

COACHES CORNER



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

Coaching Director Area

By Bob Rickards

Coaches,

As the holidays approach our thought tend to move away from soccer. There is nothing wrong with that. These are the times that we should be thinking about our families and friends. Soon the bitter cold of February will be upon us and we will begin to see the signs of spring. Enjoy this time....yet begin to think about the spring because before you know it spring soccer and all her glory will be upon us. Don't get caught behind the eight ball....start thinking about your goals for the spring soccer season.

Sometime in February I will try to host a clinic. I am not sure where or what time but I will begin to start putting the details together soon. Hopefully I can get some well know local coaches to run a session or two.

We also have the second academy clinic scheduled for January 10 – February 14 at the St. Thomas More gym from 3:00-4:30 for players 10-14. The number of participants in this clinic will be limited due to the size of the gym. So if you have players that might be interested, have them sign up soon. The clinic will follow the same structure as the youth clinic with more emphasis on basic foot work (moves) and first touch. Any coaches who would like to help with that should let me know. You will be compensated for your time.

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.

As always, comments, suggestions are always welcome.

All for soccer,

Bob

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Here is my list of soccer bookmarks:

[AYSO - The American Youth Soccer Organization.url](#)

[Centers for Athletic Performance.url](#)

[EF Soccer History.url](#)

[EurosportScoreboard.com .url](#)

[FIFA.com.url](#)

[FOXSports.com - FSW- FOX Sports World.url](#)

[Generic Pull-Tag - Non-Pull-Tag Numbers.url](#)

[Green Bay Lightning Soccer Club.url](#)

[HighSchoolSports.net.url](#)

[http--www.objectivo.com-headlines.php.url](#)

[J.A. King's Strongsoccer.url](#)

[Jeff Benjamin's Goalkeeper Coaching - Training Sessions.url](#)

[Madison Soccer Central.url](#)

[National Soccer Coaches Association of America.url](#)

[NFHS National Federation of State High School Associations.url](#)

[Notre Dame Academy.url](#)

[Official Site of the Premier League - Barclays Premier League](#)

[News, Fixtures and Results Home.url](#)

[Soccer Awareness.url](#)

[Soccer Buzz Magazine.url](#)

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[Southern Soccer Scene.url](#)

[Tony Waiters -- Official Web Site of the World of Soccer.url](#)

[US Youth Soccer Homepage - US Youth Soccer.url](#)

[ussoccer.com -Home.url](#)

[Welcome to East Central Soccer!.url](#)

[WIAA Home Page.url](#)

[Wisconsin Youth Soccer Association.url](#)

[WSCA.url](#)

Tactical Quiz *See Article* on page 4

Coaching Corner

The Effective Assistant Coach

A true partner or simply a "yes-man" or a glorified "go-fer"?

By Lawrence Fine

This is a subject that I have rarely seen addressed but which I also consider to be of extreme importance. Many teams have either assistant coaches or co-coaches who end up playing the role of cone-fetcher or, even worse, merely stands around and has no input at all. This is a tragically wasted opportunity for players to learn from different perspectives. Even at higher levels (which for now I will consider to be college soccer), from what I can see, most assistant coaches end up being "gofers" and "yes men" (or women).

For whatever reason, many assistant coaches think the head coach wants to hear affirmations about their decisions rather than hearing an honest opinion from a differing viewpoint. Even worse are head coaches who really don't want to here another opinion and instead become angered by the disagreement. By stifling any type of true exchange of ideas, the head coach loses out, the assistant loses out and, most importantly, the team loses out.

How can this be avoided? First, create an environment of open communication. Without this, nothing else will work. I strongly recommend that a head coach and assistant coach meet before each training session to discuss what will take place during that session. Note that I did not say the head coach tells the assistant coach what is planned. This is a process that should be done together. By taking both coaches' views into consideration, the assistant coach will sense some ownership of the practice. This also will allow either coach to be able to run a drill or set up for the next drill. Without this important step, it is difficult to believe that any two coaches can coexist successfully.

Often I see a head coach and an assistant stand together through most of a training session. That's a pretty good indicator that one of them is not being utilized properly. One of the advantages of having two coaches is that the team can benefit from the observation of two sets of eyes instead of one. This advantage is somewhat negated if those eyes are observing from the same angle.

The director of one of the largest camps in the country talks about the grenade theory. Simply explained, coaches should be spread out so that if a grenade were tossed onto the field, it would only effect one coach. When the coaches must speak, they should get together, have their discussion, then separate. If the coaches have met beforehand and discussed the training session, they should be able to get by with minimal communication that distracts their attention from the players.

In order for coaches to work together, there must be truly open communication. Too often, I have spoken to two members of a coaching staff where one thinks the communication is excellent while the other thinks it's nonexistent. How can this be? Sometimes it's because the head coach doesn't want to hear

different opinions, so the assistant coach gives only the feedback he or she thinks the head coach wants to hear. Other times, it's because the assistant coach thinks the head coach wants affirmation while in reality he or she wants an honest opinion.

Most of the time, the head coach is responsible for creating an environment for open communication. This isn't always easy to do. If the coaches can't be honest with themselves and communicate openly, how can they expect the players to communicate with the coaches? One of the most-asked questions I get via email is from coaches asking how they can get their players to communicate better. Is it surprising that players can't communicate effectively when, in reality, many coaches can't communicate properly?

During games, assistant coaches should take a more subservient role. It doesn't help if the head coach is saying one thing and the assistant coach is saying something else. During games, there should be two sets of eyes but only one mouth. It's important that the players hear only one voice. At halftime, coaches should meet and discuss anything should be brought to the attention of the players, then one of them (usually the head coach) should speak to the team. Again, the emphasis is on one voice but two sets of eyes.

If coaches were to spend more time working on being able to coach together, they would find themselves much more effective in the long run.

Four tips for your half-time huddle

1. The half-time road map As half-time approaches think about substitutions and players you may want to rest for later in the second half. Make quick assessments of injuries and problems by talking to those players who are a concern.

2. Take on fuel Let the first minute in the huddle be a time for players to take on water, or other fuels such as oranges. You can perhaps talk to the key attacker or defender to ascertain problem areas.

3. Who speaks and when? When the players are settled and starting to hydrate then it is the coach who normally speaks first. There should then be a set order of who speaks next. This should be planned so there are no repetitions of what has been already said and no surprises in the sense of changing what the coach has said. Make sure your helpers are aware that you want to speak first. They should then back up your points.

4. How much do you say? How many ideas can your average player take in at half time? Not as many as you think. Try to limit yourself to three major instructions and reiterate them at the end of the talk.

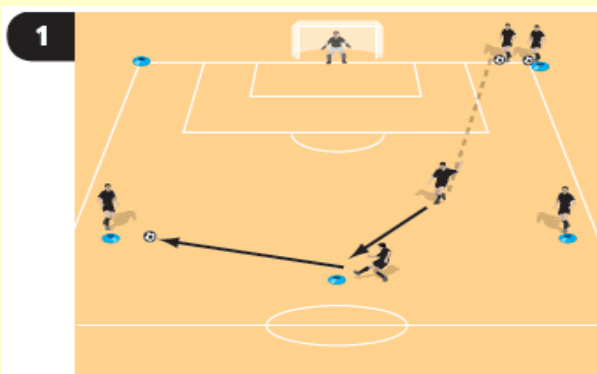
Featured Activity: By Michael Beale

Overlap movement to score

This is a great session to encourage combinational play in matches.

If you can get your players to use the movement in this overlap drill they should have no trouble pulling any opposition defense apart. Timing the overlap is vital to the success of the drill.

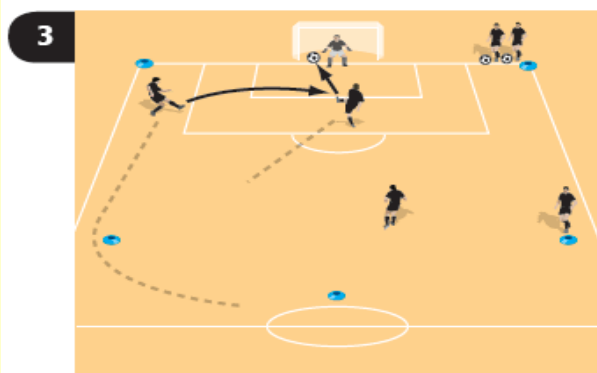
You need to use half a pitch with 5 cones, 1 goal, a goalkeeper and 6 outfield players.



1 The starting player dribbles onto the pitch and the ball is moved wide.



2 The central player makes an overlapping run as the wide player dribbles inside.



3 The central player crosses for the wide player who has continued his run into the box.

How to play it

- To start, the first player dribbles and passes to the central player. The central player then passes out to the wide player and makes an overlapping run.
- The wide player now dribbles inside and makes a reverse pass to the overlapping player.
- The overlapping player crosses the ball in for the wide player to score.

Rotation

- The first player becomes the new central player.
- The central player takes the place of the wide player.
- The wide player rests and waits for their next turn as the starting player.

ONLY 174 days till the start of the World Cup!!!

The four Rs of coaching

By David Clarke

Last Tuesday I wrote about how Ronaldinho was once again looking the complete player and how he created space for himself and the team.

It takes a lot of hard work to be a player like that! However much skill a player has and however good their positional sense is, you can be sure these players still work hard at every exercise they do.

At the Nike Academy, coach Dean Smith refers to it as coaching the four Rs:

Receiving the ball,
Releasing the ball,
Retaining the ball; and
Running with the ball.

You have to make sure you are coaching your players in each of these disciplines.

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

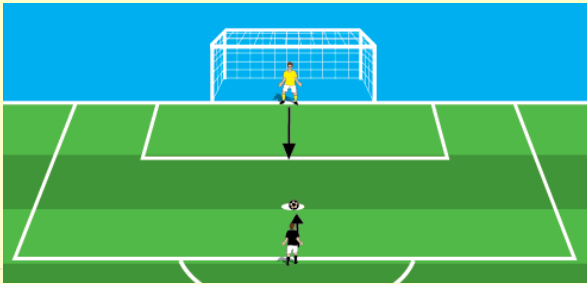
Goalkeeping Area:

Today's topic – Breakaways, smothering the ball and reactions -By Lawrence Fine

A keeper starts in goal. A ball is placed on the 12 yard spot and a field player is on the top of the 18



The coach says "go" and the ball is live. The field player tries to get to the ball and either shoot it quickly



If the field player gets to the ball early enough he can shoot it first time.



or the field player can try to dribble around the keeper



The keeper has to get off his line as quickly as possible and react according to the actions of the field player.

You can change the starting position of the ball and of the field player to change things up.

This is a great activity to work on breakaways, smothering the ball, quick reactions and much more.

Ask the Coach...

AYSO National Coach John Ouellette Answers Your Questions

"I have a problem with some of my players not showing up for practices. How should I handle this?"

Answer: Almost all kids who miss practices miss them not because they don't want to come, but because mom or dad doesn't get them to practice. We don't want to punish the kids because their parents aren't getting them to practice.

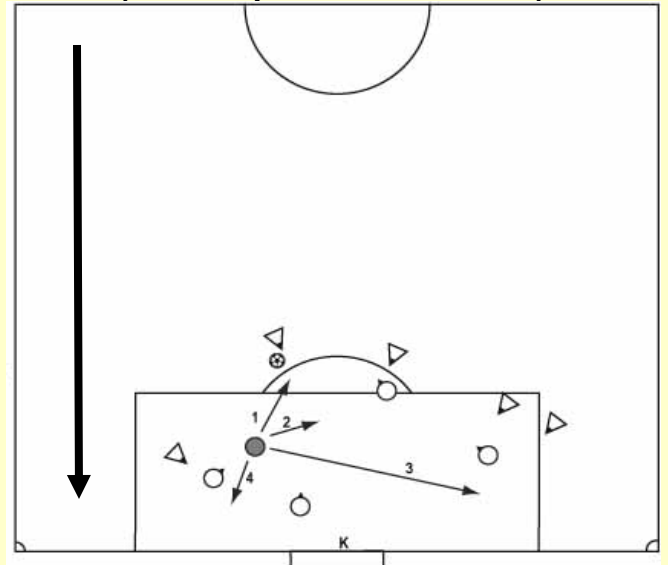
Why does this happen? Parents know that AYSO guarantees that each player plays at least half of every game. If the parents have other priorities, they just don't take their kid to practice. Some Regions across the country have guaranteed at least three quarters a game - even if they don't attend practice - and I think that's a great thing.

So what can a coach do? Make every practice so much fun that those kids bug their parents and give them heck if they don't get them to practice. Make it a good time!

Also, have a talk with the parents. Ask them why their child is missing practices. Is there a transportation problem? Maybe a car pool can be worked out. Have a gentle, friendly conversation with the players who miss practices. The answers may help you come up with a solution.

If your practices keep the children active playing the wonderful game of soccer - as opposed to standing in line to do drills or listening to lectures - the kids will try hard to make sure they get delivered to the practice field.

Tactical Soccer Situations (Which options is the best?)



Option 1 is correct. Pressure must be put on the ball at all times in and around the penalty area. The approach should be at an angle to cut down the shooter's opening to the goal. Option 2 allows a shot to be taken. In Option 4, a teammate already is marking the attacker and there is no need to cover the defender whose attacker does not have the ball. The same situation exists in Option 3 - the attacker already is covered.