

# COACHES CORNER



<http://www.eteamz.com/gblightningsc/index.cfm?>  
P.O. Box 1022, Green Bay, Wisconsin, 54305

## Coaching Director Area

By Bob Rickards

I hope this newsletter finds your seasons going well. Although the weather has not been very spring like, summer is quickly approaching. With the end of the season we begin to look towards next year. This leads to my first point. If you plan on coaching next year, please drop me a quick email letting me know what age group you plan to coach. We can then begin to move forward with plans for tryouts.

Tryouts will be the following:

### 2009-2010 State League Tryouts

**U-13 Boys** Monday June 15<sup>th</sup>

Registration 5:30 Tryouts 6-8:00

**U-14 Boys** Wednesday June 17<sup>th</sup>

Registration 5:30 Tryouts 6-8:00

**U-17 Girls** Tuesday June 30<sup>th</sup>

Registration 5:30 Tryouts 6-8:00

**U-15 Boys** Tuesday July 7<sup>th</sup>

Registration 5:30 Tryouts 6-8:00

All tryouts will be at Sullivan School

### 2009-2010 Classic Teams:

#### **Monday, July 13**

Girls-U11, U12, U13, U16

Boys - U11, U12, U13, U16

#### **Tuesday, July 14**

Girls - U13, U14, U15, U17, U18/19

Boys - All age groups

#### **Wednesday, July 15**

Girls - U11, U12, U14, U15, U16

Boys - U14, U15, U17

Held at NEW Lutheran and Wilder

Check in at 5:30, Tryouts from 6-8

We will follow last year format for tryouts. There will be a mandatory meeting for all coaches on July 13<sup>th</sup> prior to the tryouts. We will use the same grading sheet we used last year.

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You are welcome to use any drills you want to evaluate players. We only ask that all players be picked within one week of the first tryout date. Older age groups need only one tryout. All players accepted with receive an electronic communication. Denials will get a written letter. Letters of intent will need to be taken into consideration when doing tryouts. The next email will cover the tryout form.

Coaches' evaluations are now being circulated. Parents and players are encouraged to fill out and evaluation on coaches and assistant coaches.

The club has begun using [Blue Sombero](#) for it online registration. This process should streamline the ease of managing acceptance and payments for players. Coaches can go online and view their team at any time. We will use this for mass email to players and managers.

Everyone should have received their first payment of the season. Remember, second payments will be mailed out after tryouts and after you submit an expense form.

Lastly, the club will be looking for a new coaching director and an assistant coaching director. Please contact a board member if you are interested.

As always, comments, suggestions are always welcome.

All for soccer,

*Bob*

Bob Rickards

Interim Coaching Director - Green Bay Lightning

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Please see *Goalkeeper Article* on page 4

## Coaching Corner

By Martin Thomas, The Football Association

The Technical Department of the Football Association offers this developmental program for goalkeepers which trace a progression for teaching young keepers. This article was first published in the FA magazine Insight in the summer of 1999.

### 8- to 10-year-olds

#### Physical:

- Game-oriented
- Balance
- Coordination

#### Technical:

- Set position
- General handling techniques — thrown service, all heights, small goal
- Distribution: Control and short passing
- Rolling to a teammate
- Volleying from hands

#### Tactical:

- Rotation of positions – everybody plays in each position

#### Conditioning:

- Warm-up, cool down
- Introduction to basic stretching
- Ball familiarity – size 3

#### Psychological:

- Fun and enjoyable.
- Simple progression in techniques – “one step at a time”

### 10- to 12-year-olds

#### Physical:

- Height-weight – measure in January, May, September
- Balance
- Coordination
- Rhythm

#### Technical:

- Set position
- General handling techniques – thrown/kicked service – all heights
- Positional play – introduction to “into and down the line,” small goals
- Basic diving techniques – general principles
- Dealing with crosses – thrown services
- Distribution
- Control and short passing – both feet
- Rolling/over arm throws to teammates
- Volleying from hands/short goal kicks
- 1 v. 1 Principles

#### Tactical:

- The role of the goalkeeper – basic technical principles
- Discussion

#### Conditioning:

- Warm-ups/cool downs
- The importance of stretching
- Ball familiarity – size 4
- Flexibility and mobility

#### Psychological:

- Simple progression in techniques – set standards
- Theoretical, group work – What qualities does a goalkeeper need?

### 12- to 14-year-olds

#### Physical:

- Height/weight – measure in January, April, July, October
- Footwork: balance/coordination/rhythm/tempo, all directions
- Speed – 15 meters maximum

#### Technical:

- Set position/general handling techniques, all heights
- Shot stopping – decision making, techniques of catching/deflecting
- Narrowing the angle – into line and down the line, full size goal
- Diving techniques – collapsing save/step and save/step, power and save
- Basic practices to improve reactions
- Dealing with crosses – chipped serve, unopposed, catching/punching
- Distribution
- Dealing with the back pass
- Importance of support/availability
- Control and increased range of passing, both feet
- All techniques of throwing – roll/javelin/over arm
- Goal kicks/volleying/introduction to half volleying
- 1 v. 1
- “Quality, not quantity”

#### Tactical:

- Distances of support
- Communication
- Terminology
- Game-related situations – small-sided games – decision-making

#### Conditioning:

- Warm-ups/cool-downs
- Goalkeeping-related stretching
- Flexibility
- Mobility exercises

#### Psychological:

- Motivational/technical videos
- Talks – 15 minutes maximum
- The full-size goal – dealing with the problems that will arise
- Match and training preparation
- Growth and development: diet and nutrition:
- Lifestyle
- Dealing with assessment
- Selection/trialists
- Dealing with praise/criticism

### 14- to 16-year-olds

#### Physical:

- Height/weight – measure in January, March, May, July, September, November
- Body fat
- Balance/coordination/rhythm/tempo
- All directions speed – 20 meters maximum

#### Technical:

- Footwork/set position/general handling techniques
- All diving techniques – collapse/step and save/step power and save
- Narrowing the angle – triangle theory
- Shot stopping/catch or deflect/recovery saves
- Intermediate practices to improve reactions
- Dealing with crosses

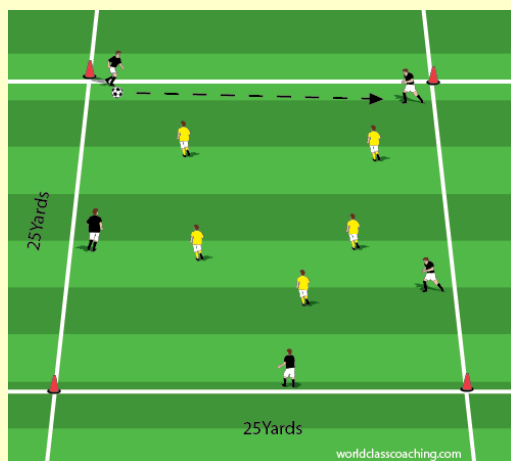
## Featured Activity:

### Warm Ups

The 10 field players perform the warm-up routine with the fitness coach in one half of the pitch. The keeper warms up separately with the other keeper and the goalkeeper coach. The reserve players just pass the ball to each other in a circle.

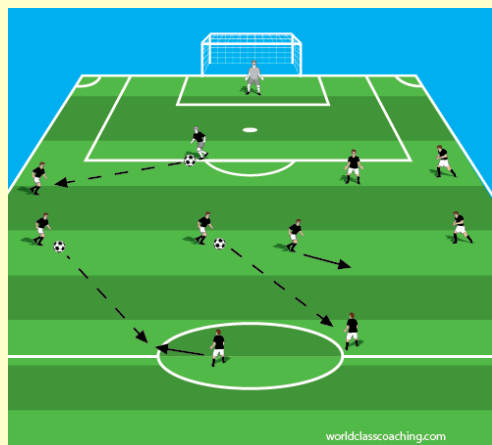
Outfield players move freely without balls for two minutes. They then do individual dynamic movements, sprints and static stretches for the next seven minutes.

This phase of the warm-up ends with a 5 v 5 possession game in a 25 x 25- yard coned grid. This is played three times for a minute and a half with a 30 seconds rest in between each game.



### Pattern Play

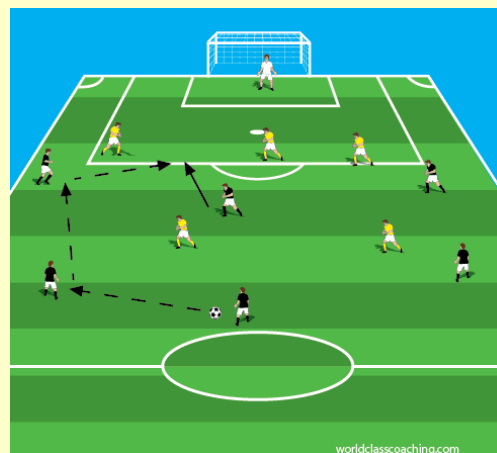
The starting players then take up their positions on one half of the field and begin passing and moving with three balls in play simultaneously. The players move and support each other the way they will during the match.



### Phase of Play 6 v 5

The dark team is attacking the goal. The white defending team tries to keep possession when they win the ball. When the ball goes out of play another ball is passed to a central player.

The warm-up ends with the players performing some static stretching exercises followed by five 10-yard sprints. There is five seconds of fast footwork before each sprint.



## Women's Professional Soccer

WPS is halfway through its inaugural season and already more than 125,000 fans have come to see the world's premier soccer league for women right in your backyard. Don't miss your chance to catch a piece of history from the first season by taking your team to a match. June is the month to celebrate the 10<sup>th</sup> anniversary of the 1999 FIFA Women's World Cup. The WPS regular season winds down in July. Visit [www.womensprosoccer.com](http://www.womensprosoccer.com) for more information.

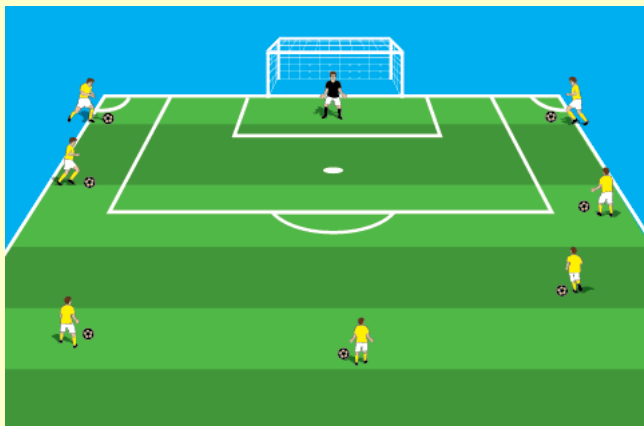
Plus, check out the league's new user-generated video wall at [www.SeeExtraordinary.com](http://www.SeeExtraordinary.com) - the home for soccer videos featuring amazing goals, crazy tricks and memorable moments from the backyard to the pitch. Filled with extraordinary clips from around the world, SeeExtraordinary.com lets you watch and rate videos, upload extraordinary moments from your own players and share posts with your teams. Visit [www.SeeExtraordinary.com](http://www.SeeExtraordinary.com) today and show us *your* extraordinary.

*"One who fears failure limits his activities. Failure is only the opportunity to more intelligently begin again."*  
- Henry Ford

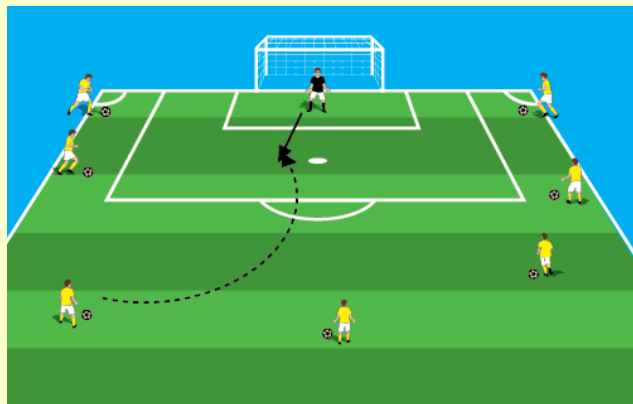
## Goalkeeping Area:

**Today's topic deals with punching flighted balls.**

Keepers will frequently work on catching lofted balls by having balls served in from distance. As an example, you could have server start 25-40 yards from goal with balls, spread out in a semi circle.

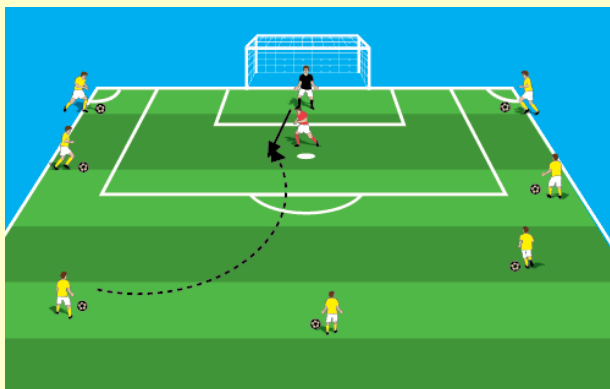


A server plays a ball in the air and the keeper comes out and catches it.



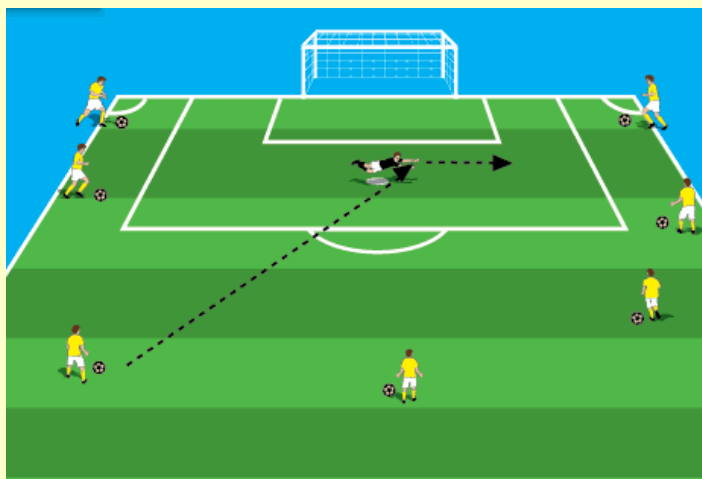
Typically, these servers play high lofted balls and the primary challenge is by extending the range.

The next step in this process would be to add an opponent in the box.



However, the aspect that is rarely addressed is the low driven ball that the keeper probably can't catch but has to get to and make some type of contact with. In most cases, the keeper will have to dive (in this case, it's more a matter of throwing their body in that direction as frequently there are opponents and teammates in the way) and punch the ball away from danger.

To work on this, the balls would be driven hard, on a direct line, toward a point where the keeper will really be challenged to get to the ball. An example can be seen below. The keeper will have to dive, make contact and then get back up quickly.



Having the ball driven in from different angles and to different locations will allow the keeper to work on judging what is within his range. This is something that needs to be done regularly but too often because it takes a toll on a keepers body.

It takes timing, practice and courage to be able to successfully get to the balls and make contact. It's important that the servers start with easy balls and gradually make them more difficult.

### Aurora BayCare Sports Medicine's "Feel the Speed Soccer Clinic"

Learn how to increase your speed with the soccer ball through Mike Antoniadis' soccer-specific speed training techniques. He will also show how our Athletic Republic trainers at Aurora BayCare Sports Medicine can implement his training techniques into our performance enhancement program.

If your team of 8 or more is interested in signing up please contact me directly at 288-5477 or send me an e-mail, otherwise click on the link below for registration.

We will also be holding a special presentation by Mike Antoniadis on Wednesday, June 24th from 6pm to 8pm at Aurora BayCare Orthopedic and Sports Medicine Facility. It is open to coaches, players, parents and managers. Mike will present on how to train the soccer athlete for long-term development, starting as early as age 8 up to the professional level. This presentation is free, so register today to reserve your spot. Space is limited.

For more information: [Click here](#)

*Coaching Corner* from page 2

- Served from all areas, opposed
- Working within the defensive unit
  - Functional/small-sided
  - Game/phase of play
  - Distribution
  - Dealing with the back pass
  - Angles and distance of support
  - Communication/control – first touch/both feet
  - Position of teammates/selection/best option
  - Quality of pass/readjustment of position
  - Variation of pass
  - Goal kicks/volleys/half volleys/side volleys
  - Improved range/variation in throwing techniques
  - Seminar work, videos, training/matches, feedback

*Tactical:*

- Key issues in distances of support – attacking/midfield/defensive thirds
- Communication – instructional
- Game-related situations – small-sided games/phases of play, 11 v. 11
- Organization – defending set play, corners and free kicks

*Conditioning:*

- Stretching, flexibility, mobility and strengthening exercises
- Introduction to agility exercises – low intensity/low reps
- Introduction to basic plyometrics, theory

*Psychological:*

- Motivational talks/videos – 15 minutes maximum
- Group discussions/presentations
- Training/match preparation
- Lifestyle/discipline
- Living away from home
- Dealing with competition: trialists/influx of foreign goalkeepers
- Physical confrontation
- Dealing with pressure – internal/external
- Dealing with failure

**16- to 21-year-olds***Physical:*

- Height/weight – weekly
- Body fat – monthly
- Balance/coordination/rhythm/tempo
- Speed – 20 meters maximum

*Technical:*

- Footwork/set position/general handling techniques
- All diving techniques – collapse/step/step and save/step, power and save
- Narrowing the angle – triangle theory
- Shot stopping/catch or deflect/recovery saves
- Advanced reaction practices
- Dealing with crosses
  - Opposed
- Working within defensive unit
  - Functional/small-sided games/phases of play
  - Distribution
  - Dealing with the back pass
  - Angles and distance of support
  - Communication/control-first

## CAMPS

Stan Anderson (Associate Head Coach for the Marquette Men's Soccer Team) founded **Camp Shutout** twenty one years ago. This summer, well over one hundred keepers from around the nation will gather at the Marquette University campus in late July for another intense week of great keeper training . . . [www.campshutout.com](http://www.campshutout.com)

**The Finishing & Goalkeeper** – This camp offers all soccer players a unique opportunity to either advance their finishing or goalkeeping skills in a rigorous but compact schedule. These specific skills require intensive practice. For more information on this camp and others go to <http://www.titans.uwosh.edu/SportsCamps/>

Concordia Wisconsin – This outstanding soccer experience provides an opportunity for players to work individually on their soccer skills as well as collectively on their tactical awareness. During the camp, each aspect of the game of soccer is incorporated into competitive and enjoyable activities. Visit the Soccer Academy web-site at [www.cuw.edu/go/cuwsa](http://www.cuw.edu/go/cuwsa)

NDA Tritons Soccer Camp –July 20–23 from 9–12. For Boys and Girls entering grades 4–9. Campers will work on basic soccer skills including, kick, passing and trapping. For more information, go to [www.tritonsoccer.com/camps.htm](http://www.tritonsoccer.com/camps.htm).



### *Coaches Meeting:*

Monday July 13th, 2009 5:00pm in the NEW Lutheran parking lot. Just a quick five minute meeting.