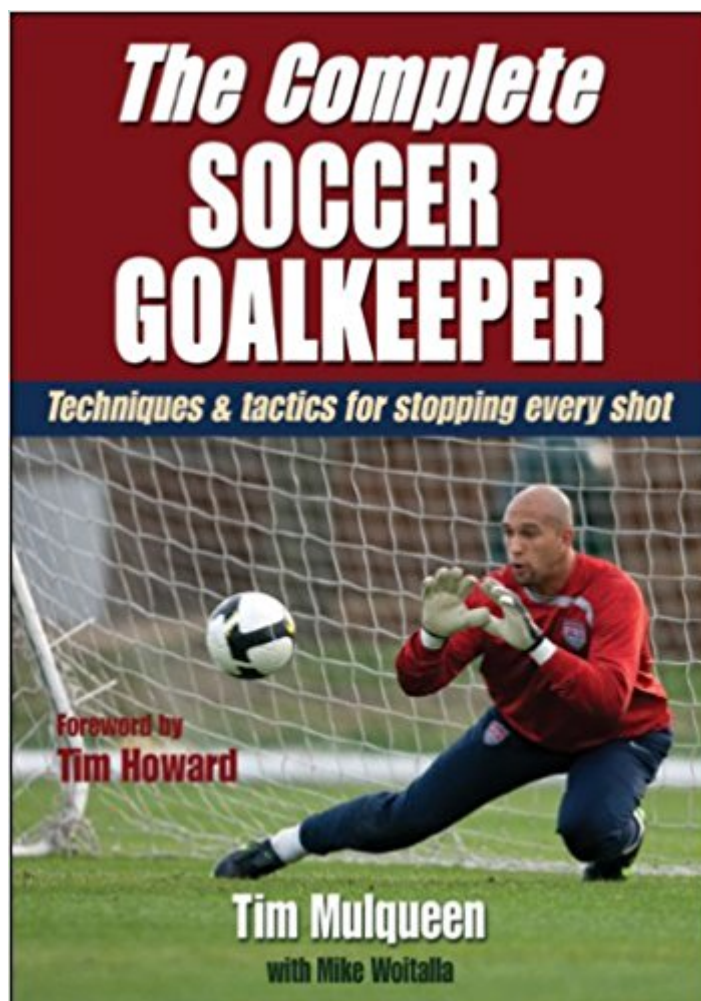


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# The Complete Soccer Goalkeeper



## Synopsis

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.

## Book Information

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## Customer Reviews

"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." • Tim Howard-- U.S. Soccer Men's National Team, Everton Football Club "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

Tim Mulqueen has been coaching goalkeepers at all levels since 1990 and is currently the goalkeeper coach with the United States national teams. He is also the goalkeeper instructor for the U.S. Soccer Federation A, B, and C licenses and has helped in the establishment and curriculum for the newly formed U.S. Soccer Federation goalkeeping license. Mulqueen was an assistant coach and goalkeeper coach for the United States at the 2008 Olympic Games in Beijing. He has coached athletes who have gone on to achieve worldwide recognition, including England Premier League players Tim Howard, Kasey Keller, Marcus Hahnemann, and Brad Guzan. Before joining U.S. Soccer, Mulqueen coached in the MLS where he won the 2000 MLS Cup and Supporters Shield. While in the MLS, Tim coached Zach Thornton, who went on to win the 1998 Goalkeeper of the Year award. Tim also coached U.S. international goalkeeper Tony Meola when, in 2000, he became the only goalkeeper to win the MLS MVP Award, in addition to being named Goalkeeper of the Year. Mulqueen has coached in four Youth World Cups, two at the U-20 level and two at the U-17 level. He resides in Bradenton, Florida, with his wife, Kathleen, his son, Trevor, and daughter, Cate.

Mike Woitalla is the executive editor of Soccer America, where he has worked since 1985. He has covered four World Cups for the magazine and has reported on soccer from 17 nations. His freelance articles have appeared in more than 30 media outlets in eight countries. Woitalla is a regular contributor to the British soccer monthly When Saturday Comes and has won six NSCAA Writing Contest awards as well as two Professional Soccer Reporters of America awards. He is the coauthor of former U.S. national team captain Claudio Reyna's book *More Than Goals*. Woitalla is a graduate of the University of California at Berkeley, where he was a member of the Golden Bears varsity soccer team. He currently coaches youth soccer and is married to Holly Kernan, a public radio producer, host, and reporter. They live in Oakland, California, with their daughter.

I got this book so I could see how Tim Mulqueen trains his keepers and to see how the US National Team works. I was lucky enough to watch Tim conduct practices while he was with the Kansas City Wizards. The book is very informative and gets into a depth of understanding how and why of goalkeeping. I think it is a good training tool for those coaches who are more advanced in goalkeeper training than beginners. Technique and Tactics are a strength from Tim. I have coached goalkeepers for over 20 years and I run the National Goalkeeper Academy so when I say this book is a great addition to my videos and books on goalkeeping it is coming from experience. This book

reminded me of some of the things we forget to do with our keepers. Great job Tim.

This book is an excellent discussion of all aspects involved in playing the position of goalkeeper in soccer. It ranges from addressing the theory of the game to outlining various individual and team drills useful to developing a keeper's skills and techniques. While it provides useful instruction for GKs at all levels, it is probably more beneficial as a resource for coaches who are either fully or partially involved in their training. In my layman's opinion, some of its main points are: (1) that early specialization is detrimental as GKs need experience playing in the field to hone all of their skills and overall understanding of the game; (2) that cross training in other sports contributes to molding the whole athlete; and (3) that all of a GK's training, drilling and practicing should be directed towards and relevant to some aspect of successfully playing the game of soccer - not gymnastics, body building, distance running or other sports endeavors.

I've now read through it and would recommend it. Bought it for my son, I think it was too wordy for him even though he is an avid reader. My only negative is that there could be more drills and explanation for the novice goalkeeper. Review by Dad - Son is 9 years old. Wanted to give it 4 stars because in my particular case it didn't meet all my needs, however the description clearly indicated what it was about and it met those needs.

My 10-year-old son is a competitive goalie and an avid reader. I've purchased a number of well-reviewed books on soccer for him, but this one is his bible. It is pretty beat up and is often found in the back seat of the car open to some useful page. It was the only thing in front of me at the table the other day while I had coffee so I started reading and found that it is really well-written and full of detail and explanations. A definite must for any aspiring goalie.

My 10 year old son wants to 'be' Tim Howard when he grows up. He's a born goalie, the field marshal, and has a few things in common with Howard - he has read Howard's autobiography at least a dozen times in 3 months, and constantly quotes him or passages from the book. We can't afford goalie academy or private coaching, though travel soccer is affordable, so this book is helping teach my son, (and me, I'm a midfield left wing, not a goalie!) about the basic mental and physical aspects of being a goalie and skills needed. My son won't listen to me, but he absorbs what's in this book. It's not a substitute for good coaching and support, but it's an inspiration, a guide, and something that often confirms what I've already tried to teach him. Mulch is an excellent coach and

the book is well laid out, I think, to help parents, coaches, and kids work on skills and the mental attitudes particular to goalkeepers.

Excellent written. Very clear guidance. Great diagrams of various drills and techniques. Good for beginning or advanced keeper coaches. Good balance between youth keepers and more advanced high school or collegiate keepers. Easily one of those go-to references that I will go back and review every one or two years to refresh the mind on updated drills, bad habits, how to keep training from getting too stale or repetitive, etc. I'm not normally a reader (prefer videos and clinics) but I knocked this one out in about a week because it held my interest so well.

There were a lot of basics that anyone serious about goalkeeping would already know, but I suppose that's necessary to set the foundation. My son has found the chapters about drills and the psychology of keeping particularly helpful. Reading the book has given him new motivation and increased confidence in his position.

It's okay. The book gives some good food for thought and is a little dry at times. Some parts are good, some parts are not so good. I like a lot more hands on. This was mostly concept and talk. I would prefer diagrams and charts.

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