



Soccer Coaches Newsletter

Volume 2, Issue #8, August 2007

Coaching Directors Area: Another season has come and gone and I would just like to thank all the coaches who will be leaving and welcome all the coaches who are joining GBL. We say "good by" and many Thanks to: Gary Winter, Alan Ruffel, Kari Olsen, Scott Pfaff and Mike Mastalir. We say "hello" and Welcome aboard to Alex Young, Andy James, Bill Lanser, Blair Bandow Erica Destache, Adam Ropson, Nick Brown, Rick Kremer and Ron Deprey. I only mention head coaches so if assistant coaches are leaving or coming please pass on this information.

Here is a list of the 2008 coaching staff.

Girls

U11G	Erica Destache	National
U11G	Amanda Stinson	American
U12G	Brian Gerondale	National
U12G	Krystiane Brunner	American
U13G	Melissa Hager	National
U13G	Rick Kremer	American
U14G	Eric Wied	National
U15G	Adam Ropson/ Nick Brown	State
U15G	Chris Becker	National
U16G	Chad / Craig Hendricks	National
U17G/18G	Jim Demerath/Katie Norman	National
U18G/19G	Andy James	National

Boys

U11B	Blair Bandow	National
U11B	Tim Sewell	World
U11B	Erik Lofdahl	American
U12B	Jeff Kahr	National
U12B	Jim Nash Jr.	National
U12B	Travis Conradt	World
U13B	Erik Lofdahl	State
U14B	Ron Deprey	American/World
U15B	Jim Nash Sr.	National
U15B	Alex Young	American
U16B	Bill Lanser	National
U17B	Lee Sundling	National
U18B	Dan Fischer	National
U19B	Dennis Miller	National

Couple of items to clear up.....

1. Final coaching payments are ready to be sent out. Coaches net to submit to Darlene Nash (dnash1221@yahoo.com) an expense form. Remember this for is reimbursement for you expense up to your coaching payment. This process is used so that the club does not have to produce 1099's. You must submit and expense form to receive your second payment. Even if you have no expense to claim you must sign and send in a blank expense sheet. You will be responsible for claiming any revenue received. Make sure that expense equal coaches pay. If you are not sure how much you were making, let me know.

2. Each coach is only allowed \$220 in hotel expenses. If you go over that amount, you are responsible for that cost. This was based on team only doing two out of town tournaments. You could do one out of town tournament and spend \$200 on a room or do four out of town tournaments and spend \$50 a night. Remember your coaching fee cover gas and your time.

3. If you have not had your parent meeting....have one soon. Managers should be selected and contact information should be created. If you are having problems getting players let me know. There are several players out there who do not have teams. Special tryouts can be held to help fill spots.

4. All new coaches should submit to me bio's and photos for the web. I will bug you till the end of time if you do not send me information to put on the website. Go to <http://eteamz.active.com/gblightningsc/index.cfm>? and select coaching staff to see if you need to update your bio.

5. All equipment needs (cones, ball, bags and bibs) should be email to me before September 14 I will then place an order for equipment or any apparel you need. Any past coaches should return equipment to the club. Please contact me for arrangements.

6. All indoor and fall practices or tournaments are on your own. Start scheduling your indoor practice times now, as basketball teams will eat up available slots. All coaches should have had meetings with their team. Use email to communicate with your parents after the first of the year.

All for Soccer,
Bob

p.s. Remember will be having two mandatory meeting in January and February. Just like last year the January meeting will cover club issues and the second one will be a coaching clinic facilitated by you. More details later...

Coaching Corner: Goal Setting

Setting goals is one of the most effective ways to motivate an athlete. Goals provide a sense of direction while increasing effort and quality of performance. Teams and endurance athletes alike must choose goals carefully to follow a path towards success. I joined up with Toby Guillette, the endurance sports specialist, to provide a useful guide for setting **S.M.A.R.T.** goals in athletics.

1. **Specific:** These goals are most clearly defined by the five "W" questions: who, what, where, when, why? The answers to these questions will begin to bring your goals into focus.

2. **Measurable:** By establishing a system for measuring progress toward each goal you set, you will increase motivation by experiencing a sense of achievement when reaching the smaller incremental goals along the way. To prevent ambiguity and vagueness, make sure to incorporate an assessable time frame allowing you to carry out those steps and feel successful.

3. **Attainable:** Once goals are identified and specific increments are achieved, the larger goals that used to seem far away begin to grow closer as you grow as a person. It's truly amazing how one begins to figure out ways to make goals become reality. Previously overlooked opportunities manifest themselves and bring you closer to attaining your goals, all the while, new attitudes, abilities, skills and strategies develop to help you to reach them.

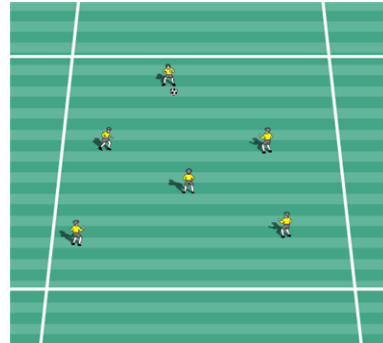
4. **Realistic:** By truly believing that your goal can be accomplished, your target will be realistic. This is something that you and you alone must decide. Be sure to set each goal so it represents ample growth. By following these guidelines, higher goals often prove easier to reach than lower goals, because lower goals produce a lower level of motivational energy.

5. **Timely:** Goals should be set with a starting point, ending point and fixed intervals along the way. This will perpetuate a sense of urgency for you to act as target dates approach. Goals without deadlines tend to fade in importance and fall in rank of priority where less commitment is established.

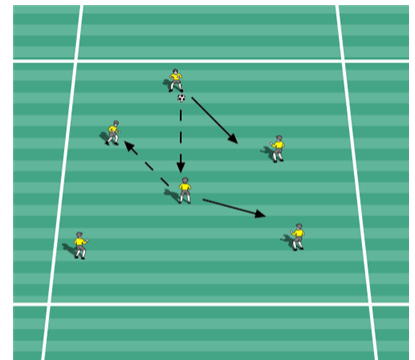
No matter what skill level, goals that follow this outline will facilitate the growth of the athlete. Experiencing incremental progress during the journey toward your dreams and desires provides a steady reward that has the power to maintain motivation--as long as you keep in mind what you want to accomplish and how you plan to get there.

Featured Activity: Today's featured activity works on passing, moving and changing directions.

Start with 6-8 players in a 30 x 30 grid (the numbers of players and size of the grid can vary depending upon what is available etc) with one ball per group.

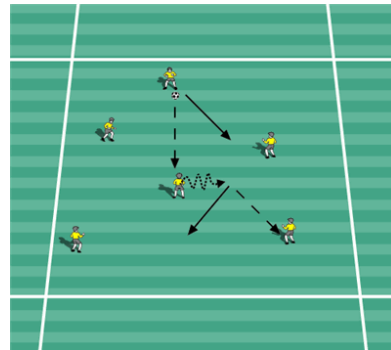


The player with the ball passes to any of the other players in the grid and then sprints 5 yards. Once the 5 yard sprint is done, the player then jogs (all other players are jogging while looking for the next pass).



Once the players get accustomed to this, add a second ball. Next we add a change of direction to the activity. Now the rule is, when a player receives a pass, they must take their first two touches to take the ball in a different direction before passing the ball.

By adding the restriction the player must turn before making their next turn, it adds more movement and touches of the ball. Again, once the players get accustomed to this activity, add a second ball.

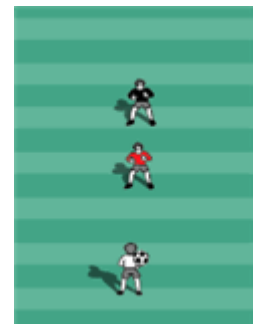


Next you can add the requirement of a move after receiving the pass, or require a juggle and then a roof of the ball before the next pass. Adding these requirements works on different skills and also keeps the activity fresh for the players.

Keeper Activity: Today's newsletter shows how to work on judging high balls under pressure. Start with a server holding a ball and 10 yards away a player stands with a keeper behind this player. The server starts with a ball in their hands.

The server starts by tossing a high ball that will come down right around the players head. The keeper must come from behind, use proper technique and win the ball. There might be some contact in this activity but the keeper concentrates on winning the ball.

Once the keeper gets accustomed to winning the ball in this situation, the player (referred to as the dummy) starts jumping up and down in order to be a distraction. The ball gets served and the keeper goes to win the ball and ignore the dummy.



Next, the dummy starts trying to win the ball so now the keeper has an active battle. Still, the keeper should ignore the dummy and instead concentrate on winning the ball.

Too often, keepers get caught up in a battle with the field players instead of focusing on the ball so by training for this situation; it helps prepare the keepers to deal with this in a real game.