



boulder county **FORCE**

SOCCER CLUB COACHES NEWSLETTER

Volume 11, Issue 10, November/December 2005

www.bcforce.com

A MESSAGE FROM THE HEAD COACH

By John Welsch

Let me start out by wishing everyone a terrific holiday season and I hope you will enjoy your well-deserved soccer break however brief it might be.

Congratulations to our League Champions!

The Girls 18 Red team, coached by **Edgar Papke** and **Balen Arenas** went undefeated in Premier 2. The Girls 14 Red II, coached by **Z Lozano** went undefeated in Challenge 1. The Boys 13 Red team, coached by **Jeff Frykholm** won the Premier 2 division and finally, the Boys 11 Barca team, coached by **David Napior** went undefeated in the Classic division. Well done, coaches and players we're proud of you.

In this issue you can find the final results and standings of all our teams.

Thank you to all our coaches, administrators and volunteers for their dedication and hard work in making this past fall a successful one. We could not have done it without you.

Many of our teams are participating in the various indoor leagues and we are currently in our second week of the indoor training at Boulder Indoor and it seems that the players are having a good time honing their indoor skills. The indoor game is a fun compliment to the outdoor game.

We had a good turnout at the recently held High School Boys' tryouts. We are able to form

one U18 team (Elite 1), one U17 team (Elite 2), two U16 teams (Premier 1 and tba), two U15 teams (Elite 3 and Premier 2) and one U15/16 (Classic) team. The teams and players have been registered. We have terrific coaches in place for all our teams and we are looking forward to a strong showing this spring.

Good luck to **Rob Johnson** and our BC Force Girls 17 Red team. They will be traveling to the prestigious San Diego Surf Cup over the Thanksgiving weekend. This is one of the top tournaments in the nation for girls soccer and a major college showcase event.

We've just finished our post-season meetings with our coaching staff in which we're always analyzing our program. There are many things that we do very well, however, one area of concern is the Girls U11 through U13 age group. We are dealing with this issue and Girls' Coaching Director Rob Johnson will have a specific program in place for the start of the spring season.

Once again, easy on the turkey, enjoy your time away from soccer. The spring season will be here soon enough. As a matter of fact, the spring season's league games are scheduled to start the first Saturday in March. Most teams will begin their outdoor training the first week in February which leaves you with about nine weeks until....

BCF Final League Results

Girls

G18 Red	(Premier 2)	8-0-1	Champions	
G17 Red	(Elite 2)	5-3-2	3 rd place	Promotion to Elite 1
G17 Tar Heels	(Premier 2)	7-2-1	2 nd place	Promotion to Premier 1
G16 Red	(Premier 1)	5-4-1		
G16 Tar Heels	(Classic)	7-3-0	2 nd place	Promotion to Premier 2
G16 Pilots	(Challenge 1)	5-4-0		
G15 Red	(Premier 2)	5-4-1		
G14 Red	(Premier 2)	6-0-4	3 rd place	Promotion to Premier 1
G14 Red II	(Challenge 1)	10-0-0	Champions	Promotion to Classic
G14 Tar Heels	(Challenge 1)	6-3-1		Promotion to Classic
G14 Pilots	(Challenge 2)	1-7-1		
G14 Amazons	(Challenge 2)	7-3-0		Promotion to Challenge 1
G13 Red	(Classic)	1-7-2		
G13 Tar Heels	(Challenge 2)	2-8-0		
G12 Red	(Premier 1)	2-5-3		
G12 Tar Heels	(Challenge 1)	2-5-3		
G11 Red	(Premier)	2-6-2		
G11 Tar Heels	(Classic)	1-8-1		
G11 Pilots	(Challenge)	4-6-0		

Boys

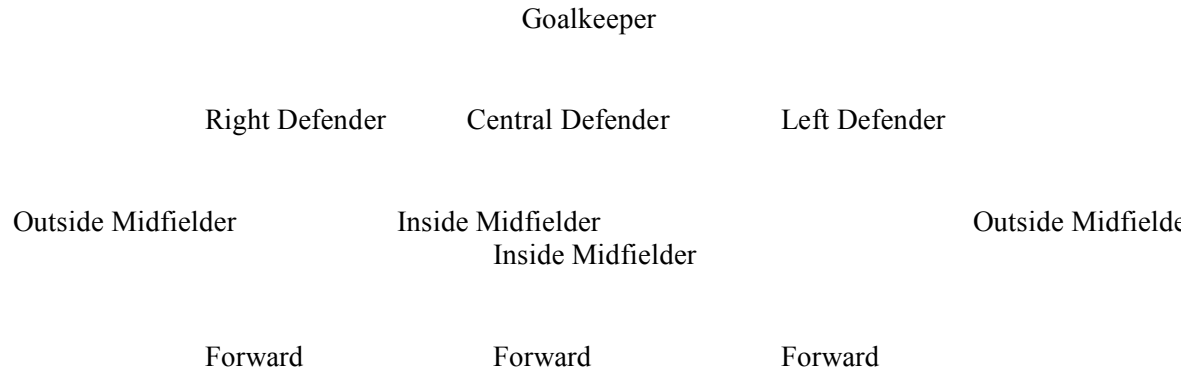
B14 Red	(Premier 2)	7-3-0		
B14 Barca	(Challenge 1)	6-1-3	2 nd place	Promotion to Classic
B13 Red	(Premier 2)	9-1-0	Champions	Promotion to Premier 1
B13 Barca	(Challenge 2)	6-3-1		Promotion to Challenge 1
B12 Red	(Premier 2)	6-2-2	3 rd place	Promotion to Premier 1
B12 Barca	(Challenge 1)	8-2-0	2 nd place	Promotion to Classic
B12 Man U	(Challenge 2)	1-8-0		
B11 Red	(Premier)	6-4-0		Promotion to Premier 1
B11 Barca	(Classic)	9-0-1	Champions	Promotion to Premier 2

Quick Facts:

- 4 league champions.
- 50 % of our teams earned promotion.
- 9 boys' teams, 8 with a winning record.
- 19 girls' teams, 11 with a winning record.

- 13 Red teams, 10 with a winning record.
- 15 Advanced level teams, 9 with a winning record.

Understanding the 3-4-3 Formation (Part 4)



Players' Responsibilities on Offense

Goalkeeper: If possible, start the attack with intelligent distribution. Step to the top of the box and become part of the team's possession play. Coach and direct play out of the back.

Defenders: Create proper spacing on offense. Be an option behind the ball. Coach the players in front of you.

Outside Midfielders: Create the width on offense. Good positional play with the defender and forward on your side.

Inside Midfielders: You can designate a holding and an attacking midfielder, or you can leave it up to the flow of the game; if one player goes, the other needs to stay.

Forwards: Play off each other, creating spaces for each other. Function as targets for the team. Keep possession for the team. Get in the box and look to finish.

Players' Responsibilities on Defense

Goalkeeper: Coach and direct the players in front of you. Have the ability to come off the line and take care of balls over the top. Keep the ball out of the net.

Defenders: Play as a unit. Pressure, cover and balance. Intelligent defending using a combination of zone and man-to-man.

Outside Midfielders: Pinch in and take away space. Defend ball-side and goal-side. Communicate with the defender on your side.

Inside Midfielders: Play together as a tandem and fill the middle of the field. Intelligent positioning and communication. Track opponents when they make runs to goal.

Forwards: Work as a unit. Intelligent pressure will force the opponents into errant passes. Make play predictable for the players behind you.

PROS AND CONS OF EACH FORMATION

4-3-3 Formation

Pros:

- Good spacing on the field.
- Two players on each flank.
- Ability to stretch the opponent's defense.
- Ability to create 1 vs 1 and 'numbers up' situations.
- Outside defenders are frequently options.
- Extra player centrally in the midfield.

Cons

- Give up space wide in the midfield.
- Requires players to communicate and read situations.

4-4-2 Formation

Pros:

- A strong midfield and defensive organization.
- Two players on each flank.
- Outside defenders are frequently options.
- Fairly simple to organize defensively.

Cons:

- You need dynamic outside midfielders who can attack and defend.
- Sometimes difficult to get numbers in the penalty box.

3-5-2 Formation

Pros:

- Extra players in the midfield.
- Lots of spaces for midfielders to make penetrating runs.

Cons:

- Midfield tends to get congested.
- Only one player on the flanks.
- You need very athletic outside midfielders who can attack and defend.

3-4-3 Formation

Pros:

- Very attack oriented formation.
- Easy to get numbers in the box.
- Easy to pressure the opponent in their half.

Cons:

- Can get caught on the transition from offense to defense.
- Difficult for midfielders to find spaces to make penetrating runs.

THE COLLEGE PAGE

NCAA Division 1

<u>Men</u>	<u>Women</u>
1. New Mexico	1. Portland
2. North Carolina	2. North Carolina
3. Maryland	3. Penn State
4. Connecticut	4. UCLA
5. Indiana	5. Notre Dame
6. Duke	6. California
7. UCLA	7. Virginia
8. Akron	8. Santa Clara
9. Penn State	9. Texas A&M
10. California	10. Duke
11. Creighton	11. Florida
12. Virginia Tech	12. Marquette
13. Hofstra	13. Tennessee
14. SMU	14. Boston College
15. Clemson	15. CS Fullerton
16. CS Northridge	16. Connecticut
17. Old Dominion	17. BYU
18. St John's	18. Pepperdine
19. Wake Forest	19. Colorado
20. Seton Hall	20. Florida
21. Santa Barbara	21. West Virginia
22. Dartmouth	22. Yale
23. NC State	23. Gonzaga
24. Santa Clara	24. USC
25. Virginia	25. Michigan State

Alumni Update

Noelle Arnaud (Fort Lewis 13-4-3) A freshman goalkeeper did not see playing time. **Dan Biggers** (Drew 13-5-3) A senior goalkeeper has played in 20 games with a GAA of 0.87. **Zach Chandler** (Ithaca College 12-3-1) A freshman has played in 6 games. **Matt Clausen** (Hamilton 9-5-1) A senior has played in 14 games and scored 1 goal. **Lea Day** (Loyola-Maryland 15-5-0) A freshman has played in 20 games scoring 1 goal and 3 assists. **Forrest Donoho** (Willamette 5-14-0) A freshman has played in 17 games. **Kalina Ehrenreich-Piot** (Brandeis 8-8-2) A sophomore has played in 17 games. **Thomas Flynn** (Denver 5-9-1) A senior forward has played in 15 games scoring 4 goals. **Lianne Grinditch** (Denver 5-5-1) A junior has played in 7 games scoring 5 goals and 1 assist. **Brenna Hindman** (Willamette 11-6-3) A senior has played in 20 games scoring 2 goals and 6 assists. **Patrick Huffer** (Williams 16-3-0) A junior midfielder has played in 19 games scoring 11 goals and 4 assists. **Adam Johnson** (Claremont-McKenna 6-10-3). **Corey Johnson** (UCCS 6-10-1) A senior has played in 11 games. **Dan Jozwiak** (Tufts 5-8-2) A sophomore forward has played in 14 games scoring 2 goals and 5 assists. **Jason Koshi** (St Lawrence 11-8-2) A senior midfielder has played in 15 games scoring 3 goals and 1 assist. **Matt Lay** (UCCS 6-10-1) A senior defender has played in 14 games assisting on 1 goal. **Kenny Lish** (St Bonaventure 4-11-3) A sophomore goalkeeper has played in 3 games. **Ashley Maciulitis** (Wooster 9-6-3) A senior has played in 18 games scoring 4 goals and 2 assists. **Ginny Maddox** (Fort Lewis 13-4-3) A freshman has played in 20 games scoring 3 goals and 3 assists.

Jordan Miller (Guilford 13-6-3) a freshman has played in 6 games assisting on 2 goals. **Kacey Miller** (Mines 7-8-0) A freshman has played in 5 games scoring 2 goals. **Kristin Moyer** (Kentucky 8-6-7) A senior has played in 21 games scoring 2 goals and 4 assists. **Becca Nagel** (St Olaf 6-9-1) A senior defender has played in 15 games. **Travis Orme** (Puget Sound 11-2-3) A senior defender has played in 16 games. **Kevin Owens** (Babson 11-4-4) A sophomore defender has played in 19 games scoring 1 goal and 2 assists. **Duane Pelz** (Bates 9-4-2) A sophomore midfielder has played in 15 games scoring 3 goals and 2 assists. **Hillary Smallwood** (Fort Lewis) A freshman has played in 10 games. **Emily Sterling** (Wooster 9-6-3) A senior has played in 18 games scoring 1 goal and 1 assist. **Chelsea Tronick** (CSU-Pueblo 8-10-2) A senior forward has played in 10 games scoring 3 goals. **Linda Vande Hey** (Mesa State 5-14-1) A senior has played in 19 games scoring 1 goal and 1 assist. **Kevin Westewick** (Regis 8-6-3) A freshman has played in 2 games scoring 1 goal. **Alyssa Woodbury** (Utah Valley 7-12-0) A senior has played in 19 games scoring 1 goal and 2 assists.

COACHES EDUCATION

CSYSA will be offering the following coaching courses this winter.

'E' Course

1. December 9, 10 and 11
2. February 10, 11 and 12

If you do not yet have a coaching license, I recommend you sign up for the 'E' Course. This course consists of a evening classroom session and field sessions on Saturday and Sunday. Topics to be discussed: Methods of coaching management and administration, Tactics, Laws of the game, Care and prevention, Practice field sessions.

'D' Course

1. December 9, 10, 11 and 16, 17, 18
2. February 3, 4, 5 and 10, 11, 12

If you do have your 'E' coaching license, I recommend you sign up for the 'D' Course. This course is held over two consecutive weekends. Topics to be discussed: Methods of coaching, Team management and administration, Tactical analysis, Laws of the game, Care and prevention, Practice field sessions, Practice coaching, Tests and lesson plans.

National Coaches Licenses

If you are interested in participating in a National Coaches License, then check the following web sites:

- US Soccer Federation - www.ussoccer.com

You will be able to find information on the A, B and C coaching courses.

- NSCAA - www.nscaa.com

You will be able to find information on the National, Advanced National and Premier coaching diplomas.

Introducing S2S Secrets to Sports

A comprehensive tool to support the quality of youth coaching and training.

A big thank you to former BC Force coach, **Gary Beals** who currently is involved with S2S and has allowed us to be able to access this internet based soccer coaching tool.

The S2S tool offers the following:

- A comprehensive set of skills and practices.
- Planning training sessions, season and development plans.
- Match management.
- Communication system.
- Report and keep stats for teams and players.
- Design your own practices.
- An at-home training tool for the players.
- A library of 850 video clips with various soccer skills.

The idea is that the coaching staff will be able to send out weekly exercises, drills, small-sided games and tactical concepts to all our coaches.

All our coaches for our competitive teams will be issued a user name and password to be able to access this website. If you have any questions, contact Welsch at jnwelsch@yahoo.com

Rob's Ramblings

I cannot believe that the fall season has ended. This season we had 19 girls teams playing at the competitive level. That is three more teams than we had a year ago, it also ties for the record of the most teams we have had. I will recap the high school girls. Next month I will talk about the younger girls teams and some of the things that we are doing to keep improving the girls program.

This fall we had seven high school girls teams in the U15 through U18 age group. If we keep the same teams for next year then we will lose one U18 team and pick up five U15 teams. So for the fall of 2006 we could have 11 high school age teams!

The best part is that this year we had one Elite team, five Premier teams and one Classic team. For next fall we could have two Elite teams, six Premier teams and three Classic teams. Enough about the future, let's talk about what happened this past season.

U18:

We had one team at this age group and they played in the Premier 2 division. The team went 8-0-1 and took first place. This was a special team in the sense that we had to build a team from scratch.

U17:

We had two teams in this age group. The Red team went 5-3-2 in Elite 2 and finished in third place and they could move up to Elite I.

The Tar Heels went 7-2-1 in Premier 2 and earned promotion to Premier 1. I did not get a chance to see many of their games, but I did hear from Norm on enough occasions to hear that they were doing very well. It's terrific to see both teams playing at such a high level.

After a busy summer and fall, the Red team is preparing to play in the Surf Cup over the Thanksgiving weekend.

U16:

We had three teams in this age group. Next year, the Red team will be either in Elite 2 or Premier 1 after finishing the season 5-4-1 in Premier 1. After bouncing between the Classic and Premier 2 divisions, the team is really playing well and I have high hopes for this group.

The Tar Heels went 7-3-0 in Classic and earned promotion to Premier 2. Megan McDonald just seems to keep getting the most out of this team and they keep moving up.

The Pilots finished 5-4-0. This was a team that came over in tact from another organization. The best part of this deal was not only the girls, but also their coach Erin. I watched a few of their games and Erin had the team playing very well. I really appreciate the work Erin has done with this team.

U15:

We had one team at this age group. They went 5-4-1 in Premier 2. I have watched this team grow as soccer players and as young adults. Heather Solar will be coaching this team next year and if she can get the same effect on this team that she's having on her current team, then I'm looking forward to that.

Again. I feel that we had a good fall season with our high school age players. This spring they will play for their respective high schools and I hope to be able to attend some of their games. I also am excited because this is the first group of high school players that will go through our new CPAP program. I think that the more that these girls believe that they can play at the college level, the better they will become.

Great job coaches, players and parents!

GOALKEEPING

By Rob Johnson

This season we hired **Michael Cardenas**, a Colorado Rapids goalkeeper, to do the training for our goalkeepers. I observed many of his sessions and was pleased with the instruction our goalkeepers were getting. I saw a lot of improvement in their play. Michael and I have spoken on numerous occasions about some of the things that each team's coach can do that would help the goalkeeper on a daily basis.

As a team coach if you could spend 15 minutes with the goalkeeper I think that you would see even more improvement. If you have an assistant maybe they could spend 15-20 minutes each practice working specifically with the goalkeeper.

Here are some suggestions:

- Make sure that your keeper does most of the technical training with the team at the start of each practice. The modern goalkeeper must be able to use their feet. The goalkeeper does need to warm up a bit. Maybe you pull them out of the technical training a bit sooner.
- The goalkeeper should work on punts and goal kicks at least once a week. I feel strongly that the goalkeeper takes the goal kicks. Have them hit 15-20 punts and goal kicks.
- Work on catching. Have your goalkeeper sit on their behind. You stand above them and throw the ball to them. Do not let them roll on their side; just have them sit there and work on catching the proper way. Then bounce the ball between their legs so that they have to judge it and find it. Finally, sit down across from your keeper and throw the ball back and forth. The rules are that they cannot drop their hands below their head and they cannot drop their arms to the side.
- Work on dealing with crosses. This is easy. Start on the right side of the goal and hit 20 crosses from that side. You want to work on balls played in the air, played in front of the goal from different angles. This will also work on the keeper's decision making process. Now do the same from the left side.
- Goalkeeper footwork. This is one of the easiest things to work on, but it is often neglected. My motto is that your feet get your hands to the ball. If you have poor footwork, then you will have a difficult time getting to the ball. Speed ladders work great if you have them, but if you don't, cones are fine. Set out a line of 10 cones with two steps between each cone. Keeper shuffles through facing forward, backwards and sideways. Three sets of each. Then, set up a rectangle of cones 10 x 6 yards. Keeper jogs, shuffles, sprints, cross-overs around the cones. By doing this the keeper is changing direction and speed.

I hope these suggestions will help you train your keepers. Try to implement these exercises in your training sessions. If you have any questions, feel free to contact me at bobbyj35@comcast.net