

COACHES CORNER



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

Coaching Director Area

By Bob Rickards

Coaches,

Thanks again to everyone who helped make this tryout season one of the smoothest I have ever been involved with. Please forward your suggestions to us so that we can make the process even smoother for next year.

Everyone should be submitting your expense reports to me for the 2009-10 season. Those of you that have submitted, should have receive your final payments soon as I am sending your forms to our treasure and he is sending out checks as soon as possible. Remember if you do not submit by October 31, you will make a donation to the club.

Contracts for the coming year will be sent out in the latee of August. I will begin to work on them as soon as I can wrap up this year.

Last year we introduced our **"First Touch Academy"** to help develop young soccer players for the U10 age group and to promote the club locally. Last year over 60 kids participated in the academy clinic. It is our hope to use the academy as a developing ground for new players to the club. If we can do a professional job with your training, parents may be more apt to keep their kids in the Green Bay Lightning club. First Touch is a six week clinic the runs for 90 minutes aimed at developing players for our younger age groups. As we all know, small numbers in the younger ages mean smaller numbers in the older ages.

The camp is designed to introduce basic soccer techniques through a "games and activities" approach to learning while having fun. This should create an environment that develops creativity and problem solving skills that brings out the game within each child. Dribbling, passing and shooting will be techniques covered while exposing them to tactical decisions through small sided games.

Any coaches interested in helping out with the clinic should contact me. We will be running the clinic from August 22nd – October 3th, running in both Green Bay and Luxemburg. The club will pay coaches \$15 and hour

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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 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

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Please see *Goalkeeper Article* on page 4

Coaching Corner

Via AYSO

Keep Your Kids Hydrated Tips On Preventing Heat Illnesses

When you are watching sports, have you noticed that the first thing that the players do when they have a break is get something to drink? They drink every chance they get throughout the game. That's how important proper hydration is to safety and athletic performance.

Proper hydration is as important to athletic safety as any protective equipment. In fact, heat illnesses are among the most dangerous sports injuries, and some of the most preventable. AYSO has some tips on how to make sure your soccer player remains adequately hydrated. While proper hydration is always important, it is something to pay particular attention to as we roll into the summer months, especially in areas of increased humidity.

Did you know that when you are thirsty, you are already dehydrated?

"Your body can't keep up with the loss of fluids," according to Herbalife's Vice President of Medical Affairs and Education, Dr. Luigi Gratton. Your body has thirst indicators, and when you are thirsty-your body is telling you that you are already dehydrated.

Did you know there are two types of fluid loss?

One type of fluid loss is "sensible" fluid loss. That is losing fluids through sweat and urine. A second type of fluid loss is "insensible" fluid loss, which is losing fluids through breathing. "The water gets broken down into CO₂, and you breathe it out, so during exercise your lungs blow out a lot of fluid you don't see. Parents will say their kid isn't sweating a lot and she hasn't had to use the bathroom, so she isn't losing any fluids. Not true. She is actually losing a tremendous amount of fluids," Dr. Luigi explains.

Did you know that 20 to 25 percent of fluid intake is through foods?

Take an apple and compare it to a dry piece of fruit. That dry piece of fruit is flat. Now look at that apple-the difference is that fresh apple has water in it. It's generally easier to absorb water in food.

Did you know that a consistent, healthy diet is the best way to prevent dehydration?

Having a healthy diet is very important because if kids are just eating chips and sodas, there is not enough water there. So the best thing is always to have a good, and balanced diet. To ensure your child is eating well, include fruits, vegetables and healthy protein sources such as chicken and fish. Dr. Luigi recommends that an active child

should drink six to eight glasses of fluid per day. Remember, if your child likes juice or lemonade-that counts as water, but caffeinated drinks count against the six to eight glasses.

It takes more than a full day to hydrate, so if your child has a Saturday game-make sure they're getting enough fluids on Friday. That means lots of fruits, vegetables and healthy protein, and of course, six to eight glasses of water. On game day, start out with a healthy breakfast. Some ideas are cereal and fruit or oatmeal and fruit. Just remember, don't give your child too much fiber. While fiber does have water in it, it breaks down slowly and can cause bloating. Also make sure to have a low-fat protein such as eggs or turkey sausage. A glass of milk will be fine, but water or juice is much better for game days. They are easier on the stomach. Too much juice can cause bloating and cramping, so if your child wants more than one glass of juice-dilute it with water.

Make sure your child snacks and drinks water throughout the day. Dr. Luigi suggests snacking every two to three hours. Give her a protein or carbohydrate snack such as an energy bar or banana. She should be having on average eight ounces of water every 15 to 20 minutes.

Heat Cramps

It's the mildest form of heat illness, and it usually occurs before or after exercise, affecting only the specific muscles used. No medical attention is required.

Symptoms: thirst, chills, clammy skin, throbbing heart, muscle pain, spasms and nausea.

Treatment: First move the child to the shade and then remove excess clothing. Have a child drink four to eight ounces of fluid such as water or a sports drink, such as Herbalife's H30, every 10 to 15 minutes.

Heat Exhaustion

It's more serious than heat cramps, and might need medical attention. This usually results from a reduced blood volume due to excessive sweating, which causes blood to pool in the arms and legs, causing the child to feel faint or dizzy.

Symptoms: nausea, extreme fatigue, reduced sweating, headache, shortness of breath, weak and rapid pulse, dry mouth.

Treatment: Move the child to a cool place. Have the child slowly drink 16 ounces of fluid such as water or sports drinks for every pound of weight lost. Remove sweaty clothes and place ice behind the child's head. Seek medical attention if there is no improvement.

Heat Stroke

If a child is suffering from heat stroke, call 911 immediately. Heat stroke is a life threatening illness where the body's temperature-regulating processes stops functioning.

Symptoms: sweating, dry and hot skin, swollen tongue, visual disturbances, rapid pulse, unsteady gait, fainting, low blood pressure, vomiting headache, loss of consciousness, shock.

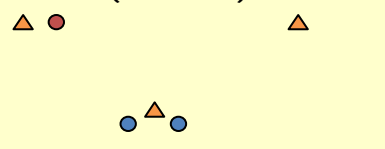
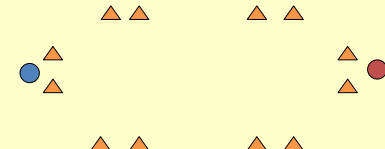
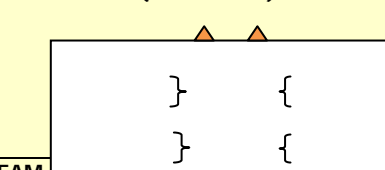

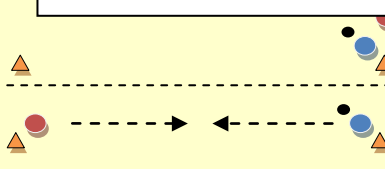
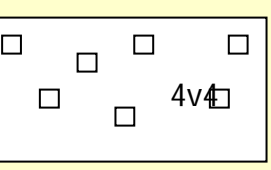
Treatment: Call 911 and remove sweaty clothes. Cover child with ice packs, immerse in cold water if possible or rub with alcohol. If the child is in shock, elevate the feet.

Featured Activity: Dribbling to beat and Opponent



Recently I viewed the new Coerver Training cd's. I had used them several years ago, but felt the material was getting stale. To my surprise they have revamped the whole process creating new effective drill to help players advance to the next level. Coerver is based on a pyramid of 6 levels of player development. The bottom one is ball mastery. Being an high school soccer coach for many year...this is one area that many player struggle with. Being comfortable with the ball at your feet and being able to control the ball with a series of moves is crucial to success at this level and the next. Below is one of my favorite session dealing with four simple cut moves. The inside cut, outside cut, slap cut and double cut. Try it out!



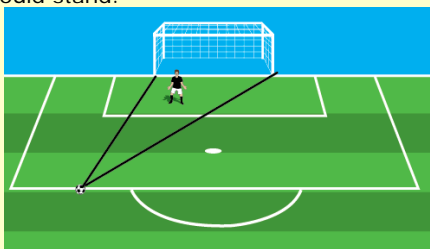
<p>WARM UP (15 Minutes)</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Everyone with a ball in 12-x-15 yard area – moving and dribbling On coaches command, players must stop or change direction players continue to dribble 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Head up to read game Body feint to throw defender off Change of direction Change of speed Accelerate after move
<p>INDIVIDUAL SKILLS (20 Minutes)</p> 	<ul style="list-style-type: none"> Change Direction Moves Inside cut- Reach and cut while shielding Outside cut – Same as above use outside foot Slap cut – use slap heel over ball cut with outside foot Double cut – outside cut / inside cut 	<ul style="list-style-type: none"> Good across the front of the goal Start with pressure behind Move to pressure facing
<p>TEAM SKILLS (10 Minutes)</p> 	<ul style="list-style-type: none"> Three cones about 4 yards apart One defender moves between cones Offensive player dribbles to cone and does move as soon as player turns the next offensive player begins dribbling towards other cone Switch players after a minute or two 	<ul style="list-style-type: none"> Head up to read game Body feint to throw defender off Change of direction Change of speed Decisive decisions – pick a move and do it Correct timing of move
<p>TEAM</p> 	<ul style="list-style-type: none"> Play 1v1 in a 25-x-15 yard area Goals are on either side One player plays the ball across to opposite side Player takes a touch and then tries a move Defensive player just pressures does not try to win the ball 	<ul style="list-style-type: none"> Head up to read game Body feint to throw defender off Change of direction Change of speed Decisive decisions – pick a move and do it Correct timing of move
	<ul style="list-style-type: none"> 30 x 40 grid with 4 pop up goals facing out Coach serves the ball in Two players go to ball Try to use moves to score in any goal Play stops when a goal is scored 	<ul style="list-style-type: none"> Progression can move to 2v2 or 3v3 May have to increase grid size
<p>RESTRICTED SCRIMMAGE (20 Minutes)</p> 	<ul style="list-style-type: none"> Play 4v4 in a 35-x-25 yard area up to 7v7 in a 50-x-40 yard area One restriction- players may not pass the ball forward <p>Progressions: Give a point if a player can do a move and get behind someone, and a point to get the ball to the line. Remove the no forward pass restriction eventually.</p>	<ul style="list-style-type: none"> Head up to read game Body feint to throw defender off Change of direction Change of speed Decisive decisions – pick a move and do it Correct timing of move

Goalkeeping Area:

Adding angles into all training – FineSoccer.com

In looking back at things I feel I could have done better in my training of keepers over the years, one area I feel I haven't done a good enough job at is incorporating angles into more training activities for keepers.

I have spent a great deal of time in training keepers working on angles. This would include using string to show the angles and where they should stand.

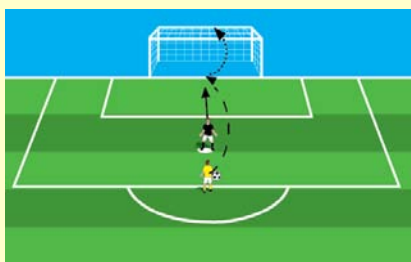


This would also include having multiple balls spread out along the 18 with shooters and having a keeper in goal with a coach behind him to advise.



The thing I haven't emphasized enough in the past has been doing this in other activities.

For example, when a keeper gets caught off his line and has to get back and dive to push the ball over the goal, I would always work on this from straight on by having a server at the 18 and the keeper starting around the 12 and tossing the ball over the keeper's head for him to get back to and push over.



Going forward, it's going to be forward for me to add this from an angle. Now, with a second server, the keeper gets a different perspective.



This might seem like a small thing but if we are going to expect the keepers to be prepared to play from different angles, we must train them this way in practice as well

From the playbook – A NSCAA Blog

Generally when a team hits a slump I begin to notice the athletes blaming everything around them for poor performances. This is when I open a discussion with the team about control. Not control of the ball, but rather what can be controlled. I start with the basic question of what things in soccer do they have NO control over? The athletes know the obvious answers: the weather, the referee, the field conditions, even the coach's decisions. So at that point I ask them if it is worth their time and energy dwelling on these uncontrollable aspects or if there might be a better use of their focus.

To this day I have had no one argue that there is any benefit to focusing on these uncontrollable aspects because it is an obvious waste of energy to even the most stubborn player. Yet how many players get silly yellow cards for arguing with the ref, fail to warm up properly because it is raining and on every bad touch or missed shot blame the poor playing surface. It happens all the time. Our athletes waste precious energy on the uncontrollable aspects of the game.

Then I ask the team "do you play perfectly every time you step on the field or do you sometimes have good games and bad games?" I have never seen any player at any level have a great game every game of their life. There are going to be times when a player does not play well. Certainly there are things we can control about how we prepare for competition in order to increase the number of good performances, and those pre-competition routines should be monitored to optimize performance. Even with the best routines and actions leading up to competition, there still will be days with poor touches, bad decisions and mistakes, so even playing well is beyond control to some degree.

What is controllable all the time? Effort. I believe effort can be controlled each and every time a player steps on the pitch. Attitude can be controlled as well, but I think they go together. To produce effort, the right attitude already must exist. This is the element that can change a player's thinking during a slump. They must stop focusing on the uncontrollable aspects of the game and focus on what they can control. Put forth their best effort regardless of everything else around them. Despite the referee, the weather, the field conditions and the fact that their touch is a bit off today; they still can put fourth effort.

I have found that when effort replaces excuses, the uncontrollable aspects of the game become much less significant. The responsibility now lies with the player. It is not just effort though, but also the understanding that they can only control some aspects of soccer while recognizing that the proper response to the uncontrollable aspects is a positive mindset.