

COACHES CORNER



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

Coaching Director Area

By Bob Rickards

Coaches,

I hope this newsletter find you well. As we roll along into the season...I want to take some to remind you off the tryout dates. State league tryouts for the 2011 season will be June 22 and 23 at a site yet to be determined. Classic League tryouts for the 2011 season will be July 13, 14 and 15th at a site to be determined. I will send out more information about tryouts in the next couple of weeks. With tryouts comes the selection of teams and who will coach where. Below you will find a list of teams and the number of teams I expect at each level.

Team	# of Teams
U11 Girls	3
U12 Girls	2
U13 Girls	2
U14 Girls	1
U15 Girls	2
U16 Girls	1
U17 Girls	1
U19 Girls	2
U11 Boys	3
U12 Boys	3
U13 Boys	1
U14 Boys	1
U15 Boys	2
U16 Boys	1
U17 Boys	2
U19 Boys M	2

If you add this up....we will have 27 teams. What this means we are going to have to find new coaches. If you know of someone who would be interested in coaching...please have them contact me.

Please see *Goalkeeper Article* on page 4

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I will be sending out dates for the summer clinic and will also be looking for coaches to assist with the clinic. If you would like to help please email me after I have set the dates.

Lastly, unless you have been out of the country, the Bellevue town council approved the Bay Area Recreational Campus. This will provide us with 86 acres of soccer fields. The plan right now is for about 13 full size soccer fields. Withing the next 9 months we are going to have to raise the dollars to purchase this land. If you know of someone who would like to make a donation, has some special skills that would help or want to assist is some capacity please let me know. For a project of this scope we are going to need everyones help. To have our own practice and game field would move this club to the next level.

Happy Memorial Day Weekend!

All for soccer,

Bob

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Coaching Corner

10 Ways to Manage High School vs. Club Conflicts

By Chris Hummer

Whether you're a coach or a parent, below are 10 things to think about (because everyone loves lists) when it comes to handling the high school vs. club conflict. These are areas where I see the most mistakes in helping over-worked players get through the season healthy.

1. Unnecessary Running

The kids are playing every day -- they're already in shape. You don't need them to run sprints to help win the next game, or worse -- threaten them with running if they don't win. You need them to be rested, so they have the energy to perform when it counts. If you're going to "run" them at all, use a ball.

2. Shorter Practices

If the pros can do what they need to do in 90 minutes, so can you. Anything more than 90 minutes means you're not efficient enough in progressing through your practice plan (usually because there is no plan). That extra 30 minutes (or more?) saved from the more typical 2-hour sessions is valuable time players could be using for homework among other things.

3. Manage Playing Time

Every coach likes their best players on the field, but you need to manage their minutes. A two-goal lead in the second half should be more than enough cushion for a good coach to give their best players a rest. And so is being down three goals against a team that is clearly superior. The minutes add up, and tired legs equal more chance to get injured.

4. Injury Recovery

We all have players who will chew their own foot off to stay in the game. We also all have players who think a slight twinge is an ambulance-requiring injury. The trick is knowing your players, and knowing when it's OK to get them back in the game. But the last thing you should do is ignore a trainer's requests, or discourage your players from seeing a doctor because you're worried the doctor will only tell them to stay out of the game longer.

5. Team Tactics

I rarely see a team that doesn't chase the game full speed, the whole way to the opposing keeper, every time they don't have the ball. This can be effective for winning when you have unlimited subs and/or an opponent who turns the ball over constantly in its own end. But it's tremendously taxing on the players, and also creates enormous gaps in your team shape if not done properly. A lot of times it's much better to let the teams come to you while you rest, letting their backs come up to midfield to create space behind them. Then, when you do get behind them, your forwards will have the energy to win the race and put the ball in the net.

with your players' unique life situations at the risk of some players feeling like you're playing favorites.

7. Overscheduled

Team building is a must. Watching film is helpful. Accepting a last-minute weekend scrimmage invitation on an artificial turf field when your league game is rained out is too good to pass up. And fundraising is a necessary evil. But think twice about too many pasta dinners, group outings, meetings, or community service. These are

all great things, but the kids already have no extra time. Coaches who try to dominate their players' schedules are usually just creating busy work so they can feel like they're in control. During the high school season, do what you *need* to do away from the practice field, not what you *want* to do.

8. Rest and Recovery

Some scenarios to think about.

- * Next time your fields are closed due to rain, cancel practice.
- * Your last high school game was Friday, and your next is Wednesday, so on Monday you plan to work the team hard. But you forgot most kids just played two club games over the weekend.
- * Club teams that have weekday practices know their players just came from at least a 90-minute practice at high school, but you still work them hard and yell about doing more.

Any of these sound familiar? Players *have* to rest and recover. (See above for ideas for resting.) The recovery starts on the final whistle. After every game and practice, players should be static stretching their big muscles for several minutes. Their feet should be in the air so the blood circulates through the heart. And recent best practices from the U.S. Soccer Federation say you don't need the "cool down run," because they just got done running. The sooner the players get stretching, the less chance of the lactic acid building up and the sooner their muscles will start to heal.

9. Nutrition

You wouldn't put milk in a Ferrari as ask why the engine didn't start. So why do so many coaches completely ignore proper athlete nutrition and hydration? There's an entire industry surrounding sports nutrition, so I won't go into too many details here, but if you're not thinking about it and putting it into practice, you're not doing everything you can to help your players -- let alone win games. The cheat-sheet version: only eat what you can buy at Whole Foods and drink water till your pee is "light" in color (assuming you're not on any medication or vitamins, which will change the color).

10. Injury Prevention

Lots of what was discussed above helps with injury prevention. In fact, preventing injuries is pretty much the whole point of this article. The more you can prevent injuries, the more you'll get out of your players. It's that simple, yet one of the best ways to both prevent injuries *and* win soccer games is completely ignored or misunderstood by so many coaches. Active warmups have been common "best practice" knowledge for many years now, yet most teams I play against or see preparing for games -- especially in high school -- still have players in big circles doing static stretching before the game. This is a huge mistake. Same as nutrition, look it up and you'll find many articles and books. The cheat-sheet version: Run to get the muscles warm, then stretch them "actively" in motions that will be used in the game.

These are all drawn from experiences, observations, classes, and stories shared with fellow coaches and industry professionals. I'm not perfect. I'm not always right. And, I'm probably missing some obvious points. But hopefully these will help everyone who reads them find a way to put the players' well-being higher up on their list of priorities. The secret message to the "ego coaches" behind all of these suggestions is in the end, they'll help players win.

(Chris Hummer, a longtime player, coach, and soccer business executive, is the editor of the PotomacSoccerWire.com, where this article first appeared. Hummer, who has a USSF B license, is the assistant director of coaching for youth club FC Virginia and head coach of the Potomac Falls High School Girls team in Sterling, Va.)

Featured Activity: Game Speed and Focus

By Vince Ganzberg, Director of Coaching for the Indiana Youth Soccer Association – Via Tim Sewell

This is the best book or dvd I've seen for exercises that engage the imagination of the players and motivate them to play at game speed and focus.

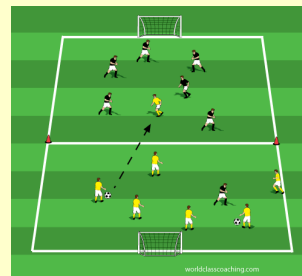


Having said that, my players will tell you that their favorite shooting game is one we call 'Half-Line'. After we warm-up with some exercises that focus on the technique of shooting, we divide the team in two and put one goal at each end of an area that is the same size as two penalty areas. Since the size varies depending on the age of the players, this is a good reference point to use. A line of cones halfway between the two goals separates the teams. With younger teams, each team starts with two balls. With older teams we only use two balls to lessen the chance of someone being hit by a ball they didn't see coming.

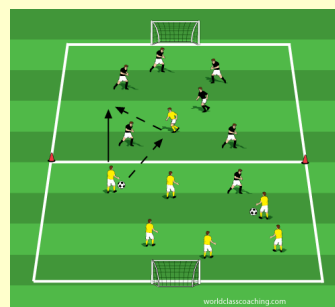
To begin with, the rules are fairly simple: shoot from your side of the field and score in the other team's goal. Depending on the age and ability of the players, you can allow them to use their hands to save shots that are taken on their goal or you can say that they must defend the goal by clearing the ball as a field player would. The first team to score 10 goals wins.

There are a whole list of alternative rules that you can use to focus on whatever skills you'd like. Here's a list of just a few:

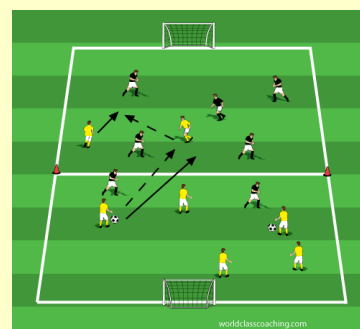
- If a ball is caught, the shooter must sit out until his team scores or catches a ball shot by the other team.
- If a ball is received cleanly (no bounce) by the defender, the shooter must sit out until his team scores or a teammate receives a ball cleanly.
- The ball must be rolling when you hit it.
- You can only shoot a ball that has been passed to you by another player.



As the first progression, we take one player from each team and put them on the other side of the field as a forward who is also responsible for pressuring the other team's shooters. If the forward wins the ball from the other team he can finish it. His teammates can pass to the forward for him to finish. If the forward is under pressure and unable to shoot, he can pass it back to his teammates on the other side.



Next, we allow the player who passed the ball to the forward to support his pass and move into the attacking third of the field. This run makes the game more realistic and allows for the forward to combine with another player in order to score. The second attacker is allowed to stay in the attacking half until the ball he passed in is played back to side of the field so now there is more pressure on the team to move the ball to open space to create the chance to shoot or pass to their forward.

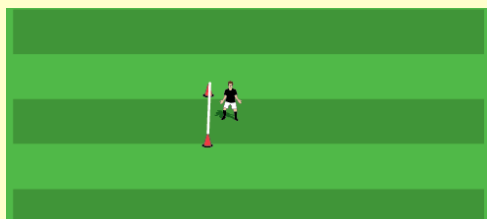


This final progression adds an additional forward but still allows a player to support his pass to the forwards, putting three players in the attacking half.

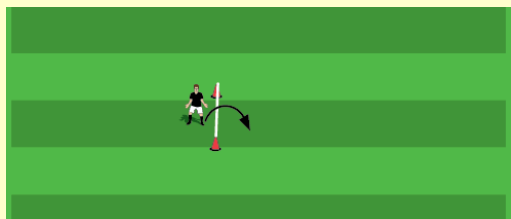
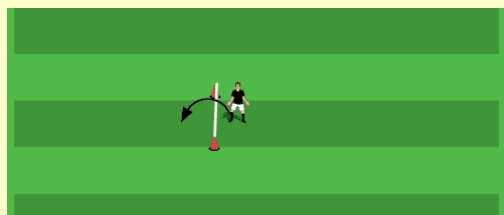
Goalkeeping Area:

Today's featured activity works on explosiveness and fitness.

You need two cones and a pole or two coaching sticks and a piece of string. Use these to create a hurdle for the keeper to jump over. The keeper stands to one side of the hurdle (the height of the hurdle will depend upon the age, size and ability of the keepers).

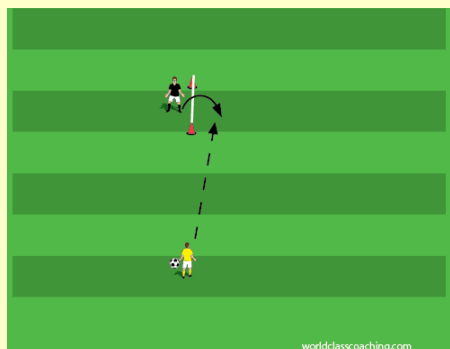


To start, the keeper jumps over the hurdle and then back 10 times. The key is the keeper lands and then jumps again without taking an extra "hop" between jumps.



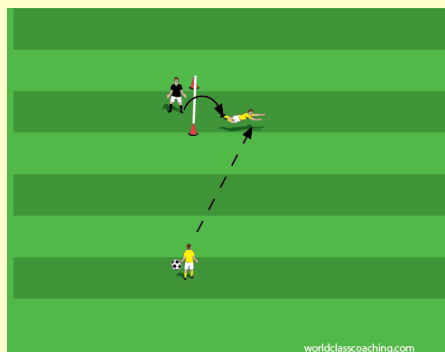
Next have the keeper do the exact same thing but this time off of one leg only (so 10 jumps, over and back using the left leg only and then after a short rest, 10 jumps over and back with the right leg only).

Next, go back to jumping off of two legs but now upon each landing a server volleys the ball to the keeper to make the save (standing position). This is NOT a case of the server playing the ball and the keeper diving over the hurdle, it's a case of the keeper jumping over the hurdle and then making the save.



Next do the same thing but again off of one leg (then do the other leg).

Next do the same thing but this time, as soon as the keeper lands, the ball is served to the side for a collapse dive.



Lastly, do the same thing but now the server is further out so as soon as the keeper lands on the correct side of the hurdle, he must extend for the dive.

These are fast moving activities working on explosiveness, fitness and technique.

Different Learning Styles

By: David Clark – 27 Ways to Run a Better Soccer Session
– Via Mike Bootz

Do you find that some of your players are quick to pick up certain ideas and concepts while others are not? It's easy to assume that some players are not quite as "bright" as others, but the truth is likely to be more complex. Learning professionals will tell you that some people learn in different ways to others. This knowledge might help you get through to particular players where you haven't been able to before. There are three types of learner:

Visual learners

Visual learners need to see the coach's body language and facial expression to fully understand the point being made. They tend to prefer standing at the front of the group to avoid visual obstructions. They think in pictures and learn most effectively from visual displays like diagrams, illustrated text books, videos, flipcharts and hand-outs.

Auditory learners

This group learns best through verbal lectures, discussions, talking things through and listening to what others have to say. Auditory learners interpret the underlying meanings of speech through listening to tone of voice, pitch, speed and other nuances. For these people, written information may have little meaning until it is heard.

Tactile/kinesthetic learners

Tactile/kinesthetic learners benefit from a hands-on approach, actively exploring the physical world around them. They may find it hard to sit still for long periods and may become distracted by their need for activity and exploration. They prefer to do rather than listen or watch.

So, if you feel that you are simply not getting through to some of your players, bear these points in mind and see if you can't make some progress.