

COACHES CORNER



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

Coaching Director Area

By Bob Rickards

Tryouts are just around the corner. Tryouts will be on July 13, 14 and 15. It is important for all coaches to hold two nights of tryouts if at all possible, especially in the younger age groups.

All coaches for a respective age group will work together to grade players from 1-54. The top 18 players will go to the national team coach, with the next 18 going to the world coach and the last 18 to the American coach. All coaches will have to agree to this order. There can be exceptions, but I want to hear about them first.

For example, if two coaches are both in the national division then they will keep their respective players, but everyone else will go back to the pool for reallocation. I have simplified the grading sheet to grade players on the following criteria:

- Mentality
- Awareness
- Communication
- Confidence
- Athleticism
- Technique

Each player will be graded on a scale of 1-5 (with 5 being the best) on any of the above categories. Coaches will be able to do any drill they want as long as all coaches in the age group agree and then agree what category it fits into. Players must be graded on 4 of the 6 areas. (Goalkeeping is extra) Remember, the areas to be graded on are up to the coaches.

All coaches should agree to the score. For example....Coach A feels that the technique score for a player in a dribbling exercise would be a 4. Coach B feels the skills are not as strong and gives the player a 3. The score recorded is a 3.5.

So now you can use any drill or exercise that you feel shows the criteria you are looking for. In 4 hours you should be able to pick your players.

Let's plan on meeting about 15 minutes prior to tryouts. This will give us time to answer any questions that might be out there.

Keep up the good work....GBL appreciates all your hard work and dedication.

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Everyone should have received their first payment of the season. Remember, second payments will be mailed out after tryouts and **after you submit an expense form.**

Lastly, the club will be looking for a new coaching director and an assistant coaching director. Please contact a board member if you are interested.

As always, comments, suggestions are always welcome.

All for soccer,

Bob

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Are you a good coach? *See Article* on page 4

Coaching Corner

By Soccer Coaching International

Finishing is the act of intentionally placing the ball in the opposite goal by the use of physical techniques. It is often referred to as scoring or shooting. The former word refers to a successful finish. The latter can be somewhat confusing as the term is associated with kicking yet finishing can be done with the head or virtually any body part other than the hands.

General principles: Accuracy, Power and Surprise

The option to shoot is available whenever a player has control over the ball. Selecting the method and time to do this is not always that simple. The most important factor to consider is the player's skill level in relation to the situation. Shooting from your own half will have little change of resulting in a goal and is therefore (in most cases) pointless. The same applies to finishing technique, if volleying isn't one of the player's strong skills, his odds of scoring from a cross would improve if he would set the ball up first, rather than shoot it right away.

By "programming" the body with technical exercises, the solution comes more naturally. Trusting your instincts is the best way to make decisions, baring in mind proper technique and timing. Another rule of thumb is to make the decision quickly and go through with it, rather than to hesitate or "over-think" an available opportunity.

Accuracy

When a player is close to the opponent's goal or when the goalkeeper is out of position, the emphasis should be on placement. Finishing by means of accuracy is directing the ball so that the goalkeeper cannot reach it. Chipping over, curving, or simply taking a shot out of his reach are all examples of precise finishing.

Placement is based on observation. Before actually taking a shot, the attacker should know where the goalkeeper is. You can do this by taking a sneak peek at the goal right before shooting the ball, or better yet, before receiving the ball. When the ball is moved laterally, the keeper readjusts as to cover the shooting angles. In such cases, one should aim his shot in the direction where the keeper is coming from. It is harder for him to dive in the direction from which he is retrieving from. However, you do not always have time to look, in those cases a player should trust his instincts.

Power

Power is a great tool when shooting from a distance. Goalkeepers who are out of position or unprepared can often be punished by hard-hit balls. Predictability caused by a long approach is the downside of powerful shooting. While powerful shots are harder to direct and easier to track in trajectory once launched, they are difficult to block unless the goalkeeper is prepared.

Surprise factor

When a player is close to the opponent's goal, finishing becomes harder to prevent and predict for a goalkeeper since it requires less power, a shorter approach, and therefore less time for execution. To take advantage of this, an attacker must shoot suddenly using his foot that is closer to the ball. Poke shots like this may not look pretty, but they can be very effective and unpredictable when executed near the goal.

Finishing Methods

As a coach you should train all possible situations that create scoring opportunities. A good tip is to keep track of all scoring opportunities that

your team creates during the next five matches. Divide these into categories and you will find out which situations lead to scoring opportunities and you should be coaching those with your team. After your evaluation you will see that goals are scored from long distance shots, 1v1 situations against the goalkeeper, simple tap-ins and once in a while a goal will be scored with a header. We will obviously be unable to outline all scoring situations in this e-book by means of presented training session, but below is a quick outline of the various finishing methods.

Breakaways

On close encounters, such as breakaways, a finisher is facing the opponent's goalkeeper in a 1v1 confrontation. In these situations, it's all about finishing efficiently, instead of trying to tear the net. An accurate kick in the corner or a surprising sudden tap will beat any goalkeeper from up-close. The element of surprise should overshadow power. Trying to kick too hard, hesitation and over-complication are the main reasons why most breakaway are squandered.

Going around

Going around means making an extra dribble sideways as to avoid the keeper who must be diving in or has positioned himself in an unbalanced stance. At the moment he initiates a tackle or rearranges footing, he'll become vulnerable for a brief period of time. Faking a kick is an effective way of misbalancing (or freezing) goalkeepers, which allows you to "go around".

CAMPS

Stan Anderson (Associate Head Coach for the Marquette Men's Soccer Team) founded **Camp Shutout** twenty one years ago. This summer, well over one hundred keepers from around the nation will gather at the Marquette University campus in late July for another intense week of great keeper training . . . www.campshutout.com

The Finishing & Goalkeeper – This camp offers all soccer players a unique opportunity to either advance their finishing or goalkeeping skills in a rigorous but compact schedule. These specific skills require intensive practice. For more information on this camp and others go to <http://www.titans.uwosh.edu/SportsCamps/>

Concordia Wisconsin – This outstanding soccer experience provides an opportunity for players to work individually on their soccer skills as well as collectively on their tactical awareness. During the camp, each aspect of the game of soccer is incorporated into competitive and enjoyable activities. Visit the Soccer Academy web-site at www.cuw.edu/go/cuwsa

NDA Tritons Soccer Camp –July 20–23 from 9–12. For Boys and Girls entering grades 4–9. Campers will work on basic soccer skills including, kick, passing and trapping. For more information, go to www.tritonsoccer.com/camps.htm.

Featured Activity:

Warm Ups

Today's featured activity is a simple one to be used as a passing warm up.

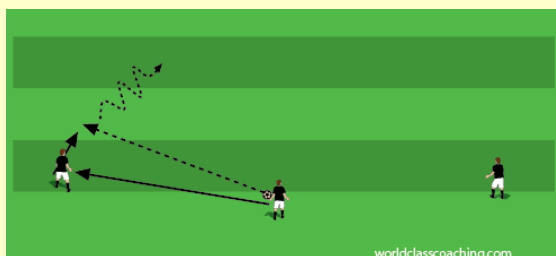
Start with three players in a line around 15 yards apart. The player in the middle starts with the ball.



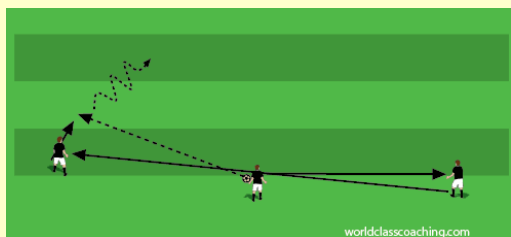
The basic rule is the ball starts in the middle, is played to the outside then brought back to the middle. If the player in the middle passes to his left, that player receives the ball and takes a hard touch to the middle.



The person who started with the ball could then go out to the left to fill that space.



Or, the player who started with the ball could go to his right and the player who started on the right goes across to the left.



Other than the rule that the ball must be taken from the middle to the outside and then from the outside to the middle, there are no other rules. There can be overlaps, takeovers, dummies etc. The objective is to move the ball down the field while following the rules and also maintaining some shape and balance.

Encourage creativity and make sure the ball keeps moving throughout the entire activity.

The evolution of the soccer coach

The 5 qualities needed to survive

Over the years Soccer has evolved into a mass phenomenon. The game has changed significantly from the earlier days but the rules remain the same. In order for a coach or a player to succeed, he must be able to adopt to the changes and evolve with the game. This post will concentrate on the "Evolution of the Soccer Coach".

Back in the days, when tactics were simpler and players had limited roles, most coaches were not great thinkers of the game and some had argued that they weren't required. Coaches in the past were less tacticians and more man-managers, mainly concerned with motivating their team. Through each generation the game has progressed and the importance of the coach has increased significantly. Those who adopted survived and those who couldn't were found out.

The modern coach must have an analytical mind and be able to dissect play and zero in on the key problem areas. Only then can he win his players respect and help them develop the ability to make decisions on the field.

- The modern coach is tactically astute, innovative and always looking to find that extra edge in training and games.
- The modern coach is well organized, making sure that practices are well planned; with attention to detail and that all players are involved.
- He can converse intelligently with specialists in all sports sciences, from psychology to physiology to nutrition and coaching methodology.

Today, with so much money and prestige at stake, coaches must come to grips with a double edged sword. Given a greater role and ample rewards, they must also carry the burden of greater expectations from fans and team owners. Coaches are now as famous as the players and the successful ones have become a hot commodity. Anyone here heard of Sir Alex Ferguson?

Great coaches never stop learning. An insatiable thirst for knowledge and a natural curiosity are traits associated with the very best. Soccer today is truly a global game. By travelling both domestically and abroad, coaches can discover new ideas and acquire new perspectives. When was the last time you were pushed outside of your comfort levels as a coach? The skills required by the modern coach (tactically) are:

- An understanding of the Principles of Play. He can demonstrate the relationship between the principles of play and team shape.
- An understanding of Coaching Methodology. This simply means the coach knows how to teach.
- An ability to visualize the Ideal performance. This provides the coach with a clear vision and a goal.
- The ability to coach in the game. The ability to read the game and make the required changes.
- and most importantly, Player Management Skills. The ability to deal with players, gain respect, convinces them to follow the collective game plan and inspire them to achieve their potential.

The first 2 qualities can generally be taught. Coaches can learn by attending soccer coaching courses and reading books. The 3rd quality comes from immersing oneself in the game and becoming a keen student of the game. The last 2 qualities are not easily taught and in many cases take years of experience to fully develop. It's a safe bet that coaches who are successful at the highest level over a long period of time, with every team they manage, likely possess all five qualities mentioned above.

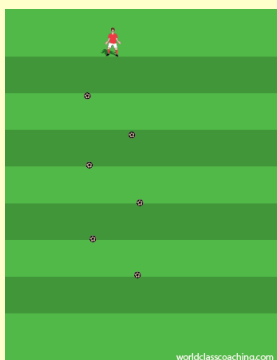
Goalkeeping Area:

Today's topic - Diving Technique on Break-Aways
By Lawrence Fine

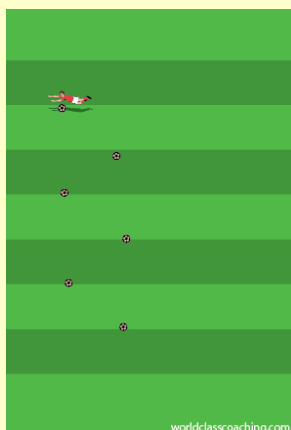
Today's featured activity is a great way to work on the technique of breakaway dives.

I have written, in the past, about the technique to be used when diving for a breakaway and while it's actually easy to teach, it's difficult to write about. Some of the things to keep in mind (from a previous newsletter) is that as soon as the ball is played away from the player's foot, you will take a step directly in the direction the ball is heading with your nearest foot (if you are forcing the player to your right, the last step will be with your right foot. Have your right hand in front of your right foot when you are taking this step and almost on the ground. You want to be very low when taking this step. Next, while forcing your body forward, extend into a dive that will allow as much of your body to be covering the goalmouth as possible. Get your hands on the ball and then pull it in and cover it up as quickly as possible. Lead with your hands, get your body behind the ball and good things will happen.

The key is, once a keeper is comfortable with the technique on breakaways, they need to reinforce this technique on a regular basis. An easy way to do this is by lining up balls in two staggered lines. The balls are 5 yards apart.



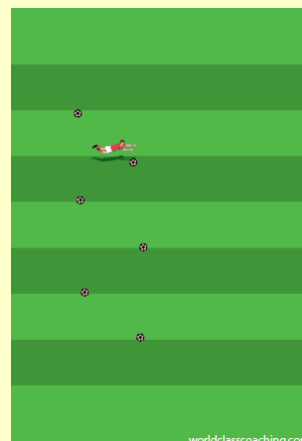
The keeper starts by taking a big step with his right foot and diving into the first ball in the beginning of the right line.



The keeper proceeds all the way down the lines making saves along the way.

This activity is not designed to teach the technique nor the timing of the dive, rather it's to condition your body to execute the dive the same way each time.

The keeper makes sure to end up with the ball in his hands (if the ball squirts away, he gets up and dives again). He then gets rid of that ball and takes a big step or two and dives to his left for the second ball.



The keeper proceeds all the way down the lines making saves along the way.

This activity is not designed to teach the technique nor the timing of the dive, rather it's to condition your body to execute the dive the same way each time.

Get your players ready for a session with this warm-up

When I'm going to do an intensive session on defending and counter attacking I know there will be a lot of coaching points that the players are going to have to work through. So they need a bit of fun to get them going.

Dribble and avoid the pass

Arrange your players into two teams. One team acts as the dribblers and works inside the area. Give the other team four balls and spread them around the outside. These players are the passers.

The dribblers must be constantly on the move and trying to avoid being hit by a pass from the outside players. If one of the dribbling players is hit by a pass they are out of the game.

The passing players must pass below knee height or the pass does not count.

The game can be scored in two ways:

- the last player dribbling is the winner, or
- the team that eliminates the dribblers the quickest wins.

Make sure the passes are not shots and are made with the inside of the boot only.

The best 4v4 by far - By Kevin Barrow

It should be Government policy that soccer coaches use small sided games before the age of 13. The 4v4 system accelerates development of technical ability and game intelligence. Over the next few months David Clarke will be looking at coaching the 4v4 system, what it involves and what you and your players will get out of it.

So why teach 4v4?

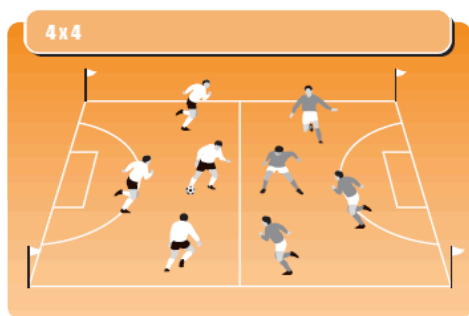
Small pictures are clearer for children; space and options are more compatible with their abilities. 4v4 is the smallest sided game you can have that has all the elements of a real soccer match without any of the confusions that surround learning football.

In a real soccer match children have the option of passing the ball forwards, square or backwards. Three children cannot do this because one of the directions will be missing. With five children the extra one duplicates one of the elements. He becomes "also wide, also deep or also back." This "also" position clutters the picture.

4v4 also provides the minimum numbers needed for all of the parts that make up a soccer game. One player is up top for penetration. Two are needed for width and one holds back to supply depth. In 4v4 the responsibilities are very clear. All tasks are covered and none are shared which keeps things simple.

What do the players learn

You are improving young players' technique through a far greater number of ball contacts. The emphasis on control, passing and shooting gives the fundamental building blocks of football. And its fun for all the players, they are all involved, they attack and defend. The number of passes is increased and therefore the one touch control, one touch pass, sequence is used all the time. It is also a good indicator of players' fitness because they are constantly running and playing the game. It is soccer learning at its best, fun, creating match situations and therefore a learning environment.



My experience

When I first started out as a coach as a team we grew sick to death of the best teams having big boys at the back who could kick hard and a fast player up front who could score goals. Wham bang thanks for the three points.

That was when I turned to the 4v4 system - AC Milan, Ajax and Barcelona were using it so why not me? Now all my teams train that way. They not only enjoy themselves but by the age of 13 they have become successful on a team and individual basis. And boy have we produced some good players.

Evidence it works

You don't have to look far to find the countries that use small sided games. It's a list of world champions: Brazil, Holland, France, Spain, Germany, Italy all play small sided games at young ages. You can see it in your players who visibly grow up during these games and you can feel the sense of achievement for yourself when players respond to the freedom.

Cut it out

Never mind the points system, the winning comes later. If you teach kick and rush football at the expense of technical development you're not doing anyone any favours. You may win more matches with the younger age groups but you're taking all the fun out of it. And you will find you're pushing the stronger, faster players at the expense of some of the more gifted.



Coaches Meeting:

Monday July 13th, 2009 5:00pm in the NEW Lutheran parking lot. Just a quick five minute meeting.