

COACHES CORNER



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

Coaching Director Area

By Bob Rickards

Coaches,
Things are always popping up! Never fails....right?
Well, let me take some time to share what's been
popping up with the club.

We continue to make strides on the Athletic complex. Rettler has been secured as our planning project manager. We have has several meeting with them and a conceptual design is very near to completion. This design will be soon taken to the Board of Bellevue for an update meeting. We will then move forward with meeting with area residents about concerns. At the same time, fund raising has been put on hold while the plans are finalized. A lead donor will be solicited for a project / media announcement.

The complex itself will have 14 large field with two fields designated as championship fields. Concessions area, restrooms and a press box are included. A walking trail surrounds the whole park. It is the planning committees hope to phase this project out in three parts. Anyone who wants to help should let me know.

The academy clinic is going strong with 46 kids involved. This week marks the last week of the sessions. A Winter session is planned for kids aged 10-14 at St. Mary's. Times and dates will be published at a later time. Any coaches who would like to help with that should let me know.

The club will begin soon looking for a new Coaching Director and and Asst. Coaching Director. Job descriptions and an on-line application will appear within the next couple of weeks. Anyone interested in applying should fill out the form. Applications will be taken till November 15, 2009 with a hope to fill the position by mid December. Each job would be

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expected to start on January 1.

I still have new coach's shirts for anyone who needs one. Please contact me and I will arrange for you to get one.

If you have equipment needs...let me know as I will be placing an order soon.

Lastly....there are still some coaches who have not turned in expense forms. Remember, if you do not submit by October 31, your reimbursement will be held by the club.

As always, comments, suggestions are always welcome.

All for soccer,
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Coaching Corner

Developing the Player-Leader

Coaches must help instill the characteristics that allow their players to grow

By Roby Stahl

Today the sports section of a local newspaper hardly is the place to look for role models, no more than sitcoms that make adults look like weaklings in dealings with their families. In these days of two-career couples and the failure of the traditional family, we as coaches have the responsibility to educate our players on what it takes to become successful leaders and adults.

Back in the early 1980s the U.S. Soccer Coaching School was in the hands of German coach Karl-Heinz Hettergott. He was a teacher and taught us that we must teach our young players to take responsibility on and off the field. By putting young players in situations in training in which they must lead, we can take them out of their comfort zone and develop this responsibility.

One way is to assign players responsibilities each week, such as who leads the warm-up/cool-down session. At the college or professional level, the coach can use a training day and allow the players develop a 20-minute functional (positional) training session for themselves, incorporating five to six teammates. They should then assess their own play in regards to how, where, when, from whom they receive the ball. In essence, they are learning to lead themselves and others.

The following are some of the characteristics that successful leaders share and we seek to instill in our players. A player...

- Must have a vision of where he/she is going. Leaders have an innate ability to see the big picture in athletics and in life. Club directors and coaches must have curriculums developed for each age group throughout the organization, allowing proper player development to occur.
- Is not enticed by short-term success at the expense of long-term happiness. In these days of instant gratification, leaders who keep goals in sight will sacrifice short-term success in order to build a successful organization that properly serves its customers.
- Is willing to put in the time necessary to be successful. When Michael Jordan was the king of hoops, everyone wanted to “be like Mike.” Most leaders (players) seek the fame that comes with playing well, but few have any clue as to the hard work that Jordan put in behind the scenes. In life, the successful leader has put in the time at various levels and is always the first one into the proverbial trenches. Leaders have paid their dues and lead by example. They have a constant desire to seek further education in coaching, whether by attending coaching schools or seminars on player management or traveling abroad frequently to watch youth and professional training sessions.

- Works harder than his teammates and is not afraid to fail. Most successful athletes will tell you they have failed many times. Those still playing have learned from these failures and improved as players. The quality coach leads his/her players by understanding they will make mistakes in training and matches. These leaders then create training situations that force players to solve the same problems with little or no advice from the coach.
- Helps teammates do their jobs better. A good leader (player) makes the people around him better. It is easy to blame a team’s lack of success on the coach, players, referees, fields, etc. It is far harder to take a team that is struggling and improve its performance through player management and education. Too many players are good when the team is playing well but disappear when it is not. Leaders must rise up in difficult times.
- Takes the time to share responsibility and encourages others. People are interdependent on each other’s skills, capacities, unique talents and resources. In order to develop decision makers, a confident leader delegate’s authority and lets his/her people make mistakes in order to teach them. He/she also bonds those people with common interests to a common goal. The leader helps each person develop to his/her fullest potential, realizing that this potential also will cause them one day to leave the nest to fulfill their dreams. This is illustrated in the work a head college/pro/club director puts into their assistant coaches in order to prepare them for their own head coaching positions.
- Stands for principles and backs his people. Successful leaders must be strong enough to stand up for what is right at the expense of not being popular. They must have strong moral convictions and faith that their knowledge in player management and coaching ideals will not be compromised.

The young people you are in charge of have a dire need for you daily to lead them on the correct path toward their long-term goals both on the athletic field and in life. If you can show them a glimmer of the “sacred trust” that John Wooden has so generously shared with us, you are not only a successful leader – you also are a winner.

Editor’s note: Director of Coaching of the Ohio Elite Soccer Academy, Roby Stahl holds an NSCAA Advanced National Diploma and a USSF “A” License.

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

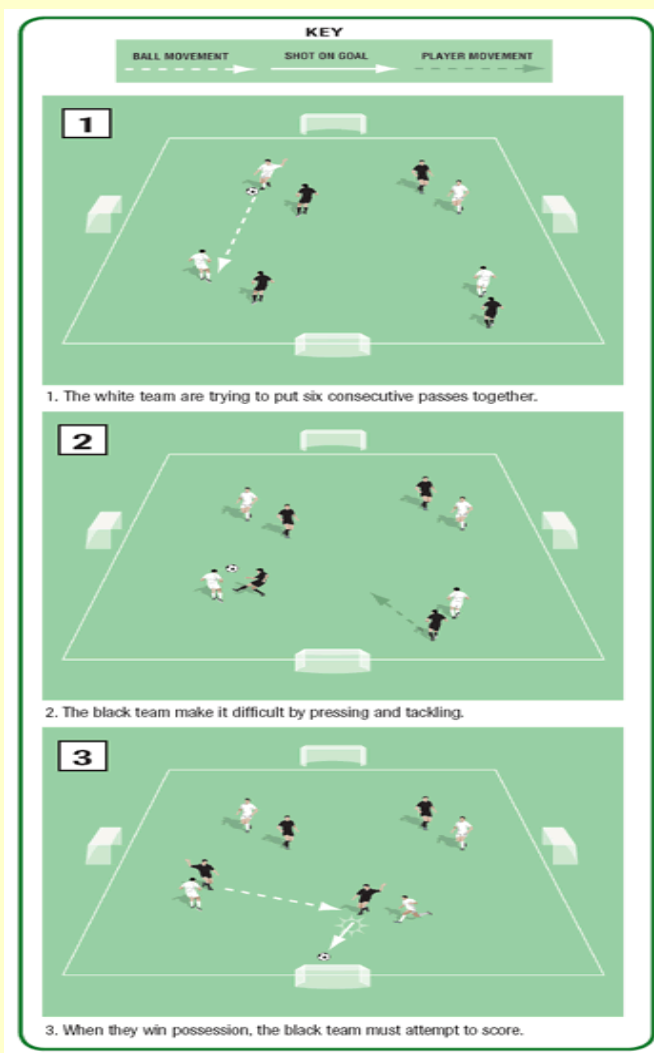
Featured Activity: One team possession

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).

This session is an excerpt from our new book, *Modern Combination Play by Liverpool Academy Coach, Phil Roscoe.*

Chapter 9 - Receiving Drills

Practice 4

X2 checks off X5 and receives a pass from X1

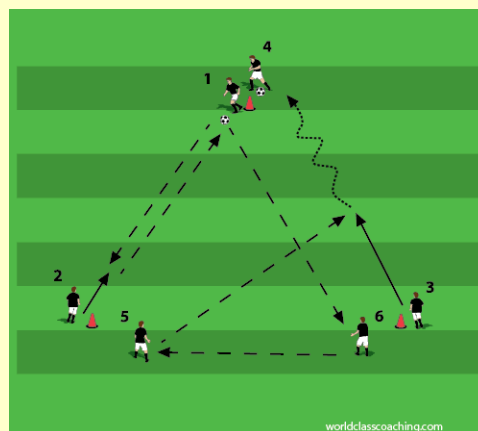
X2 plays the ball back one-touch to X1

X1 passess to X6

X6 sets to X5

X5 passes to X3

Move around in a clockwise direction after you have played the ball



Coaching Points

Players communication

X2 checking off defender X5

X1 and X2 weight and accuracy of the pass

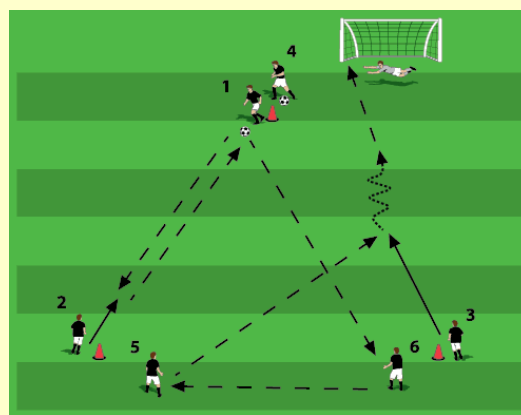
X6 movement, weight, and accuracy of the pass

X5 movement, weight and accuracy of the pass

X3 timing of run and acceleration with the ball

Progression

Now add a goal so the players can end the drill with a shot on goal.



Goalkeeping Area:

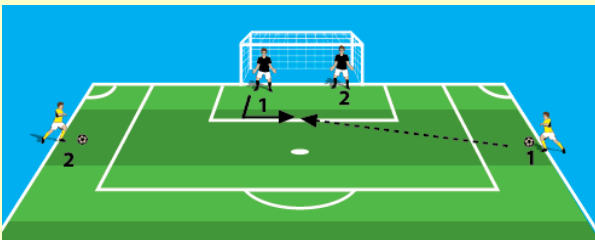
Today's topic – works on receiving crosses -By Lawrence Fine

Start with two keepers in goal and a server on each sideline.

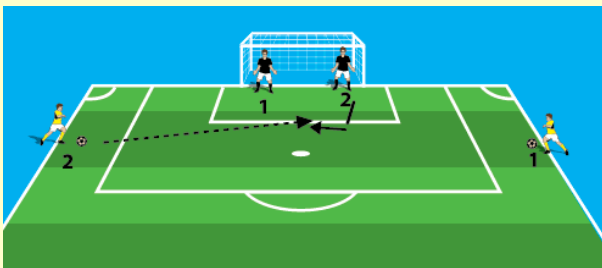


To start, server 1 is working with keeper 1 and server 2 is working with keeper 2.

Server one plays a ball toward the top of the 6 and keeper one gets behind the ball and then comes forward to attack the ball and catch it.



As soon as the ball is caught, the keeper throws the ball back to server 1 and then the same thing is done from the other side. Server 2 plays the ball into the keepers 2 who makes the save and tosses the ball back out to server 2



Next the keepers switch and server 1 plays the ball into keeper 2 and server 2 plays the ball into keeper 1

If the servers aren't able to play the ball into the area that is needed, they can either volley the ball from their hands or throw the ball to get the ball to it's intended target.

Once the order is understood, this activity allows the keepers to get a lot more work in then if it was just one keeper working with one server plus it gets both sides covered at the same time.

Ask the Coach...

AYSO National Coach John Ouellette Answers Your Questions

"Is it a good idea to single out a couple of players for 'extra effort,' 'nice pass,' or 'great goal' after a game or does it make the others feel bad?"

The answer is "yes!" One of the best things you can do as coach is to give players some concise one-on-one feedback. You don't need to stand up in front of the whole team and say, "That was a great goal, Sally!" But you can bend down to Sally after the game and deliver your praise.

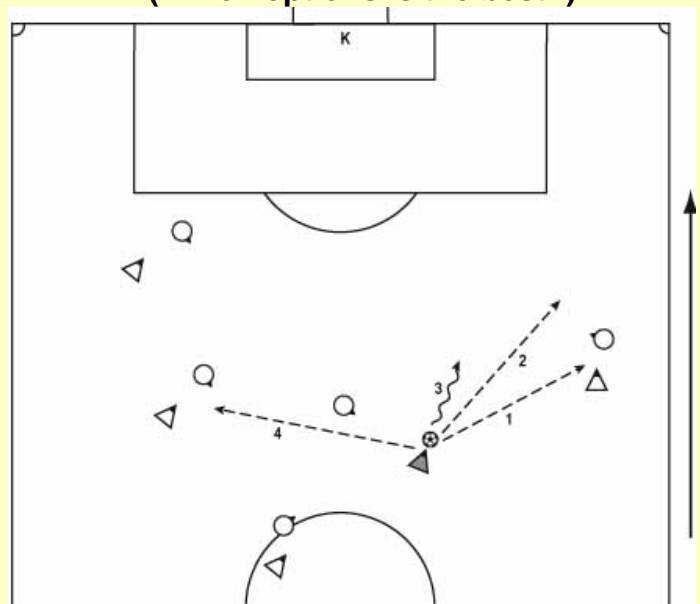
In fact, coaches should strive to say something positive to each of their players individually at each practice and game. This is easily accomplished if you are looking for the good things your players are doing. So whenever you have a chance, you can quickly look a player in the eye with a friendly smile and say something positive about his or her play.

It can be a simple, "Good job today, Johnny!" Or something more specific when possible, such as: "Anika, I liked the way you used your left foot today!"..."I saw how you dribbled past three players!"...or to the goalkeeper, "No biggie about goals they scored, you made a great save on their No. 9's shot!"

And coaches, remember: A smile is worth a 1,000 words!

Tactical Soccer Situations

(Which options is the best?)



Option 3 is correct. Dribble and penetrate to goal. There is no cover for the nearest defender, creating a 1 v 1 in the final third of the field. Option 1 finds a teammate by the weak-side defenders. Option 2 finds the defender in a position to defend space, while option 4 plays the ball into a well defended area.