

"YOU WANT TO BE HEALTHY - BE IT!" PRESENTATIONS "MY IDOL IS AN ATHLETE"

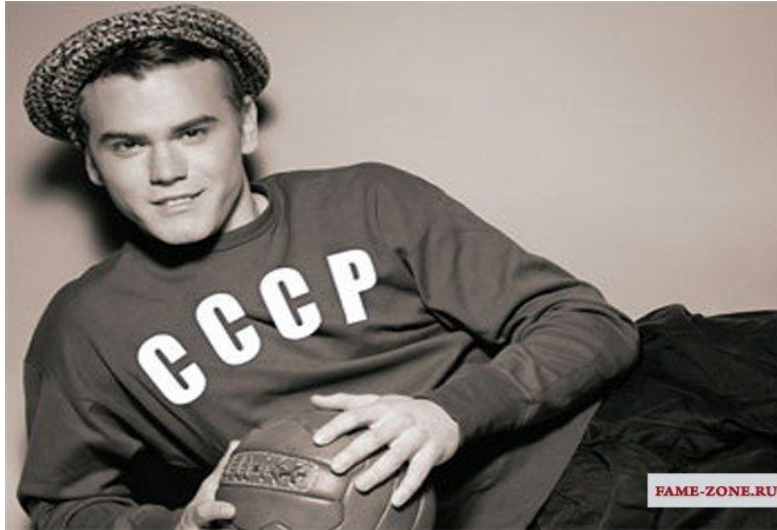


Игорь Акинфеев

Презентацию выполнил
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Igor Akinfeev is my favorite sportsman, because from the first matches I saw, I was first impressed by his game, he beat all the punches, dragged any ball, and he led the team like a born captain. I decided to search for it on the Internet. From the statements of journalists realized that in life he is a very good and sympathetic person. Since then, Igor - my favorite athlete!

Igor Akinfeev was born on April 8, 1986 in the town of Vidnoe near Moscow. At the age of four, his father gave Igor to a children's and youth school PFC CSKA. Place in the goal Akinfeev took the second training session.



In the youth team of CSKA Igor in 2002 became the champion of Russia. In the same year, Akinfeev graduated from the CSKA football academy and signed a contract with the army team

2003

His first match at the adult level was held on March 29, 2003 for CSKA Moscow in the 1/8 finals of the Premier League Cup against the St. Petersburg Zenit on Petrovsky: he went into the second half instead of Dmitry Kramarenko and played his segment "on zero", showing composure and a good reaction .



In the Premier League, Akinfeev debuted on May 31. Following the meeting, Akinfeev was recognized as the best player of the match. In total in the championship of 2003 he had thirteen matches, in which he missed eleven balls. As a result of the competition CSKA, for the first time in its club history, became the champion of Russia. For Akinfeev the gold medals of the championship of 2003 were the first achievement in "adult" football. After the first game for the main part of CSKA Moscow in the Russian championship Akinfeev was summoned to the main national team of the country.

2004

Igor spent his first match for the main national team of the country on April 28, at the age of 18 and 20 days, against the Norwegian team, thus Igor became the youngest debutant in the Russian national team for its entire history.



2006

After the performance of Akinfeev in the group tournament of the Champions League 2006/2007, in which the goalkeeper managed 362 minutes not to miss goals, Igor was considered one of the most promising goalkeepers.



2007

- May 6, 2007, in the match of the championship of Russia against "Rostov" Igor Akinfeev was injured. Struggling for the riding ball in the penalty area, he landed unsuccessfully and tore the cruciate ligaments of the knee. According to doctors, in a big football goalkeeper could hardly return until the end of the season. However, intensive treatment helped Akinfeev return to the team before the end of the championship. The first match after the injury Igor spent November 3, 2007 in the 29th round of the Russian championship against the Krasnodar "Kuban", the game ended with a score of 1: 0 in favor of the army.



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2008

In January 2008, Akinfeev extended the contract with CSKA Moscow until 2011. Match of the 16th round of the Russian Premier League between CSKA and "Wings of the Soviets" became for **Akinfeev** the 100th dry match in his career, he became the youngest goalkeeper in the history of Russian / Soviet football, which reached the mark of one hundred matches to zero. Igor reflected two penalties in the match against the football club "Moscow".



2012

August 28 at the match of the 22nd round of the championship of Russia, Igor Akinfeev received a full rupture of the anterior cruciate ligament of the left knee (which was operated in 2007), rupture of the inner meniscus and edem of the bone as a result of a fall after a collision with Welliton.



On September 7, he underwent surgery in a German clinic. February 4, 2012 Igor Akinfeev started training on an individual program. Since March 11, Igor Akinfeev started full-fledged training work in the general group and flew with the team to Madrid for the return match with Real in the 1/8 finals of the Champions League, however, the application was not included.

National team

At present, Akinfeev is one of the key players of the national team.



Achievements



Bronze medalist of the European Championship:
2008 Champion of Russia (3): 2003, 2005, 2006
Silver medalist of the Russian championship (3):
2004, 2008, 2010 The winner of the Cup of
Russia (5): 2004/05, 2005/06, 2007/08, 2008/09,
2010/11 The owner of the Russian Super Cup (4):
2004, 2006, 2007, 2009 UEFA Cup holder:
2004/05 Prize "Goalkeeper of the Year" named
after Lev Yashin: 2004, 2005, 2006, 2008, 2009,
2010. Awarded the Order of Friendship (2006)
The Golden Horseshoe (2010) Member of the
Club Lev Yashin. The best goalkeeper of Russia
according to RFS: 2008, 2009, 2010 Best Young
Goalkeeper of Europe (2008)



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