

# COACHES CORNER



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P.O. Box 1022, Green Bay, Wisconsin, 54305

## Coaching Director Area

By Bob Rickards

Coaches,

Hope this newsletter find you in good spirits and that the excitement of the spring season is upon you.

If you need a coaching shirt or and soccer equipment, please let me know and I will try to get them to you.

The work on the complex is moving forward. On March 17<sup>th</sup> the Bellevue board will vote whether to accept the project or reject it. If you live in Bellevue, we would love your support. Hopefully this will be approved and then we will begin moving forward on the fundraising.

When I first became coaching director I notified the club directors that I only wanted to do this for a limited time as I wanted to get back to coaching. I also believe that coaches need different leadership not and then to keep things fresh. In preparation of that day, I proposed to the board an assistant coaching director position to assist with evaluation, practices and overall club direction. Several individuals applied and I am happy to announce that I went with two candidates. As of February 1 Mike Bootz and Tim Sewell joined me as assistant coaching directors. We have several exciting project planned to help making you coaching experience even better. Don't be surprised if one of us shows up a practice or game. With a complex on the horizon this club is poised for huge leap forward and we need to be prepared both as a volunteer organization and as paid coaches.

Both Mike and Tim have submitted article for this month's newsletter. Tim chooses to talk about [Sports Nutrition Basics: Children Have Special Nutritional Needs](#) while Mike will cover this

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month's featured activity with the [Ole' game](#). I am sure you will not find two more passionate individuals with different yet similar styles.

I will soon be setting dates for this summer Green Bay Lightning Soccer Academy and will be looking for help. If you are interested in helping with this clinic let me know. This is a great way to prepare kids for GBL and put a little cash in your pocket.

Lastly, I am sure each and every one of you is looking forward to this year coach's clinic. A date has been set for March 20. The clinic will from 2 - 3:30 in the gym at Notre Dame Academy. We plan on 30 minutes of information and 1 hour of clinical demonstration.

**Every coach must attend!!**

Come prepared to participate in the drills.

As always, comments, suggestions are always welcome.

All for soccer,  
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## Coaching Corner

### ***Sports Nutrition Basics: Children Have Special Nutritional Needs***

By Suzanne Nelson, Sc.D., RD

Whether it's training for a soccer game or playing a backyard game of catch, children's athletic performance, development, and growth depend largely on eating the right foods.

Unfortunately, most children (and adults) forget just how important nutrition is to good health and athletic performance. Many children, especially in the years before puberty, have poor eating habits (skipping breakfast, eating the same foods day after day, consuming too many energy drinks). As a result, their diets are missing nutrients and their growth and athletic performance may be impaired.

It is important to recognize that children are not miniature adults; they have special nutritional needs. It is especially important to meet their nutritional needs as they enter puberty, when they experience rapid growth as they undergo hormonal changes marking the beginning of adolescence.

### **Nutrition Guidelines**

The most appropriate diet for the youth athlete is one that:

- Is **high** in nutrient-dense complex carbohydrates
- Contains **moderate** amounts of protein, salt, sugars, and sodium
- Is **low** in fat, saturated fat, and cholesterol; and
- Provides **sufficient calories**

Such a diet can be achieved by planning intake to include a variety of foods from each of the five major food groups in the U.S. Department of Agriculture's (USDA) Food Guidance System. Especially for children, the pyramid serves as a visual guide for choosing foods and planning healthful meals.

There are **three key principles** for a high-performance diet:

**Variety.** Because no single food or supplement contains all the nutrients your child needs for optimum health, growth and performance, eating foods from each of the five food groups daily, as well as different foods from within each group, is essential.

**Moderation.** Your child should not eat too little or too much of any one food or nutrient.

**Balance.** Calorie intake and energy expenditure should be balanced to maintain a healthy weight and body composition. Balance ordinarily results from practicing moderation and variety, and requires that your child consume appropriate amounts of essential nutrients.



### **More Nutritional Tips**

- **Occasional sweets okay.** You don't have to eliminate foods that get most of their calories from fat or sugars (see top of pyramid), but your child should only consume such foods occasionally, in addition to, not in place of, other nutrient-dense foods from the food groups lower down on the pyramid.
- **Nutritional supplements a bad idea.** In general, if your child eats the number of servings recommended in the Food Guidance System,

she will get the vitamins and minerals, and the calories she requires.

- **No skipping meals.** Find out about your child's eating habits. Encourage your child to distribute calories throughout the day at regular mealtimes and snacks. This will ensure you're your child has readily available sources of energy to support growth and training activity. Energy drinks should not be seen as a meal substitute.
- **Get expert help if needed.** If you ever become concerned about whether your child's diet is adequate, seek nutritional counseling. A registered dietician can help identify any nutritional problems that may be hindering your child's performance.

### **Improving your child's diet**

To improve your child's diet:



- Buy more healthy foods
- Make your child's favorite foods more nutritionally dense or substitute similar foods that are, such as by:
  - Serving fortified cereals instead of sugary ones
  - Offering peanut butter cookies instead of chocolate cream cookies
  - Substituting fruit-flavored frozen yogurt for dessert instead of ice cream
  - Make gradual changes in diet while encouraging your child to eat more nutrient dense food.
  - Provide nutritious snacks and fluids for before and after practice and competitions, so your child does not have to rely on vending machines filled with sugary or high-fat snacks, energy drinks, and soft drinks.
  - Model healthy eating. If you set a good example for your child by exercising and eating a healthy, well-balanced diet, your child is more likely to "eat to compete" and grow into a healthy adult.

Variety and balance in the family menu will underscore the importance of eating different foods to provide the range of nutrients needed for growth and development. Ideally, this is achieved by regularly scheduled meals at home plus nutritious snacks.

Providing nutritious meals around hectic practice schedules and away from home is a particular challenge. Workouts may disrupt your child's meal schedule, resulting in a greater reliance on convenient fast food or the child eating alone at home before or after the family eats. As a result, it is very important to help your child make nutritious choices *wherever he eats*, whether it is at a fast food, family-style or ethnic restaurant, a grocery or convenience store, or on an airplane, or while competing in a foreign country.

Parents should educate children about basic facts about the different food groups and how different foods help or hurt athletic performance. Attempts to teach children nutritional concepts and information should take into account their age and developmental level (for example, by explaining to a 7 year old that foods containing carbohydrates, like bread and pasta, provide energy for their muscles, and that dairy foods like milk help build strong bones).

## Featured Activity: Ole! Game

A fun progressive game played to unwind players after a strenuous practice or a perfect closer to a technical dribbling session.

### Rules:

Inside the coned space 10+ players each have a ball while two designated players are the bulls (the taggers, "they are it"). The remaining players (matadors) must dribble their ball around the open space, trying to avoid being tagged by one of the bulls. I suggest they practice using dribbling moves covered in the session that day.

Players can move in any direction as long as they stay within the designated area – trying to stay away from the bulls. The bulls attempt to tag the dribbling players. Once a player has been tagged they freeze and stand with their feet apart holding their ball above their head. Challenge the bulls to see how many players they can freeze in 1 minute. The quickest time to tag all players, or the most tagged when the time runs out, wins. After each game nominate two new bulls and restart with all players back in the game.

### Main Objectives

Dribbling, close control, and turning away from defenders.

### Set Up

Area: 30x30 yard square

Players: 12+

Equipment: 10 balls, 2 colored vests



### What to Call Out?

"Head up"

"Accelerate"

"Freeze" - when you've been tagged

"Ole!" - When you have been unfrozen

### Progression

Allow free players to unfreeze tagged players with a nutmeg – (playing the ball between their legs) – which means the bulls have to work harder to tag everyone. In order to be unfrozen players must shout out "Ole" once they have been played by a nutmeg from one of the matadors (free players). Make it even harder by getting players to crawl through a frozen players legs after they have played the nutmeg. Later, instruct the bulls to dribble a ball and to make it fair, the matadors must have a touch on the ball with every step taken.

### Hint

Times and results should be told to players as you go as an incentive to be the quickest, most aggressive bull. Focus on ball possession, dribbling technique, and moves. Instruct the players to keep their head up and eye on the bulls.

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

**Question: "During scrimmages or the actual games, my U-12 players give it their all. It's a different story when I put them through conditioning drills. What can I do to motivate them?"**

**Answer:**At that age level, conditioning drills shouldn't be part of practice nor are they necessary. Practice time is best spent playing soccer - which in and of itself promotes fitness.

One of the beauties of soccer is that, while playing, the kids are getting physically fit without even realizing it - because they're having fun playing. The key is to create practice sessions in which they are constantly moving. And it's quite simple. Avoid drills that require standing in line and instead set up various forms of small-sided games.

During a game, players sometimes exert themselves at full speed, other times they jog around, and they rest when there's a lull. That's the perfect formula for physical fitness, and one that's easily replicated at practice and makes running laps or doing wind sprints unnecessary.

In practice, play some games in which the goals are close together and other games in which they are farther away from each other. This will require your players to run various distances, exercising both aerobically and anaerobically.

Avoid assigning them positions during these games, because that will prevent them from running around freely.

Play games with more than two goals. If you set up four goals on each side of a square grid, this will encourage them to cover even more ground. They'll be chasing the ball, going for goal, running around defending, and getting in good shape when all they're thinking about is how much fun they're having playing.

You may have players who don't run as much because they're timid or they cling to a position. So have them play some 2-v-2, in which they won't have a choice but to keep active and pursue the ball.

Keep away games, such as 5-v-2, in which the players in middle swap positions once they gain possession, are also excellent ways of getting players to exert themselves while they're learning defending, passing and positioning skills.

It's only at the higher levels, when teams practice every day, that coaches can afford to use up time with drills that focus on conditioning. The youngsters should be getting as many touches on the ball as possible, and that should be the priority during the one or two days a week you have them at practice. Indeed, everything you do at practice with players that young should involve the ball.

## Goalkeeping Area:

**Today's topic – coming forward on high balls -By Lawrence Fine**

Welcome to the Goalkeeping Newsletter. Today's topic deals with coming forward on high balls.

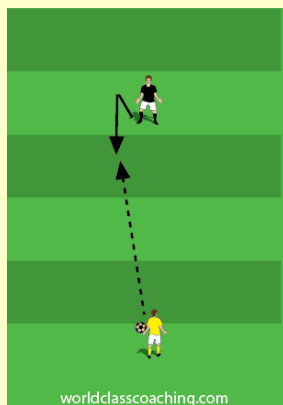
It's important to try to get behind where the ball is going to come down. This allows a hard step forward to get momentum in order to jump higher and reach the ball at a higher point. The other advantage of getting behind the ball and then coming forward to receive the high ball is if you misjudge the ball it's more likely to end in front of you (which is bad) than behind you (which is much worse).

In the diagram below, the yellow player is going to serve a high ball and the black keeper will go up to win the ball.



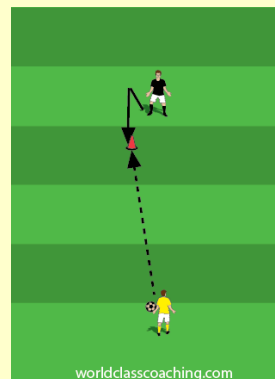
The ball gets tossed up and the keeper is going to take a step or two backwards and then come forward to receive the ball.

This is done to develop the habit of getting behind the ball.



After doing this a few times, the next thing is to put an object on the ground to force the keeper to actually leave the ground on the jump as well as to jump up and forward.

Start by putting a flat or low cone and the keeper has to clear the cone on the jump while receiving the ball.



The keeper must continue to concentrate on the ball and simply believe in themselves that they will clear the cone.

Once the keeper is comfortable clearing the cone, put something more substantial in its place. Some coaches will have a person lie down (facing sideways) so the keeper must clear the person the ground when receiving the ball. Personally, I prefer to use a bag (a gym bag with nothing hard in it) because one bad serve can result in an injury to both the keeper and the player on the ground.

The thing we are trying to accomplish here is to make sure the keeper gets up and comes forward on the jump. Encourage them to keep focusing on the ball and clearing the object will be easy.

### Get Free Soccer Drills and Small-Sided Games

Better Soccer Coaching is a free website dedicated to grassroots coaches. With Better Soccer Coaching's free archive of skills, drills, and small-sided games, you can take the best English Premier League Academy training ideas on to your training field.

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Published eight times during the year (seven printed versions and one online), **Soccer Journal** is the Official Publication of the NSCAA and is one of the few publications in the world produced exclusively for soccer coaches. Each issue contains technical and tactical articles, news and updates on important events, thoughts from opinion leaders in the sport and features on the interesting people and issues of the game.

An article from the **Soccer Journal** archives is featured in each issue of **The Technical Area**.