



# Soccer Coaches Newsletter

Volume 3, Issue #6, June 2008

## Coaching Directors Area:

I wanted to take the time to update you on a couple of things. First of all, thank you for all your hard work.

Secondly, I have just given managers a coach's contract extension sheet. Basically it asks parents to sign a sheet if they would like the current coach to return. If 75% of the parent agree than the coach will be asked to return. If the number is lower I will follow up with parent who did not sign as to why they do not want the coach to return. This feedback is important in maintaining the highest quality coaches possible. If you should receive less than 75% it does not mean the club will not rehire you, I may just move you to another team.

Thirdly, I have put on the web a coach's evaluation form for parents and players to fill out. Once again this is just a way for problems to be addressed early. One negative evaluation does not mean than I will be coming to your practices and games to watch. It is just a way to allow those who want to vent, to vent and for positive comments to make their way to me. All evaluations are confidential.

Lastly, tryouts are just around the corner. Tryouts will be on July 17 & 18. It is important for all coaches to hold two nights of tryouts. All coaches for a respective age group will work together to grade players from 1-54. The top 18 players will go to the national team coach, with the next 18 going to the world coach and the last 18 to the American coach. All coaches will have to agree to this order. There can be exceptions, but I want to hear about them first. For example, if two coach are both in the national division then the will keep their respective players, but everyone else will go back to the pool for reallocation. I have simplified the grading sheet to grade players on the following criteria:

Mentality	Awareness	Communication	Confidence	Athleticism	Technique	Total Score
3	4			4.5	3.5 (3+4/2=3.5)	15

Each player will be graded on a scale of 1-5 (with 5 being the best). Coaches will be able to do any drill they want as long as all coaches in the age group agree. Players must be graded on 4 of the 6 areas. (goalkeeping is extra) The areas to be graded on are up to the coaches. I will be sending out a sheet with specifics for each area. All coaches should agree to the score. For example.....Coach A feels that the technique score for a player in a dribbling exercise would be a 4. Coach B feel the skills are not a strong and gives the player a 3. The score recorded is a 3.5.

So now you can use any drill or exercise that you feel shows the criteria you are looking for. In 4 hours you should be able to pick your players. Then the acceptance or refusal letters can go out that week.

Also....I have a college player, who is willing to work with keepers if you would like. Contact me if they or you would be interested and I will set up a date and time.

Keep up the good work....GBL appreciates all your hard work and dedication.

Bob

p.s. There is no such thing as free soccer gear!

## Coaching Corner: WATER VS. FLUIDS

Most people underestimate the simple act of drinking water. The human body is about 75% water and everyone knows that proper hydration is important to keep your body functioning at it's best. Even more important to remember is that the human brain is around 85% water. The brain gets priority when it comes to hydrating, and if you fail to drink enough water it is the rest of the body that suffers first.

Keeping your body properly hydrated is as crucial as maintaining an engine's oil level. This is especially true for young people, whose bodies are still growing and developing. Engines will run for a while with the oil low, but eventually they break down and stop running. Dehydration is an accumulative process, and health professionals are finding chronic dehydration to be increasingly common. The cure is the simple act of drinking water. Nothing can replace the importance of plain water.

Everyone should be drinking the minimum amount that doctors have long told us we need. We need a total of 8 to 10 eight-ounces of water DAILY to function normally, and when you are using extra energy competing in sports your water intake should

be increased too. It used to be thought that simply drinking when thirsty was sufficient, but modern research is showing that thirst is a symptom of already being dehydrated. Drinking 60-80 ounces of water per day is important maintenance. It is also important to remember that an increased water intake has a tendency to flush sodium from your system, so one electrolyte beverage per day should be part of any hydration regimen.

There are quite a few electrolyte replacement drinks, but these drinks should not be used as a replacement for water. Coaches, parents and adult players teach by example. What kind of example is being set in the hydrating department? Next to dedication and skill, bodies are the most important piece of competitive equipment in the game. Is chronic dehydration a problem for your team?

Are you aware of the signs of chronic dehydration? They include muscle and joint pain, back pain, stress, allergies, and asthma. Do you recognize any of these symptoms? Know your players and watch for signs. Research has even found possible links between chronic dehydration and Alzheimer's disease. It has long been believed that consuming any fluids would keep the body running properly. New studies, however, show that water and only water can do this, so don't under-estimate the importance of establishing a new drinking routine! \*

If you truly want to know how healthy you are, check the color of your urine. Unless you are taking vitamins or some type of medications, your urine should be almost clear. "Clear and copious" is good rule of thumb to follow. You know yourself better than anyone: watching and listening to the signals your body gives is important.

When the weather is hot it is easy to drink water. In the colder months drinking water takes more of an effort, but drinking adequate amounts of water stays just as important. The cooler the weather, the more likely we are to reach for hot drinks like coffee, tea and hot chocolate. Unfortunately those drinks act as diuretics and extra care should be used to avoid dehydration. For every cup of coffee that you drink, you need to drink 3 glasses of water to replace lost fluids. And for every 12-oz beer you drink, you expend 20 oz's of fluid! Do the math and drink the extra water!

To get that team in the best competitive condition start a hydrating program now and see how their performance improves - especially as the weather starts to heat up. If you are not an avid water drinker then most of your players are probably not either. After all, kids copy what they see others doing. So my challenge to all of you coaches out there is to increase your water intake for the next 30 days, to a **minimum** of 8 eight-ounce glasses a day. It is easier than you think! One of the keys is to drink purified or good bottled water. Tap water may have chemical taste, excess chlorine, or other undesirable flavors. Having good pure water is the key to drinking it all the time. At the end of the 30 days, let us know how you feel. Our tests and customer feedback indicate that you'll feel better than you have in years!

It has been 13 years since my own experience with heat exhaustion and my favorite summer beverage is no longer ice tea, but water. I try to drink a minimum of 80 ounces every day and in the summer a gallon plus. My health is great and many of my aches and pains have left, even though I will be 55 this year.

Our company has been teaching the importance of hydration and acclimation since 1992 while providing a full line of personal cooling items. Cooling products can help everyone on a hot day, but nothing can beat being fit and fully hydrated. Our clients include military teams, Fire Fighters, K-9 Teams, The Pacific Coast Strike Team, The City of Henderson Nevada's crossing guards, with classes taught at Fire Rescue West and some Search and Rescue events. Our primary focus is to help prevent all types of heat related problems, while educating people about the importance of drinking WATER.

Hydration and acclimation are important in any season, just like eating well- balanced meals. It is all part of staying fit and staying sharp to enjoy a healthy and safe time during the Soccer Season.

\*See "Your Body's Many Cries For Water" by F. Batmanghelidj, M.D.

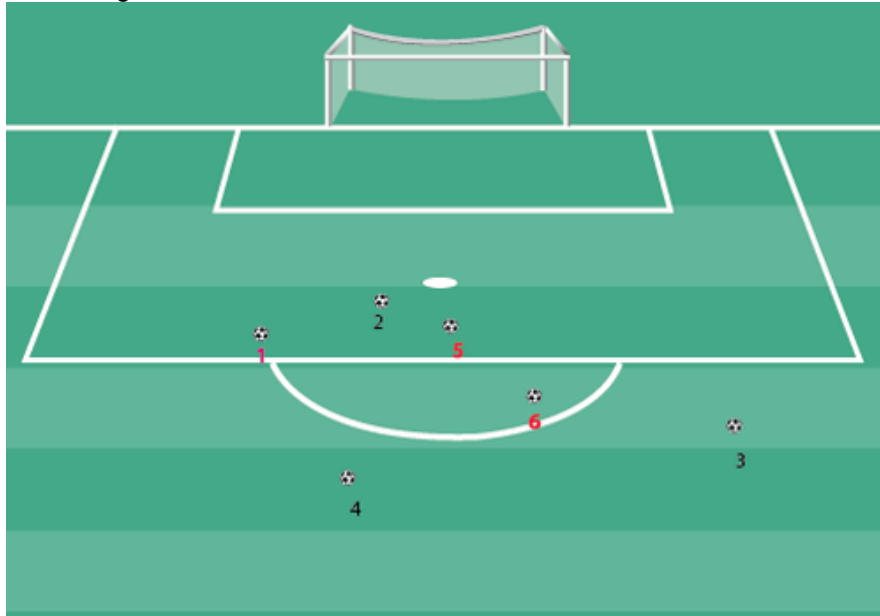
*Based in southern California, Laurie Evans is a hydration consultant who also provides personal cooling products for companies whose employees work in high-heat environments. She can be contacted with hydration questions by calling 1-800-597-0618 or on the web at [www.polar-products.com](http://www.polar-products.com).*

**Featured Activity:** Today's topic deals with tracking shots.

One question I get asked a lot is what type of statistics should coaches use to help them in their coaching. The one statistic people seem to feel is the most obvious is shots or shots on goal.

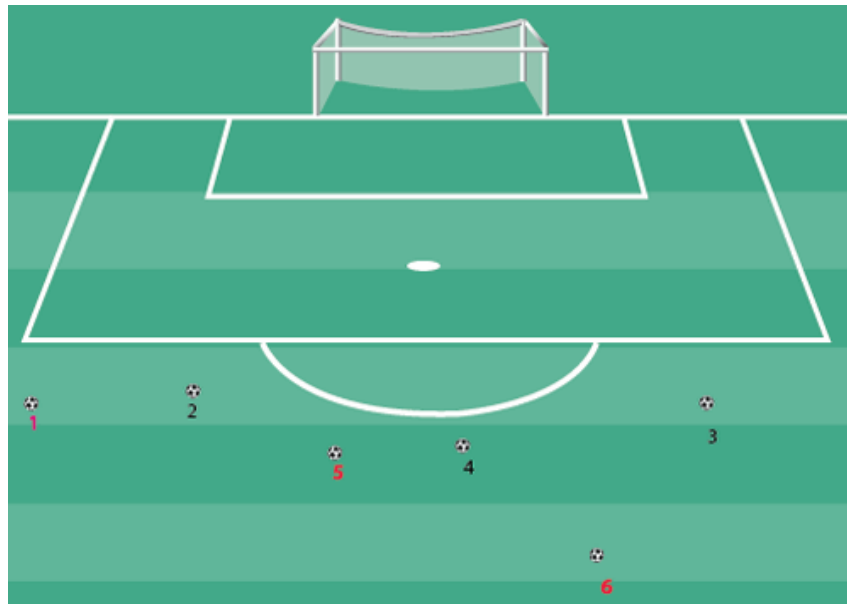
Personally, I have never felt that stat was nearly as important as others do because it doesn't tell me where the shot was hit from (there is a BIG difference between a slow roller from 35 yards out and a volley from 10 yards out). An alternative to tracking the

number of shots or the number of shots on goal is to track where the shots were hit from, in what order and whether they are on goal. To see an example see the diagram below

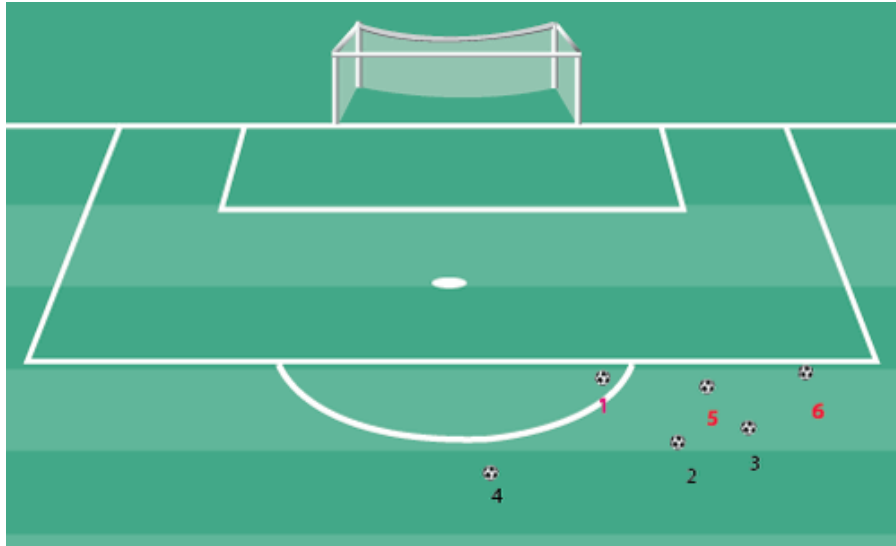


In this diagram, the ball represents a shot, the number represents the order of the shot and if the number is in red, it means the shot was on goal and if the number is black, it means it was not on target. As a coach, this gives a me a great deal more to work then just being told there were 6 shots and 3 were on goal.

If I were to see all of the shots were hit from outside the 18, as shown in the diagram below, it would be a lot different than in they were all hit from inside the 18.



If I were to see all of the shots were hit from one area, as shown in the diagram below, it would be a lot different than if they were spread out. If all of the shots were being hit from the same general area, as a coach, I know there is a problem in that area that needs to be addressed.



Even better, if you can know who is hitting the shot, that provides even more information. The way to do this is have the one diagram show the team shots (in order and color coded) while also having separate sheets for each player showing their shots. This might sound complicated but realize, there just aren't that many shots in a game. As a youth coach, ask a parent to help with this task. As a school coach, have an assistant coach chart this for you.

At halftime of a game, you can take a quick glance at these charts (you would want to chart your teams shots as well as the opponents shots on a different form) and have a real good idea of what is happening in the attacking thirds of the field.

If you know where shots are hit from, whether they are on target, when they are hit (in terms of order) it gives you something to work from. There are other things that would be nice to know such as if the shot was not on target, was it high or was it wide, if it was on target, was it save by the keeper, blocked by a defender etc. However, this will give you a good start while keeping things manageable.

**GoalKeeper Activity:** Today's topic deals with knowing when, and how, to control pace.

Too often, keepers don't understand how much they can control the pace of the game and also how important it can be, in certain situations.

When your team is under a lot of pressure and are pinned back in their defensive third of the field for an extended period of time, if you, as the keeper have a couple of options when you get the ball. The first thing to do is see if the opponent has committed so many players forward that they are now susceptible to a counter attack. This might be done by looking to see if you have a target player up front who is isolated one on one with the last defender. If you see this to be the case, it's worth considering the early long ball. However, even if you see this situation, you have to consider the pace of the game. If, by playing this long ball, it most likely results in loss of possession and the opponent coming right back at you again, the possible reward of the situation, might not be worth the risk of forcing your team to defend again.

The alternative is to slow the play down, let your team get out of the back and then either look to play a long ball or then look for a shorter throw. Even if you slow the game down and then play a long ball which results in a loss of possession, the backs had time to get forward, catch their breath and now they can defend in the middle third of the field as opposed to the back third. How do you, as the keeper, slow the game down. First, you can simply hold the ball for a few seconds. Then, as the players clear out (both your players and the opponents), be willing to put the ball on the ground and dribble forward some. You don't want to take any chances in this situation so don't allow an opponent to get to close but be willing to leave the 18, go 25-30 yards out from your goal and then play from your feet. Before putting the ball on the ground, make sure to look around you to make sure no opponents are lurking around waiting for a mistake.

On the other hand, if you have the opponent on the defensive and they are doing most of the defending, be willing to get the ball back in play quickly so as to keep them on the defensive. An example would be when your team is on the attack, the opponent wins the ball and plays it long and it comes back to you. Don't slow the game down at this time, instead, keep them on the defensive and get the ball back in play quickly.

Knowing when to slow down and when to speed up in an important part of being a keeper. Watch the pros and see how they make the decisions and how they control the tempo.