



Manual técnico del portero de fútbol (Deportes nº 14) (Spanish Edition)

Jon Pascua Ibarrola

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Este libro establece un patrón de conductas técnicas para ser aplicado en el desarrollo de los contenidos técnicos del entrenamiento del portero. Cada parte del libro se dedica a uno de los fundamentos técnicos del portero, desgranando y detallando al máximo las características de cada gesto o acción: defensivos previos, defensivos de recuperación del balón, defensivos de no recuperación del balón, ofensivos e inespecíficos (control, conducción, pase, despeje, cobertura y regate). Se añade, además, una secuencia fotográfica de cada uno de ellos, acompañada por un análisis técnico de su ejecución; estas secuencias se componen de nueve fotografías realizadas desde una perspectiva frontal y otras nueve desde una lateral.



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