



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The First Skill to Become a Press
Resistant Soccer Player



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3 Simple First Touch Drills for Turning
Under Pressure



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Receiving Under Pressure —
Coaching Session



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3 Distribution & Shot Stopping Drills |
FULL SESSION



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4 Distribution & Shot Stopping
Exercises



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Distribution Session | 60 in 5



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Distribution! 5 Exercises To Improve
Your Goalkeeping Distribution



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The 4 BEST Drills to Improve
Goalkeeper Distribution



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Excellent Goalkeeper Distribution
Training



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GOALKEEPER TRAINING | PASSING &
FOOTWORK DRILLS



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Spanish Goalkeeper Training Ep.4 —
Passing, Movement and Resistance



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GOALKEEPER TRAINING:
DISTRIBUTION LIKE EDERSON



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Goalkeeper Distribution Tutorial |
How To Kick like Ederson



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How to Kick Long Balls As a
Goalkeeper (ft. Ederson, Onana)

09 Communication & Leadership

8 VIDEOS



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Goalkeeper Communication Tips —
What Should You Say & How?



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How To Communicate As A
Goalkeeper



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Improve GOALKEEPER
COMMUNICATION with 5 Proven Tips



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Goalkeeper Communication to Help
Your Team — Commands to Improve
Your Game



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How To Get Defenders To Listen To A
Goalkeeper



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Goalkeeper: Leadership



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Goalkeeper Mindset Confidence —
Commanding Your Area



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How Can Goalkeepers Develop Their
Presence?
The TKI Podcast



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Corner Positioning ✓ ✗



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Corner Positioning ✓ ✗ (2)



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Corner Positioning ✓ ✗ (3)



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Corner Positioning



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Defending Corners with Both Zonal and Marking



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How to Set Up the Wall if You're a Goalkeeper



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How Goalkeepers Read The Penalty Taker's Mind 🧠



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Joe Hart | Positioning at Corners | Pro Level Goalkeeper Tips



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Defending Corners: Zonal Marking vs Man Marking



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How to Defend Corner Kicks — Zonal vs Man Marking



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How to DEFEND Corner Kicks — Zonal, Man or Hybrid?



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How to Defend Corners — General Advice



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Man Marking or Zonal Marking? (Defending Corners)



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Marking When Defending Corners



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Corner Kick Analysis (Arsenal v Leicester) — Zonal Defending



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Build YOUR Freekick Wall like a PRO — Goalkeeper Training 101



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Save More Free Kicks — How To Position Your Wall



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How to Position Your Wall as a Goalkeeper



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Goalkeeping Advice for Setting the Wall



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Goalkeeper Training: Tips for Setting a Wall



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Complete Set Pieces Guide: Free Kick & Corner Techniques



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PENALTY SAVING Secrets From a Pro Coach



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How To Save A Penalty As A Goalkeeper



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Save More Penalties with This Simple Goalkeeper Trick



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Why Don't Goalkeepers Use This Winning Penalty Saving Technique?



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HOW TO SAVE A PENALTY with MANUEL NEUER



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How to Save a Penalty Kick (Just Three Steps)



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Emiliano Martínez's Insight Into Penalty Shootouts
adidas



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ALL ANGLES | Emiliano Martínez Penalty Save


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Navigating Mistakes with a
Goalkeeper Mindset


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How To Overcome Goalkeeping
Mistakes The Right Way


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Beat Nerves & Anxiety — Mentality
Tools for Goalkeepers


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Your Goalkeeper Mentality is
WRONG! Here's Why


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WORST FOOTBALL GOALKEEPER
MISTAKES — How to Deal with
Mistakes


SIT-DOWN

Tips on Goalkeeper Confidence from
a Sports Psychologist 🍇


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The Modern Day Goalkeeper, Lee
Robinson — Mentality, Pressure &
Mistakes


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Clean Sheets, Comebacks & the
Goalkeeper Mindset


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6 BIGGEST Goalkeeper Mistakes
(And How to Fix Them)

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Alisson Becker vs Andre Onana |
Goalkeeper Technical Analysis

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Goalkeeper Analysis — Alisson
Becker: Hand Position
Goalkeeper Analysis

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Alisson — Player Analysis: Tactical
Review of His First Liverpool Season

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Ederson — The Perfect Modern Day
Goalkeeper | Player Analysis

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The Perfect Goalkeeper For Man City
| Ederson Analysis

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15 Minutes of Manuel Neuer
REINVENTING Goalkeeping 🤖

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Manuel Neuer — The Sweeper
Keeper & Living Legend

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Manuel Neuer — What Makes Him So
Good? Player Analysis

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Thibaut Courtois: The Secret That
Made Him the Best in the World

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How Thibaut Courtois Became One of
the Best Goalkeepers in the World

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Peter Schmeichel Analyzes Courtois'
Saves in the UCL Final

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COURTOIS: The Art of GOALKEEPING

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Champions League Final Analysis —
Donnarumma vs Sommer

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Gianluigi Donnarumma BREAKDOWN
| Big Game Keeper?
Morning Footy

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Analysis

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Simple Is Best | Jan Oblak Analysis



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Tactical Analysis



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THIS Is How Sefonov Beat Raya —
Champions League Final GK Analysis



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This Is Why David Raya Is the Best
Goalkeeper in the World Right Now



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Tactical Analysis: Alisson Becker vs
Ederson Moraes



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A GENIUS Save!! — World Cup Top 5
Saves | Goalkeeper Analysis
Goalkeeper Analysis



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In-Depth Analysis of a Man of the
Match Goalkeeper Performance



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Goalkeeper Match Analysis



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Goalkeeper Analyses His Own BAD
Game



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Youth Goalkeeper Analysis | Key
Mistakes & How to Improve



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Goalkeeper Hacks: How to Analyse
Pro GKs
Keeping Goals



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Goalkeeper Technique Analysis:
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Goalkeeper Technique Analysis:
Episode 10



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Goalkeeper Technique Analysis:
Episode 14



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Goalkeeper Technique Analysis:
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Ultimate Guide For Goalkeepers (Full Masterclass)

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Gordon Staniforth: 6 Goalkeeping Fundamentals | FA Learning
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Basics You NEED TO KNOW As A Goalkeeper

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8 BASICS GOALKEEPERS NEED TO KNOW

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9 Essential Goalkeeping Skills
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