



# Soccer Coaches Newsletter

Volume 3, Issue #7, August 2008

**Coaching Directors Area:** Thanks again for all the good work with tryouts. It was probably the smoothest one I have been too. Lots of things to cover so let's get to it.

1. Final coaching payments are ready to be sent out. Coaches need to submit to me ([bob.rickards@snc.edu](mailto:bob.rickards@snc.edu)) an expense form. Remember this for is reimbursement for you expenses up to your coaching payment. This process is used so that the club does not have to produce 1099's. You must submit and expense form to receive your second payment. Even if you have no expense to claim you must sign and send in a blank expense sheet. You will be responsible for claiming any revenue received. Make sure that expense equal coaches pay. If you are not sure how much you were making, let me know. Anyone who does not submit an expense for by October 1, will forfeit their fees to the club.
2. Salaries for next year have been set. Coaching contract will be going out within the next few weeks. Remember payments are made in mid May and in August after tryouts.
3. Each coach is only allowed \$220 in hotel expenses. If you go over that amount, you are responsible for that cost. This was based on team only doing two out of town tournaments. You could do one out of town tournament and spend \$200 on a room or do four out of town tournaments and spend \$50 a night. Remember your coaching fee covers gas and your time. I know they will not equal, but it is the best we can do.
4. If you have not had your parent meeting....have one soon. Managers should be selected and contact information should be created. If you are having problems getting players let me know. There are several players out there who do not have teams. Special tryouts can be held to help fill spots. Use email to communicate with your parents after the first of the year.
5. All new coaches should submit to me bio's and photos for the web. I will bug you till the end of time if you do not send me information to put on the website. Go to <http://eteamz.active.com/gblightningsc/index.cfm>? and select coaching staff to see if you need to update your bio.
6. All equipment needs (cones, ball, bags and bibs) should be email to me before September 14 I will then place an order for equipment or any apparel you need. Any past coaches should return equipment to the club. Please contact me for arrangements.
7. All indoor and fall practices or tournaments are on your own. Start scheduling your indoor practice times now, as basketball teams will eat up available slots.

All for Soccer,  
Bob

p.s. Remember will be having two mandatory meeting in February. Just like last year the meeting will cover club issues and a coaching clinic with you participating. More details later...

**Coaching Corner: The Crucial Role of 1 v 1 Moves and Fakes** - Andy Barney "Legendary 1 v 1 Moves"

To go to the next level players will need to learn how to be successful in the 1 v 1 situation. Players will learn to perform all the moves against aggressive defenders with great effectiveness. Players will need to learn how to shoot and score goals under extreme defensive pressure. Players will need to learn how to master and dominate the ball when surrounded by opponents in tight corners. The great Italian striker, **Roberto Bettega** believed strongly in the importance of good 1v1 skills

*"Although I was attached to Juventus from the age of nine years, much of my development took place in the streets. It was there that I practiced and refined my 1 v 1 skills," said Roberto, who won seven championships for the "Old Lady" of Turin and represented Italy on 42 occasions. What troubles Roberto, who played alongside Michel Platini, Paolo Rossi, Zbigniew Boniek and other icons of the game, is the dominating style of many youth coaches. With the passion of a street fighter, he added: "Young players need some time for self-expression, for spontaneity. Their coaches need to watch and listen more and instruct a little less."*

Another big believer in the developing the 1v1 skills of his players is **Anson Dorrance**, the legendary coach of the University of North Carolina's Women's team. When reviewing Andy's philosophy Anson Dorrance said,

*"Andy has figured out the core of what makes players valuable. He has boiled the game down to its critical essence. He captivated and motivated me with his intelligent use of inspiring and meaningful quotations. It's not just about the technical foundation of the game but also about the elements that define the margins of soccer greatness i.e. aggressive creativity, self-discipline, competitive fire and self-belief."*

*Wonderfully original!! It should be an essential component of any soccer coach or parent's library. It's outstanding!!"*

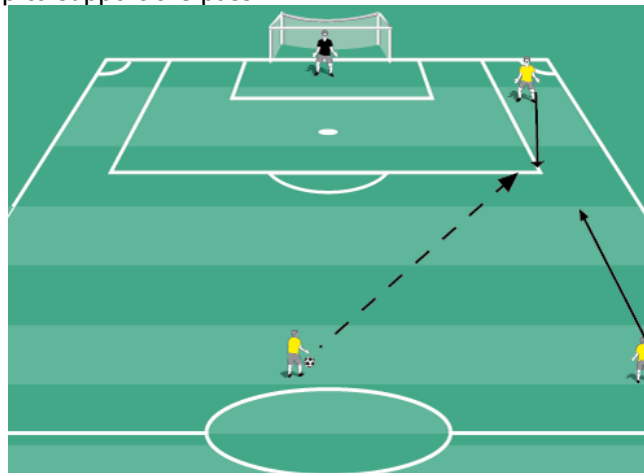
The truth is that defenders live in mortal fear of the player who can deceive and beat them in the 1 v 1 situation. Great dribblers have historically received much attention because they helped the teams they played on become very successful. Initially many were vilified but eventually they were recognized as major catalysts for this success. **Ronaldo, Ronaldinho, Rivaldo, Figo, George Best, Maradona, Pele, Platini, Kempes, Garrincha** all made key dribbling and goal scoring contributions that enabled their teams to make the transition from good to great. In fact, with **Pele** and **Garrincha** on the same team, Brazil never lost a game!

**Ronaldo. Ronaldinho. Roberto Carlos. Denilson.** Play against them. Put the ball at their feet and they will make you weep. You will swear they are going to their left, and they will go to the right. You will swear they are going to their right, and they will go to the left. And your legs will be twisted and you will fall. "But it's no fair," you will say. "They have those super soccer Brazilian genes and chromosomes. Or some kind of soccer enhancement surgery before they're two." And you will be wrong. These guys have played one-on-one since they were little Brazilian babies and could walk up and do a step-over with their blocks.

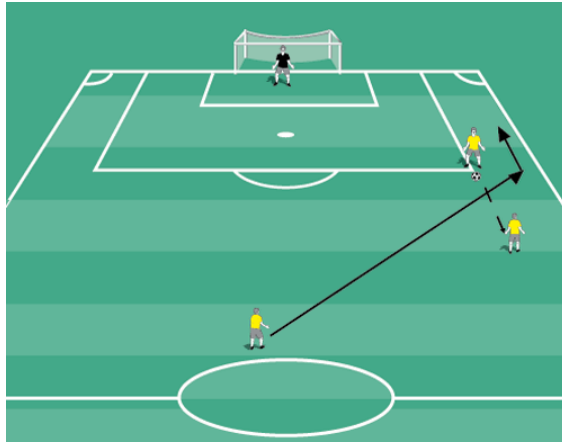
Think about it. If you can play one-on-one, you touch the ball ALL THE Time. Your touch gets better. Your moves get better. Your creativity and improvisation get better. If you play 11-on-11, then this happens: Here comes the ball! Trap! Pass 100 times! Little improvement. If you play one-on-one, when you do play a game of 11-on-11, you'll be that much better. Brazil wouldn't have held up five World Cups over their heads if they hadn't played so much individual soccer first. Shrink your game: One opponent; Small patch of ground; One Ball. Soon enough, you'll get to shorten your name to one word and put an "o" on the end." In short, teaching your players how to be successful in 1v1 situations should be part of every coach's curriculum.

**Featured Activity:** Today's featured activity works on combination play, crossing and finishing.

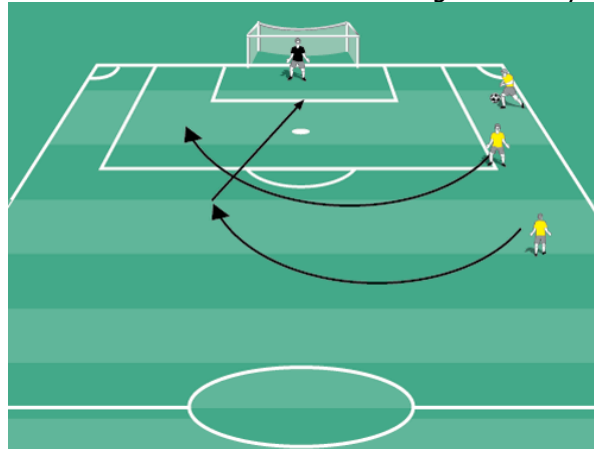
The ball starts in the middle and there is a player checking back to the ball from out wide. A third player starts out wide, even with the player with the ball. Also, there is a keeper in the goal. The player up front checks back to the ball and it's driven into his feet. The player out wide steps up to support the pass



The ball gets played back to the supporting player and the player in the middle makes an overlapping run.



The ball gets played into the corner and the other two runners make bending runs to try to get near and far post runs in.



The ball gets crossed and the runners try to finish the ball.

A team of 20 can have three players starting in each line plus a keeper in goal. Another group would do the same thing in the opposite direction to the opposing goal. While it might seem like players are standing in lines, as soon as this starts up, players will be sprinting back to get to a line in time for their next turn.

This is a great activity to work on combination play, crossing and finishing as well as some fitness work.

**GoalKeeper Activity:** Today's topic deals with goalkeeper appearance

Recently I worked with a keeper at a camp (it's not the first time I have worked with her) and I started tracking her shots faced during games. At this particular camp, keepers weren't assigned to specific teams, instead, they rotated each game so keepers played with, and against, different players each game.

While this keeper is extremely talented, she struggles with one aspect of her game and that is communication. Especially when playing with new teams, she doesn't communicate well on the field.

While tracking her shots faced, it was interesting because even though she didn't communicate well verbally, she was facing very few shots. When another keeper would play with the same team, against the same team, they would face more shots. Normally, this would be the result of effective communication however, in this keepers case, that wasn't the case.

The more I watched, the more I realized it was because of the way she carried herself. She walked on the field confidently, dressed the part of the keeper and carried herself in a way that discouraged shots from the opponents. She warmed up in a very serious manner, made sure that balls were caught cleanly and simply gave the appearance of being a top goalkeeper (and in her case, except for the communication part, she is a top keeper). When an opponent would get a possible shooting opportunity against her, you could see that they were thinking twice about whether they were going to score on her. By creating this doubt in their minds, she was facing fewer shots and had an easier time of it. In some ways, it's the ultimate self fulfilling prophecy as if you act the part and look the part of a keeper, you face less shots than if you act like someone without a clue. The better you look, the more effective you become.

Keep in mind, this wasn't a case of just wearing the right clothing or saying the right things, it also meant warming up properly and making the early saves to create the mindset that you are a top keeper. Some people act the part, look the part and talk the part but when it comes time to make the first save, they can't make the save. If you are the total package, life becomes much easier.