



First Touch Academy

Teaching the Basics First

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First Touch Academy News

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Having learned the importance of strategy, one of the most critical skills to develop in applying it—as well as the backbone of teamwork in soccer—is passing.

Passing allows your team to keep possession of the ball and find holes in the opposing team's defense. As a team, try to keep the ball moving and spread the defense, taking advantage of open spaces. The best way to accomplish this is to play one and two touch soccer.

Strike the ball with pace so that your teammate doesn't have to wait on the ball. **A firm pass is more likely to arrive at its destination.** In terms of teamwork, the player who is the intended target of your pass must go to the ball. At the same time though, make your teammate look good by digging out a bad pass and keep possession.

In order to become a great passer, you're also going to need to be-

come familiar with the different kinds of passes, and the various ways in which they are used.

Put Your Best Foot Forward

The way in which you move the ball depends on several things, such as:

- Where it's going
- What you want it to do when it gets there
- Who's in the way, and
- What part of the foot you use

The first three factors depend on your own strategy, but the last one depends solely on technique:

Inside of the foot: This is the most useful part of the foot to use when passing the ball. It's the part of your foot with the most surface area, thus giving you the most control and accuracy.

Inside edge of the foot: This is the same as the above but with the upper portion of your foot to bend the ball. Wrap your foot

around the ball so it curves into your teammate's feet or into an area, as with a cross or shot.

Outside of the foot: This kind of pass is used when you want to bend the ball into a teammate or into an area. Often, your body is in a position where you can't make a simple pass. If this is the case, try to strike through the ball. Follow through with the upper portion of the outside of your foot.

Long passes: This is for driving the ball into a teammate. If you are picking a player out, you don't need to follow through the ball. Instead, strike the ball sharply and stop your follow through just after hitting it.

By fine-tuning your skills as a passer, you can significantly increase your team's chances of success. Your victory won't be complete, however, unless you and your teammates learn to cooperate to control the ball.

Green Bay Lightning Club Notes

Brad Nycz, one of the FTA Academy Staff, has been active in the soccer world both playing and coaching over the past 25 years. After Brad finished playing at UW-Stevens Point, he coached for clubs in Appleton and Milwaukee before relocating to the Green Bay area. Brad has had the success of taking all of his teams from the A and B divisions in to the first division and premier. Brad holds his National D coaching license. Brad joined the GBL coaching staff last year, coaching the U12 White team. This year, he is an assistant coach with the U13 Boys' State team. Brad is married and has two small children.

Spotlight on the GBL U11 Boys' Black Team

The GBL U11 Boys' Black team, coached by Jim Nash, Jr. and Chad Johnson, took first place at the Octoberfest Tournament September 26-27 in Appleton. After winning their first three games, they played the ASC Meteors where they finished the tournament with an 8-0 victory. They outscored their opponents 20-4.

Players on the team are: Nick Clermont, Jonathan Deprey, Bryce Derenne, Kyle Engelmann, Nate Ihlenfeldt, Cade Johnson, Jake Lemens, Parker Nash, Mason Nohr, Kyle Posselt, Dane Steger, Sam Wells and Brennan VanWychen. The team is managed by Emily Wells and Assistant Manager Ann Clermont.



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