



# Soccer Coaches Newsletter

Volume 3, Issue #2, February 2008

**Coaching Directors Area:** February is close to being over and that means spring soccer is right around the corner. Player fees have been collected

Couple of items:

- ✚ Do you need any equipment like bibs or cones? 2008 equipments requests should be made by February 28, 2008 to me.
- ✚ All coaches should email me a bio and photo for the web. Although I hate to mention other clubs sites check out <http://fcgreenbay.cornerkicksystems.com/page/show/27204>. All their coaches are listed and have a photo. We are just at good, can we not do the same thing? 11 out of 25 coaches have submitted bios. I would hate to have to make up biographical information about you and then post your photo.....maybe one like this.....



I have now booked the annual coaches meeting. The mandatory meeting will take place on March 15 at 2:00 at the Notre Dame High School gym. I plan on have a short meeting and then two training sessions. One session would cover "coaching the flat back four" and the other could be a topic of your choice. Any ideas? I will also need some players to coach....someone want to bring a team? Just let me know. If you can not make the meeting, please let me know.

As you have seen in the news we have some interesting developments on the facility. I will bring you up to date at the meeting.

Thanks again for all you do.

All for soccer,  
Bob

**Coaching Corner:** Today's newsletter deals with learning, forgetting and perseverance. By Lawrence Fine

Too many players respond to adversity by either dwelling on it to the point of allowing the previous negative to effect the future opportunity or, they learn absolutely nothing from the past and keep repeating the same mistakes over and over. However, to be successful, there has to be something in between.

An example of a player who keeps dwelling on a mistake to the point of allowing them to effect future performance would be when a player misses a shot, lets this miss get him down and the next time, in a similar situation, chooses not to shoot for fear of missing again. This fear offsets the fact that by shooting they might score but by not shooting, there is no chance of scoring.

The opposite type of player is the one who doesn't give a mistake a second thought so never learns from their mistake. This player misses a shot and in the exact same situation later on, misses the shot the same way.

The smart player, looks at what they did wrong in the past, figures out how to do it better and learns from the situation. So, if they took shot and missed, rather than getting discouraged and not shooting again, or completely ignoring the miss and repeating the same mistake over and over, the smart player looks at why they missed the shot, learns from it and moves on so that they become a better player.

How often have you seen a player (or team) play really well until one bad thing happens and then everything goes wrong for them. That is a sign of a team that doesn't learn from their mistakes and instead has been conditioned to expect bad to become worse.

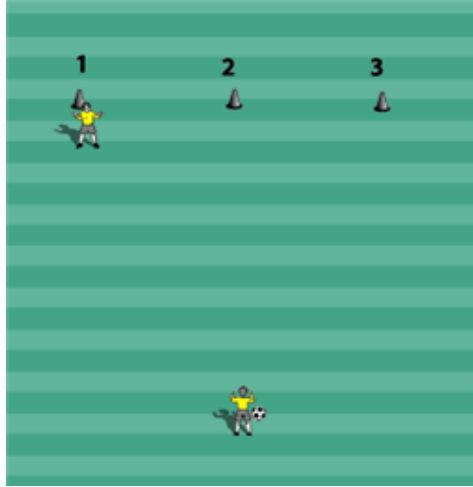
If it takes, on average, 10 shots to score 1 goal, shutting down after missing one shot is a sure sign the team isn't going to score.

As important as this is for all players, it's even more important for keepers. All keepers will get scored upon at some point but it's the top keepers who will learn from the mistake (not that a goal is always a result of a keeper error), improve and prevent this from happening again.

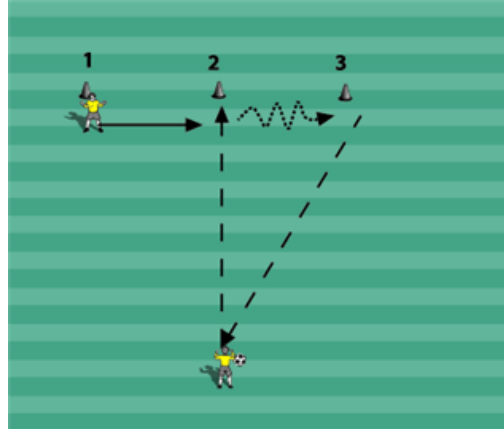
A good rule of thumb is it's ok to make a mistake but it's not ok to keep making the same mistake. Learn from your mistakes, improve and move on and you will grow as a soccer player.

**Featured Activity:** Today's topic deals with passing and keeping the ball moving.

There are three cones in a 10 yard line (the two ends are 10 yards apart and the middle cone is 5 yards from each end). There is a worker starting at cone 1 and a server 10 yards away



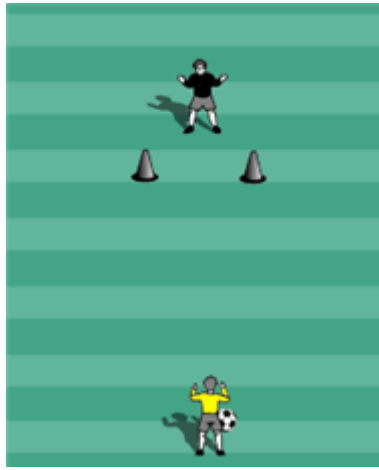
The server passes the ball to cone 2 and the worker must receive the ball on the move and keep it going toward cone 3. When he gets to cone 3, he passes the ball back to the server.



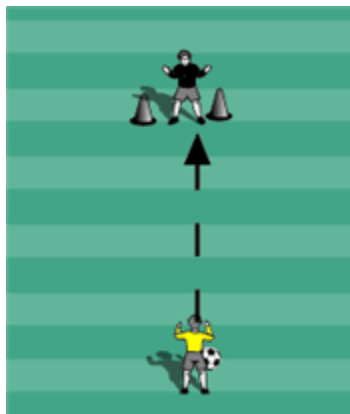
Next the ball is played toward cone 2, the worker has to receive the ball on the move and dribble the ball to cone 1. This is done for a one minute period and then the players would switch roles.

**GoalKeeper Activity:** Today's newsletter discusses training the stance.

One of the most common weaknesses I see in goalkeepers is being too wide in their stance. This imply means when they are setting for the shot, their legs are too far apart which results in their inability to move quickly in any direction. As a general rule, I like to see keepers with a stance so that their feet are approximately shoulders length apart. This will allow them to move in either direction as quickly as possible. If the keepers legs are too close together, the keeper must first step wider and then push off in a direction (as opposed to being able to push off from the stance when the keeper has good width in their stance). If the feet are too far apart, they would have to step inward and the push off to get an explosive step. The way to work on this is to have a keeper start 1-2 yards behind two cones. These two cones should be just slightly wider than shoulders width for the keeper. A server starts with a ball 10 yards on the other side of the cones.



The server takes a step toward the ball and the keeper takes a quick step and a hop so that he is setting with his feet between the cones. The ball is served and the keeper makes the save.



The key to this is for the server to keep an eye on the keeper's feet and make sure he isn't stepping in front of the cones in order to allow his stance to go wider. If the server sees something wrong, he should not serve the ball and instead show the keeper the error.

After doing this a few times, remove the cones but continue the emphasis on proper width in the stance. The server should continue to watch the keeper's feet to make sure the width is correct and if the problem returns, bring back the cones.

This is a good activity to do on a regular basis. It's used both to correct problems but also to reinforce good habits.