

## **Goalkeeping from Crosses, in a phase of play**

### **Organisation**

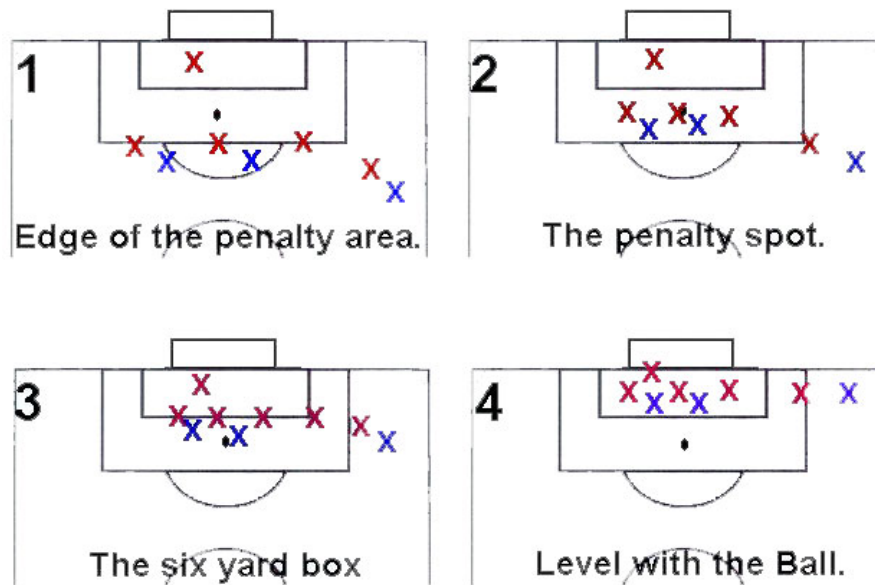
8 v 8, you must create crossing opportunities. Remember to play down both sides.

### **Starting Positions,**

1. Early cross, Winger loses the Ball to the full back who crosses early.
2. Bye line, Defender loses Ball to the Winger who gets to the bye-line and crosses.
3. Wherever they like. Let play go and encourage crosses.

### **Key Points**

1. Starting Position.  
If the Ball is out wide the Goalkeeper should be positioned nearer the back post, just off centre like in diagram 1. Because it is far easier to go forwards than it is backwards. The goalkeeper should get some distance (should be a safe distance) off the goalline so he can get further forward. He must have an open stance, to be in a position to see all the play even the backpost for blind side runs.
2. Communication, supporting the Defence.  
Don't let the Defence drop too deep. Get the Defence to hold lines and make play predictable. It is important to work in a common language which everybody understands. Recommended holding lines are,
  1. Edge of the penalty area. If the play is 10-15yds out get them to hold the edge of the penalty area. Communicate either "up to the edge" or "hold the edge". Diagram 1.
  2. Penalty spot. If the play is just outside or on the edge of the area then hold the penalty spot. Communicate either "up to the spot" or "hold the spot". Diagram 2.
  3. Six yard line. If the Ball is between the penalty spot and the six yard box then hold on the six yard box. Communicate either "up to the six" or "hold the six". Diagram 3.
  4. Level with the Ball. If the Ball is between the six yard box and the byeline then you could hold play level with the Ball. Communicate either "level" or "level with the Ball" Diagram 4.



3. Decision.
 

"Should I stay or should I go". You must judge the flight and pace of the Ball. Can you catch it? and how can you deal with it?
4. Communicate your decision. Either "Keepers" or "Away".
 

If you decide to stay shout "Away" and get back onto your line to save a possible shot or header. The further you are from the Ball, the more time you have to make the save. If you decide to come you must get some contact on the Ball however slight.
5. Technique, can you
  - o Catch. 'W' Hand shape. Don't catch the Ball at the very highest point because you become frail and the Ball is easily knocked out of your hands. You should catch the Ball in your vision.
  - o Punch. You should get height, distance or width.
  - o Deflect to safety. If you misjudge the flight you must still get a touch.
6. Technique of Punch. Two handed.
7. Second saves.