



# Soccer Coaches Newsletter

Volume 3, Issue #1, January 2008

**Coaching Directors Area:** I hope the holidays were as good to you and your family. As we begin to turn our focus towards indoor games and practices, I would like to remind you of some current happenings in the club.

Couple of items:

- ✦ All coaches should have their passes and all corresponding paperwork in place prior to the start of the season. If you do not have this done, we will not let you coach. PERIOD! This club abides by the WYSA and we will make sure we continue to follow those rules and regulations. If you are having trouble signing up for a class, let me know.
- ✦ Some coaches have not turned in expense reports for the summer of 2007. Anyone who has not submitted an expense report to me or Darlene Nash ([dnash1221@yahoo.com](mailto:dnash1221@yahoo.com)) by January 31 will have their fee donated to the club. Thanks!
- ✦ You need to have all tournaments picked by the next board meeting (Feb 3). The club will pay for 4 tournaments; one of which is the Green Bay Tournament. You then have freedom to pick any other tournaments. For those of you in state or those that are thinking of playing in the state league or anyone who want good competition, I strongly suggest you consider playing in the state cup. This is a great way to gauge your team against the rest of the state. The tournament format has change so that it operates like any other tournament. Why not win it and say you are the best in the state. For more information go to: <https://ssl.hammerhead.net/Wisconsin/eStateCup/RegForm.asp>
- ✦ Player fees are now due. All players have made \$100 deposit and now the balance \$180 is due.
- ✦ Do you need any equipment like bibs or cones? 2008 equipments requests should be made by February 28, 2008 to me.
- ✦ Referees are in high demand. If you know of any kids that are interested have them contact Cindy Wienkers.
- ✦ The club has earned a free clinic from UWGB coaches and players for our attendance at the UWGB vs Ohio State game. Once a date and time are set I will let you know so that you can bring your team out to participate.
- ✦ Much progress has been made on a facility for GBL. As you know 80 acres of land has been found in the town of New Denmark between RR and 43. Negotiations are being held between the town and GBL. Right now the town does not want us there. If you have any friends or relatives that live in New Denmark, please have them stop be Twin Oak or Wise Guys and sign a petition. The vote is on Monday January 14<sup>th</sup>. I will let you know more details as I get them.

I am also working on a Mandatory coaches meeting in February. The location and time are still up in the air as I am also working with UWGB to host a local coach's clinic. We are trying to get several college coaches to do a 2 hour clinic for the local clubs. As I get more details I will let you know.

All for soccer,  
Bob

**Coaching Corner:** Today's topic deals with technique vs tactics. By Lawrence Fine

Most people agree that until a certain age, the emphasis in training should be on technical training and then once the players have reached a certain maturity (and technical) level, the coaches introduce tactics. As the players get older and better (hopefully better) a greater emphasis is placed on tactics and technique is deemphasized.

The issue that needs to be addressed is whether the tactical emphasis isn't done sometimes to the detriment of the teams' technical ability.

It's my belief there needs to be a fair amount of both technical and tactical training at the older ages. Too often, coaches will do a five minute warm up that might be technical oriented and then the rest of the session is tactical oriented. The problem with this is, unless the tactical part of the session also has a good deal of technical work as well.

While it's easy to refer to an activity as being technical or tactical, the reality is, many activities cover both. For example, working on possession if you are playing a 3 team possession game (two teams on offense and one on defense and when a team loses possession, they go on defense against the other two teams), this activity is considered by many to be a tactical activity (working on proper supporting angles offensively and defensively) but there is also a good amount of technical work (passing and receiving). Since this activity works on both technical and tactical training, does this mean it, and other activities similar to it, are adequate for maintaining technical proficiency?

While certain activities work on both technical as well as tactical activities, the coach must determine what the emphasis of the activity is and if, in the above example of a possession activity, the determination is that the emphasis is on proper support and spacing, the coach can't keep stopping the activity because of technical errors or else the tactical emphasis is lost. In my opinion, this is one of the most common mistakes made by coaches in that they try to address so many things in their activities that if you were to ask the players after the session was over what they worked on, they have no idea.

If you want to work on a tactical issue, make sure the players understand that is the main emphasis. This doesn't mean you have to accept bad technique but always keep in mind what the emphasis is and make sure the players understand what the emphasis is as well.

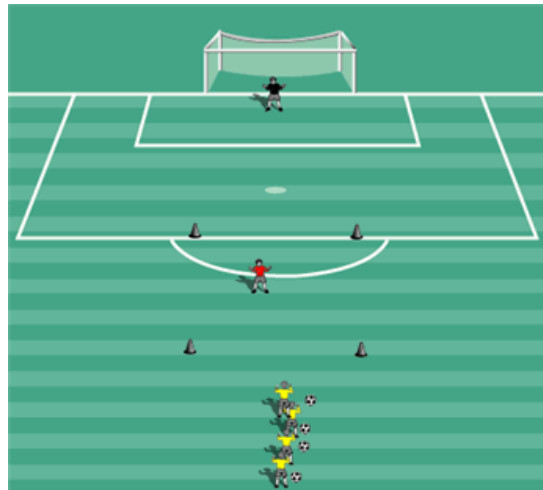
Even if there is a lot of technical work in your tactical activities, I do believe it's essential to do some concentrated technical training at the beginning of every session. The technical training should be related in some way to the tactical training that will follow. For example, if the tactical training will involve pattern work resulting in crossing and finishing, the technical work might start with chipping and receiving and then go to some shooting.

Make sure you do some technical training in every session, know what the emphasis of each activity is and stay on subject during your training and you will see a noticeable improvement in your training and teams.

**Featured Activity:** Today's featured activity works on getting to goal.

This activity would involve between 5-8 field players and one keeper. In the very beginning, it would seem there would be too much waiting in line but you will quickly see the players have to sprint to get back before it's their turn again.

Start with a 10 x 10 area on the top of the 18. One player starts in this area, a keeper is in goal and the rest of the players are in a line 10 yards from the top of the area



The first player in line dribbles at speed into the area and must beat the defender and get a shot hit. They can shoot at any point once they enter the grid so they can shoot past the defender or dribble past the defender and then shoot.

If the player with the ball shoots and scores, they get one point and get the ball and go to the back of the line. If they shoot and the shot is on goal but the keeper makes the save no points are awarded but the shooter gets the ball and goes to the back of the line. If the player shoots but it doesn't go on goal, the defender gets the ball and goes to the back of the line and the player who shot and missed becomes the defender. If the defender prevents the shot (by winning the ball or by slowing the attacker down) the defender wins a point and gets the ball.

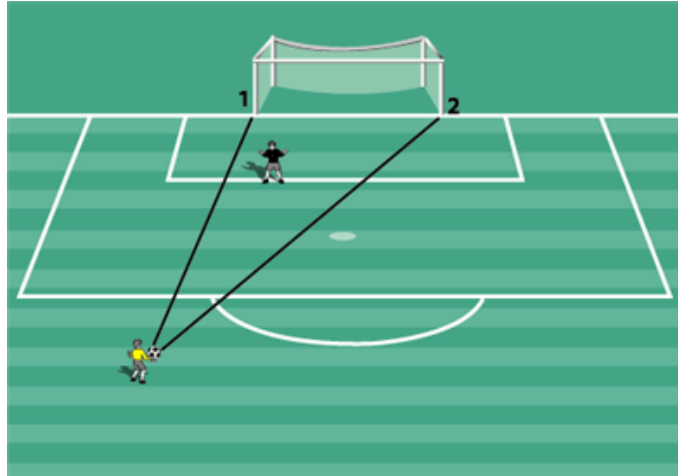
As soon as a shot is hit, the next attacker starts so it's a very fast moving activity. It's best if there is a coach to determine who is the defender and who gets the point because there are no breaks in this game and you don't want the players arguing whether a shot was on goal or not, or whether a point should be awarded or not.

This is a five minute game (or it can last as long as you would like) and the player with the most points wins (realize it is possible for a player to win the game without ever scoring a goal by winning balls defensively).

Make sure the players understand this game is a competition and watch how hard they work to get to goal!

**Goalkeeper Activity:** Today's topic involves giving up goals to the near post.

One of the lessons keepers are taught is to never give up a new post goal. Just to make sure everyone understands the term, in the diagram below, the post with the 1 next to it is the near post and the post with the 2 next to it is the far post



The near post is more difficult to guard simply because it's closer to the ball so you have even less time to react than to a far post shot. For this reason, the keeper is going to be slightly off center in order to protect the near post.

Now, here is the thing to think about. Field players are taught to shoot far post unless they see the keeper out of position regarding the near post. One of the primary reason for field players being taught to shoot far post is if they shoot wide, there is always a chance of someone being able to redirect the ball into the goal but if they shoot near post and the ball goes wide, it almost always goes for a goal kick. If field players are being taught to shoot far post, why is there such an emphasis on the keeper not giving up a near post goal?

I don't mean to imply that it's ok to give up near post goals because as a former keeper and keeper coach, I don't want to give up any goals but is a near post goal really that worse than a far post goal? It seems when a keeper allows a near post goal, the whole team puts their head down as if they are defeated. What makes this near post goal and more damning than a goal scored to the far post? Isn't a goal a goal?

The reality is there are near post shots that a keeper will not be able to save (usually a rebound or one touch shot from inside of 10 yards out) and while a keeper will do everything they can to prevent these, sometimes they are unavoidable and the keeper must not let one near post goal take them out of the rest of the game. Realize it happens (and it actually happens more than you might think if you watch enough high level soccer) and move on. Don't let yourself or your team get down because of one shot or goal.