

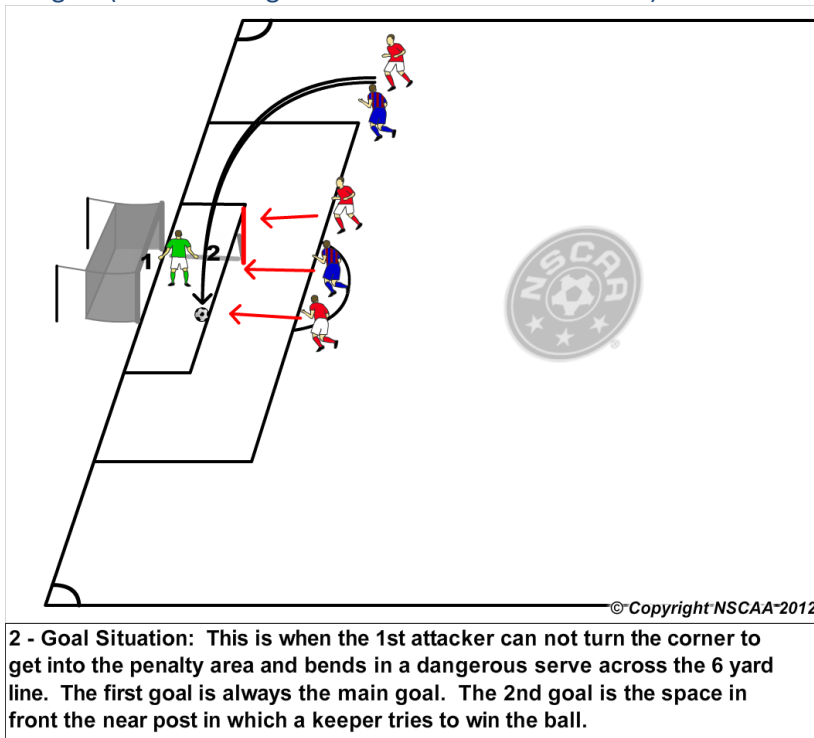
Title: Training the Keeper to Recognize and Resolve Flank Attacks Near or in the Penalty Area
Tony DiCicco

Need: ½ field; 16 field players and 2 goalkeepers; cones, bibs and balls

We all coach our goalkeepers to deal with crossed balls from different wide areas but do we break down certain tactical situations and name them so that our keepers can recognize and then know the 1st, 2nd and 3rd best option for the first attacker and the attacking team. Obviously, the earlier they read the play and can anticipate the next play, the more successful they will be.

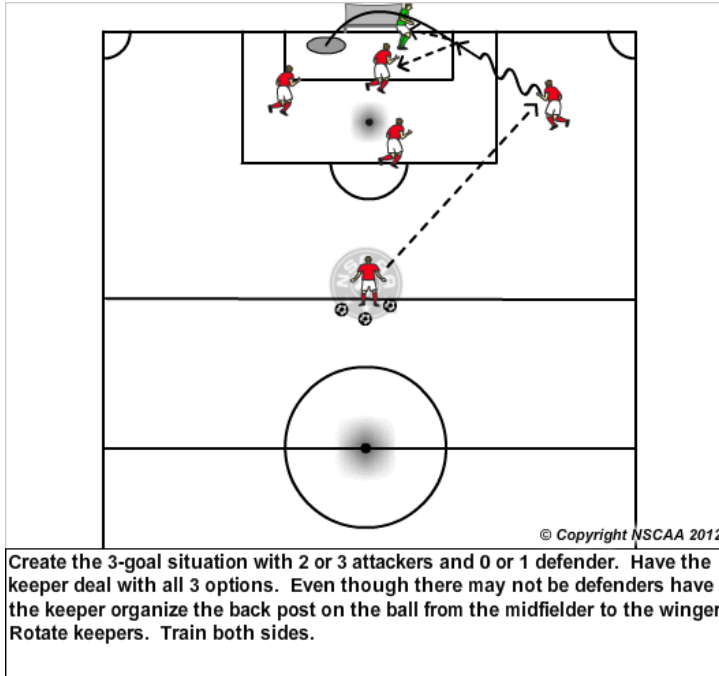
I have identified two tactical flank attack situations for the goalkeeper to recognize and the position themselves and organize the defending team so that they can resolve the attack successfully.

1. *2-goal situation.* This is when the attacking team has a 1v1 situation on the flank close to the edge of the 18 yard box and most often, somewhere 12-25 yards from goal. When the defender prevents the 1st attacker from getting inside the penalty area but cannot prevent the serve, we have a bending ball behind the defense (often on the ground) situation which I call *2-goal Situation*. Everyone, attackers and defenders are making vertical runs to the space in front of the goal (a lot of own goals are scored in this situation).



- a. The keeper in this situation positions themselves square to the play and inside their front post 2-3 yards depending on where the ball is. The keeper should have already organized their back post, "Joe...BACK POST" (use a name, organize when the ball is moving and cannot be played and be specific) and returned to watch the ball and pick up the intent of the 1st attacker.
- b. The 1st goal is always the main goal and goals suffered there are clearly the keeper's responsibility. The 2nd goal is the space in front of the goal from 3-6 yards. Covering and winning balls in this space is "big time" and clearly delineates levels of goalkeepers. Of course, the keeper also has to be ready for a point blank shot from close range.

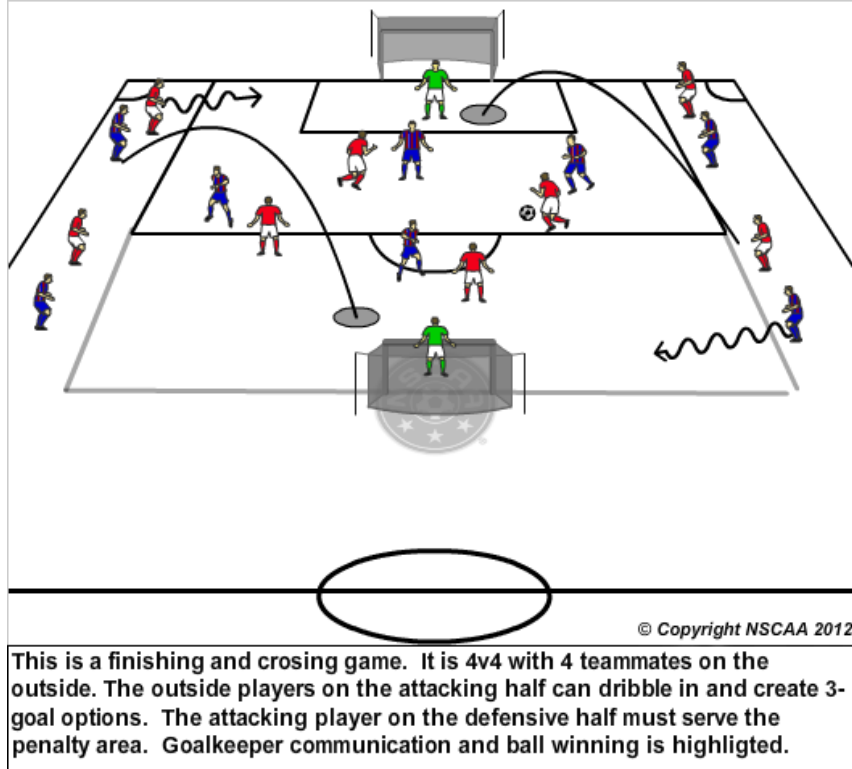
2. *3-goal situation.* In this situation, the 1st attacker has beaten the outside defender and is attacking the goal line and the front post. The keeper moves to a position just outside the front post (heels even with the front post) and shoulders square to the ball and now has to cover goal #1 which is the main goal; goal #2 which is the pass across the face of the goal (2-6 yards) and goal #3 which is the delicate chip to the back post.



- a. There are still point blank shots depending on where the ball is played from the flank and the keeper must again organize the back post by taking a quick look seeing the player in the best recovering position and using their name get them to cover the back post and prevent simple nod in head goals or touch in goals such as the one Alex Morgan scored against France in the 2012 Olympic Games (USA 4-France 2).



A great finishing game with all kind of flank service is this 8v8 (4v4) team game to train your keepers.



These are two flank tactical situations when identified and trained will help the goalkeeper recognize the situation, take up proper positioning, know how to organize the defense and also have a good idea of what the best options are for the attacking team so they can anticipate and hopefully make the play.

Tony DiCicco, Director of the NSCAA Goalkeeping Academy.

For information on NSCAA Goalkeeper Courses being offered go to www.nscaa.com.