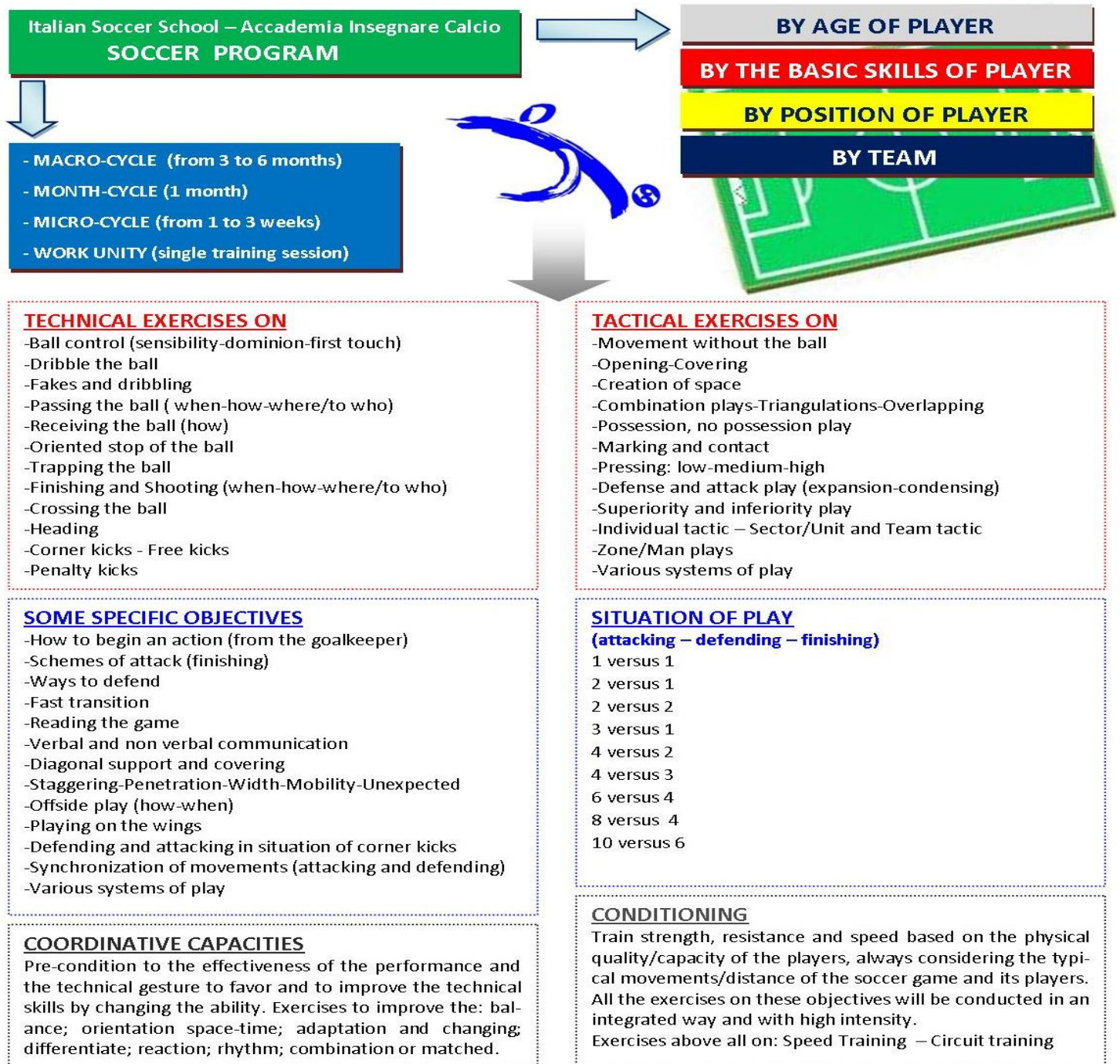


Directions of our Training Programs



SPECIFIC TRAINING SESSION FOR THE GOALKEEPER – Improving of the Technical Features

- Sensitivity and dominion with hands and feet
- Articulate mobility body/shoulders
- Quickness, balance, reactivity, in the acrobatic gifts and taking the ball
- Rapidity and movement between the post
- Diving
- Choice of timing to come out
- Restart from the goal and distribution of the ball with the hands
- Predisposition while coming out in the air
- Predisposition while coming out low
- General behavior in competition
- Personality and attitude to the order
- Various systems of play