

# COACHES CORNER



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

## Coaching Director Area

By Bob Rickards

Coaches,  
Hope this newsletter finds you enjoying the nice summer like weather in September. Soon the weather will change and we will begin to look towards indoor practices. Start now setting up your location as sites will quickly fill up.

Contracts will be going out soon. I have them printed and approved; I just need to get them in the mail.

I have new coaches' shirts for anyone who would like one. They are of course maroon with white and have Green Bay Lightning on them.

Remember, expense sheets are due by October 31. Anyone not submitting a sheet will not get reimbursed. Final payments should have been mailed last week. If you submitted a form but have not received a check, please let me know.

Any coaches interested in helping out with the clinic should contact me. We will be running the clinic from September 13<sup>th</sup> – October 18<sup>th</sup>, running in both Green Bay and Luxemburg. The club will pay coaches \$15 and hour for any time worked. We do not need you to commit to every session. In fact we are limiting the number to 40 kids. I would just like you to commit to three weeks. The format will be 45 minute of instruction and 45 of games. If you are interested let me know. The following coaches have already committed.

Blair Bandow  
Erica Barth  
Jacob Depas  
Brian Gerondale  
Rick Gillaume  
Erik Lofdahl  
Katie Manders

### INSIDE THIS ISSUE

Coaching Director Area	1
Coaching Corner	2
Featured Activity - Triangle Game	3
Keeping Possession	3
Heading Skills	3
Goalkeeper Activity	4
Referee Notes	4

Mike Le Mere  
Brad Nycz  
Bob Rickards  
Tim Sewell

The format will be the following:

WEEK 1	Basic Foot Work
WEEK 2	Progressive Dribbling
WEEK 3	Technical Passing
WEEK 4	Passing and Receiving
WEEK 5	Field Awareness
WEEK 6	Putting it all Together

A winter session will be offered at St. Mary gym for those who really need a coaching fix. I will always welcome the help.

As always, comments, suggestions are always welcome.

All for soccer,  
*Bob*  
Bob Rickards  
Interim Coaching Director  
Green Bay Lightning  
Bob.rickards@snc.edu  
920-336-8898  
920-619-4061



## Coaching Corner

# FIVE LESSONS for developing a good environment for youth players.

By Kyle Lubrano  
Girls 12 Premier team in Maryland

Two years ago I went from coaching collegiate soccer to working with three youth soccer teams. Can you say "change!?" Creating a good environment for a college team is not the easiest task by any stretch of the imagination, but it is a little easier to create a family environment at that level than it is with a youth team. This might be because although a collegiate player's family is marginally involved in the program, it is generally just the players, coaches and support staff that need to be part of your "family" With youth soccer teams, you need to create an environment that is good for the players, coaches and parents, who are involved on a consistent basis. A youth coach cannot take the stance, "I do not deal with parents of players." So where does that leave a youth coach? A coach must find a way to create a working relationship with the parents and the players and get them to "buy in" to the goals you are working toward.

### Lesson No.1

#### **The apple does not fall far from the tree.**

Generally, the parents that are going to give you a hard time are those of players who often are the least effective and most unfocused players. Those that work the hardest, are committed and will support you and your efforts are going to have parents who will do the same. If you find a hardworking, talented and loyal player, encourage them to continue their efforts and help them discover their leadership abilities. The players that consistently bring down the level of play because of their inability or attitude? Encourage them to find another place to play. They will not help you achieve your team goals and are generally not team players. Often times, their parents are a cause of concern and develop issues over a non-issue.

### Lesson No.2

#### **Teach them the game, and then worry about your win-loss record.**

I have seen too many teams in league and tournament play that have one big, fast and strong player up front that can go 1 v. 1 with my central defender, muscle through and score a goal. The coach is happy with the result of a 1-0 win, but the referee approaches my bench after the game to say, "Your team is awesome." I love to win and am committed to doing all the things correctly to produce results, but receiving that referee's comment is more of an accomplishment than a 1-0 win in which only one player really had much to do with the win.

I train my team in an environment that is tough and grueling, where they learn to play the game of soccer technically; tactically and physically. They train as a team probably three or four years older than they actually are, and it has helped them become soccer players. That is more important to me than winning. I am committed to keeping the integrity of the game and am positive that in two or three years, my team will be beating teams that once beat us with one player.

At some point, size becomes less of a factor (we are a small team) and tactical understanding and technical ability play a larger role in a team's results. Any coach can take one player and teach them to score goals, but can they teach a team to create a system to defend and score goals?

### Lesson No.3

#### **Give them opportunities to see role models.**

I coach a girl's team. I am a firm believer in my players seeing other female players playing at higher levels or coming in to help me coach occasionally I want them to know they can keep playing beyond club, high school and college or coach after they are done playing. We often seek opportunities to be ball girls for a local college team. The players get to be on the sideline with the college players, see the game up close and observe the level of intensity necessary on that level. For example, if a team is down 1-0 with five minutes left, they are going to holler at my player when the ball goes out of bounds and they need it to get it back in play to try and score. It has sparked even more interest with my team and they always are interested in watching a college or professional game.

### Lesson No.4

#### **Create a family, and give them lime together.**

Chemistry is huge factor in the women's game. I have often had parents approach me and say that at first they did not understand why I chose Player A over Player B, but after seeing how all of the players work together and how well they play and socialize together, they now understand my mentality. The women's game is very different than the men's game. Women and girls need to feel socially accepted in order to perform at their best, so having a group that will get along with one another and you, the coach, is imperative to creating a good environment.

And although it is nearly impossible to get all the parents to "get along," if you stick to Lesson No.1 you will have parents that all want the best for their children and will work with you and each other to create the best environment possible. Most of these types of parents are either established professionals or played competitive sports and really just want good opportunities for their children. I have heard too many stories of a coach being fired for not winning or just not performing to the parents' standards. I have to wonder if it is the coach or if it was the group of parents. The way I approach it is that there are a lot of talented players out there; if they have parents that are going to give you a hard time about everything, there's another just-as talented player with great parents. Often "addition by subtraction" is a good rule of thumb.

### Lesson No. 5

#### **Soccer, at the highest level, is still just a game and should always be fun.**

I have had some tough conversations with parents and directors of coaching, and have often thought to myself "Is this worth it?" Then I get to be on the practice field with just my 13 players with no stress and it is fun. It is necessary to have those tough and uncomfortable situations to get your team or program to where you want to go, but everything always works out and you will have fun. The game itself is fun to play; to coach and to watch. Too often, we get wrapped up in the politics and drama. It is imperative to put out the fires immediately and get back to the fun of it all. ®

**Get more involved with your Club!  
Help with the Academy!**

## Featured Activity: Triangle Game

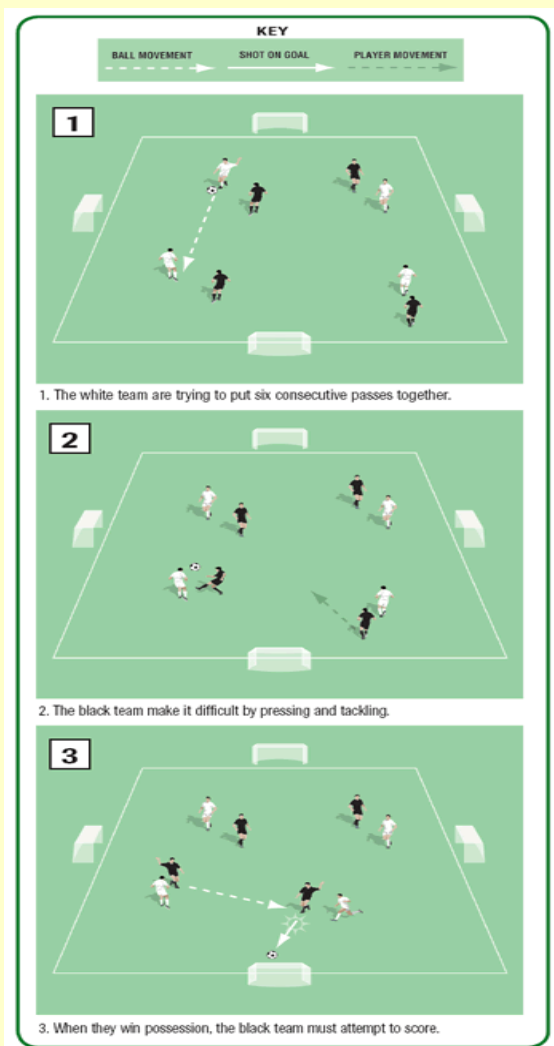
### One team possession, one team scores

By Michael Beale

Keeping possession of the ball and scoring goals are two of the main ingredients in a soccer match. So why not practice the two things together?

I have a great small-sided game that gets your players concentrating on what they have to do and having fun with it. You will find training session team eaten up by the intensity of the game.

It's a fast game and a tiring one. Set up a 30 yard x 20 yard pitch with a small goal on each of the four sides. You can use cones to make it quicker to set up or if you don't have any small goals.



Using two teams of four player's one team must keep possession while the other needs to win the ball and score a goal.

This is how you play the game:

1. The team passing has to make 6 passes to score a 'goal', the defending team get a goal for each time they shoot into the mini target goals.
2. The roles are reversed each time the defending team win the ball, and shoot into the target goals.
3. The teams work for a set time period at each role (3 minutes possession, 3 minutes defending).

## Keeping possession needs a variety of passes

By David Clarke

When you are coaching possession games your players should be using a variety of passes to keep the opposition team guessing about where the ball will be going next.

Passing into to space means the ball can go forwards or backwards, wherever there is less danger of losing the ball - it doesn't always need to go forwards when you're keeping possession.

Long passes are also a good thing for a player to be able to do, as they can relieve the pressure on a team by switching play to a player on the other side of the pitch who is in space.

And the short pass, quick one-twos. Variety is the key to good possession and to stop your passes being read by the opposition.

## Heading skills start with technique

By David Clarke

It's an important attribute for a striker to have, the ability to jump above the opposition and get their head on the ball. When your players head a ball, if they can jump with the right technique, they are likely to get above most defenders in youth matches. Young players often are not spending enough time at training practicing getting themselves off the floor and their heads on the ball. A header is a very effective way of scoring at all levels of the game but especially youth matches where players shy away from heading.

Coaches need to spend time on the technique and the movement to get into position to attack the ball using the head. Time spent in training will be repaid over and over again in matches.

## Goalkeeping Area:

**Today's topic – deals with creating some space for yourself on corner kicks -By Lawrence Fine**

One of the things opponents will frequently do to make the keeper's job more difficult is to put a player right on the keeper. By doing this, the player tries to get to the ball before the keeper as well as simply to get in the keepers way. Realistically, their primary function is to get in the keepers way. Below, you can see an example of an opposing player trying to get in the way of the keeper.

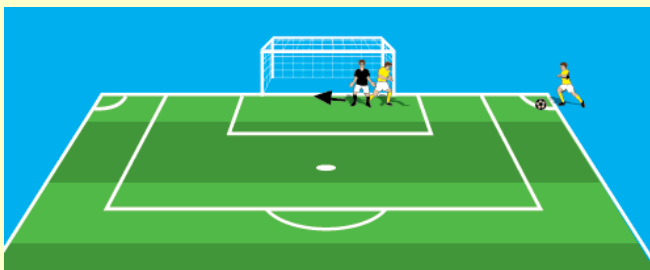


The most important thing for the keeper to do is to not allow the opponent to become a distraction. Too often, keepers get into pushing battles with the opponent, in this situation and nothing good can ever come from it.

One way to get rid of this player is for the keeper to start up close to the near post. The opponent will line up beside or in front of the keeper.



Just before the ball is played, the keeper would then retreat into their regular starting position.



Time correctly, this will give the keeper the space he needs to make the play. If the opponent tries to run with the keeper to block him, he will almost always get called for obstruction.

You would only resort to this type of a technique when the opponent is creating a great deal of problems because when you do have to resort to this type of movement it usually means the opponent is getting the better of you. However, if the alternative is to not make the play, it's well worth it.

## Additional Keeper Info

Today's topic deals with the eyes.

When I start working with keepers, one of the first questions I'll ask them is "what is the most important part of the body to catch a ball or to make a save?" Almost every keeper answers with "the hands" or "the arms" or something similar.

Rather than telling them that there is another part of the body even more important, I ask them to close their eyes and then tell them I'm going to throw the ball and I want them to make the save. Real quickly, they change their answer to 'the eyes'.

If you don't see the ball, you won't make the save (every once in awhile, you might get lucky and have the ball hit you and bounce away but other than that, nothing positive will come from things.

Even if your eyes are open, if you don't watch the ball all the way into your hands, you won't hold onto the ball.

Whenever I see keepers struggling with catching my first thought is to check out their eyes.

Too often, on low balls, keepers will raise their head to see oncoming players and in doing so, they lose sight of the ball. On lofted balls, they start to look around to see if they might get hit and as result, they lose sight of the ball and drop it.

If anything, exaggerate the eyes. Stare at the ball all the way into your hands and keep staring for an extra second. On low balls, keep your head down a moment longer.

Many keepers don't watch the ball long enough. I have yet to see the keeper who watches it too long. Really concentrate on keeping your eyes on the ball and you will find you make a lot more saves and catch a lot more balls.

Many keepers don't watch the ball long enough. I have yet to see the keeper who watches it too long. Really concentrate on keeping your eyes on the ball and you will find you make a lot more saves and catch a lot more balls.

## A note from the Referee Coordinator

### Substitution Procedures in Wisconsin - 2009

Posted: 8/1/2009

Substitution Rule Change – Effective August 1st, 2009 The WYSA Board of Directors at its June 2009 meeting modified the "at any stoppage" substitution rule enacted for the 2008-2009 soccer season. The change in the substitution rule pertains to all leagues and tournaments, with the exception of the WYSA State Championship Tournament. The modification to the substitution rule reads as following: Substitutions may be made prior to a throw-in in favor of your team, prior to a goal kick by either team, following a goal by either team, following an injury to a player from either team or at half time. Substitutions may also be made for your team on the opposing team's throw-in if the opposing team also has a player at the half-way line. This rule is effective for the 2009-2010 soccer season beginning August 1st, 2009.

### ADVICE TO REFEREE ON THE LAWS OF THE GAME

#### 3.5 PREVENTING DELAY DURING SUBSTITUTION

Referees should prevent unnecessary delays due to the substitution process. One source of delay is a request for a substitution that occurs just as a player starts to put the ball back into play. This often (incorrectly) results in the restart being called back and retaken. Another common source of delay is a substitute who is not prepared to take the field when the request to substitute is made. In each case, the referee should order play to be restarted despite the request and inform the coach that the substitution can be made at the next opportunity. The referee shall not prevent a team from restarting play if the substitute had not reported to the appropriate official before play stopped.