



Tracy proves to be a No 1 success

USA's star delivers masterclass in the art of goalkeeping

By **Eamon Scott**

USA WOMEN'S World Cup winning goalkeeper Tracy Ducar paid a visit to Dublin over the weekend where she hosted a two-day workshop at the Oscar Traynor Coaching and Development Centre.

Female goalkeepers from all over the country travelled to attend the sessions and they were not to be disappointed as Ducar - formerly Tracy Noonan with family roots from Co. Cork - gave a masterclass in a common sense approach to the art of goalkeeping.

From positional sense to mental strength as well as organising her defensive set ups whether playing with a flat back four or a sweeper system were all addressed in a way they made it both interesting and easy to absorb.

A power point demo with clearly illustrated diagrams as well as video clips of her in action making save after save were highlights of the Saturday indoor session which was ideally timed, given the inclement weather outside.

Organised by FAI goakeeping coach Declan McIntyre, apart from club goalkeepers, the FAI also had Ian Carry, recently appointed FAI National Schools Development Officer, Pat Behan, Under 19 Women's FAI goalkeeper coach along with regional development coaches Moyia Parke (Connacht & Donegal), Carol Murphy (South Leinster), Eoin Killackey (North Leinster) and Nicole Dunphy (Women's FAI Administrator).

In yesterday's coaching session for coaches, Packie Bonner was in attendance as Ducar produced another top class delivery that those in attendance couldn't fail to be impressed by.

MESSAGE

Ducar's simple explanation on positional sense of both goalkeeper and defenders touched on many areas of defensive play, but she was also keen to get across a message of goalkeepers being the point of initiating attacks while also

being in a position to dictate the tempo of a game by going long or short.

The video analysis showed Ducar in action to near capacity stadia while also thwarting such luminaries of the women's game as Mia Hamm. Her analysis focussed on setting your self up, getting angles in place and timing runs to intercept, break-up or make controlled saves while also underlining a need for goalkeepers to work on 'outfield' skills so they can tidy their lines and develop an ability to clear with either foot.

Clearly, a 'keeper at the top of her game, Ducar has also made the cross over to coaching in a seamless manner and she has a great work ethic having overcome the injury problems that kept her out of the mix for the Olympics to earn a spot as a back-up on the World Cup team.

She married in 1997 to Chris Ducar, the current goalkeeper coach for North Carolina where she was a scholarship student and where she had graduated from in December of 1995 with a degree in biology and a minor in chemistry.

Active with the "Smoke Free Kids" program sponsored by the U.S. Department of Health and Human Services she served as the goalkeeper coach for UNC-Greensboro during the 1998 college season she went on to play professionally for the Boston Breakers in the WUSL.

A lover of the outdoors, she is an avid backpacker, snowboarder and rock climber and has also her own Dynasty goalkeeping academy.

Ducar's presence in Dublin came about as a result of a meeting between Noel King, Sue Ronan and Declan McIntyre where it was

agreed to seek out a top international ladies goalkeeping coach to elevate the profile of the position and the presence of some of the country's top emerging young goalkeepers

was a testimony to both McIntrye's persistence in acquiring Ducar's service as well as the FAI's commitment to elevate the ladies game by engaging with the best possible talents available.



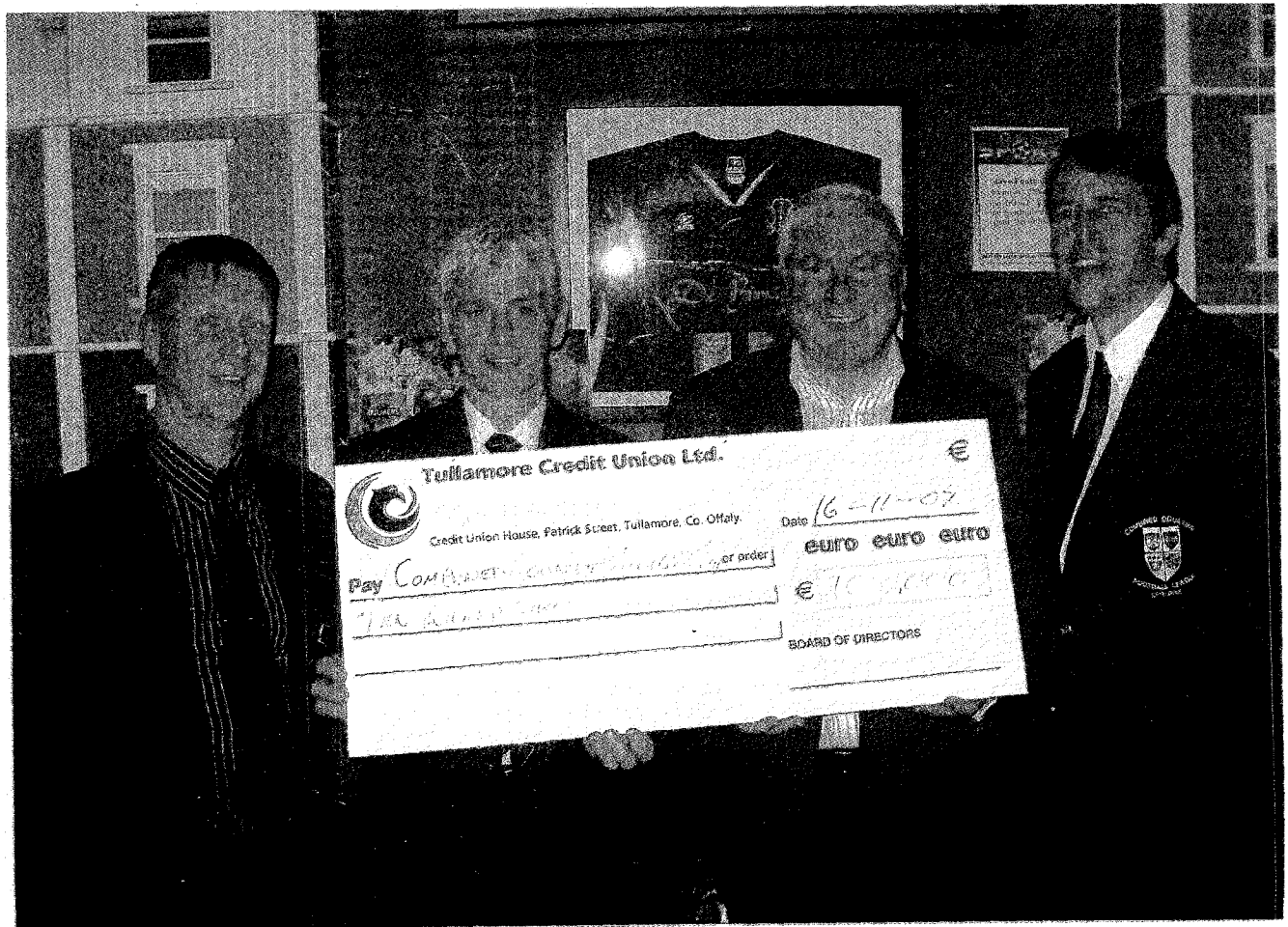
NO.1 CLUB: Moyia Parke (Women's Dev. Officer Connacht & Donegal), Ian Carry (FAI National Football Dev. FAIS), Carol Murphy (FAI Dev Officer South Leinster), Eoin Killackey (FAI Dev Officer North Leinster), Nicole Dunphy (Women's FAI Administrator)



LISTEN AND LEARN: Ciadh Dollard (Portlaoise), Fiona McLoughlin (Straide & Foxford) and Christina Molloy (Shriven Rovers, Galway), Pat Behan (U19 Women's FAI Goalkeeper coach)



GOALKEEPERS FROM THE WEST: Helena Cummins (Dromore, Galway), Sarah Meehan (Dromore, Galway) and Pat Behan (U19 Women's FAI Goalkeeper Coach)



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