



boulder county **FORCE**

SOCCER CLUB COACHES NEWSLETTER

Volume 11, Issue 2, February 2005

www.bcforce.com

A MESSAGE FROM THE HEAD COACH

Our recent coaches meeting kicked off the start of the spring season. Here are a few of the items we discussed:

Practice Fields

This spring our main campuses will be East Boulder, Paddock and Foothills Park. Rob Johnson put together the training schedule for all our teams. Let's cooperate with each other until we have more daylight. In case of bad weather you can call 303-651-6036 for a recorded message. Or, you can check the website.

Game Fields

All home games will be played at Pleasant View Soccer Complex. Again, in case of bad weather, please call the weather line or check our website. There will be information by Saturday morning 7:00 AM. The City of Boulder decides if Pleasant View is playable or not. In case of a cancellation, please contact the opposing coach.

The City has requested that we do not use the goal mouths/penalty boxes during our warm-ups.

Game Rescheduling

Please call **Lauren Hager** at 303-444-6961 to reschedule a game.

Milo Woodson

We are pleased to announce that Milo

Woodson has joined our coaching staff. This spring, Milo will spend his time with the Advanced (Tar Heels, Pilots, Barca, Man U and Juve) Teams. Milo played his collegiate soccer at the University of New Mexico and has extensive coaching experience.

Heather Solar

She joined us last fall and is currently coaching our Girls U13 Red team. Heather will take on more responsibilities within the girls program as well as being involved with the Friday afternoon skills clinics at East Boulder.

Sideline Behavior

Remember that we need to set a good example at the games. Stay calm and composed. We do not need any ranting and raving on Saturdays. Also, have your players seated beside you. Finally, encourage your parents to be supportive and encouraging. The Positive Coaching letter to the parents will be sent out to all players on our Red teams.

Player Evaluations

We have an evaluation form on Excel that was sent out to our players after the fall season. If you want to send this to your players, you can contact Hardy Kalisher or Welsch at 303-443-8877.

Friday Afternoon Clinics

Starting **Friday, April 8** at East Boulder Rec.

4:00-5:00 PM: High School Boys

5:00-6:00 PM: Girls U11, U12, U13 & U14.

6:00-7:00 PM: Boys U11, U12, U13 & U14.

This past Thursday February 10th, we were proud to sponsor **Dr TC North's** workshop on Developing Mental Toughness and Creating High-Performing Mature Teams.

Here are some brief excerpts of a very interesting and informative evening.

Goals for Coaches

- Learn the mental tools of Olympians.
- Be in greater control of your emotions.
- Learn more about how athletes learn.
- Understand the stages of team development and how to create high-performing mature teams.

Athletes will learn

- Success using goals.
- To control their self talk.

Characteristics of the Best Coaches

- Organized, disciplined, sense of humor, fair, consistent, passionate, positive, empathy.

Characteristics of the Worst Coaches

- Disorganized, screamer, inconsistent, lack of knowledge, unfair, critical, negative, uncaring.

Characteristics on both sides are largely attitudinal. You have a choice. You can choose to display the characteristics of the Best Coaches, or you can choose not to.

The key to all mental toughness and confidence building is the reality that there are two things you can directly control. Namely your thoughts and your actions.

- To control their self talk.
- Imagery for success.

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- Imagery for success.

The Three Mental Tools of Olympians

Tool #1: Set Goals.

- You have control over process goals (I will improve my shot), however you do not control the outcome goals (I want our team to win 10 games this season).

- Goals are best when challenging, yet attainable.
- The passion/energy you have must equal the challenge of the goal. What price are you willing to pay?
- Goals change one's performance.
- You will write goals today.

Tool #2: Imagery programs your brain.

- Strengthen your confident brain using the 'Oreo' technique:
 - Relax.
 - Remember a time in your past when you were playing your best. (Cookie)
 - Imagine being confident, playing your best in the future. (Cream)
 - Remember again a time in your past when you were playing your best. (Cookie)

The premise here is that your brain cannot differentiate between imagery and reality. You can strengthen your brain, just like a biceps or quad, through imagery. The athletes who train physically and mentally improve fastest.

Tool #3: Control your Self-Talk.

- Replace destructive thoughts with constructive thoughts.
 - When you have a destructive thought, interrupt it by saying STOP!
 - Replace the destructive thought with a constructive thought.
 - Enjoy gaining control of your mind.

Avoid phrases such as "Do not", instead, use phrases such as " I want you to try...".

Spirit of Sport

Optimizing the Success and Happiness in Competitive Teenage Sports.

Dear BC Force Coaches, Athletes and Parents,

I am very excited to share with you new opportunities to help competitive teenage and college athletes. Through the offerings of the new, no-profit organization I developed, called Spirit of Sport, teen-age and college athletes, their parents and coaches can optimize their success and happiness. This article is a copy of a column I write about the mission of Spirit.

Develop a Great Relationship With Your Competitive Child

by TC North, Ph.D.

The vast majority of parents want the absolute best for their child. So why are parent/child relationships often difficult with competitive kids? Parents love to see their child do well and win. But in many cases, parents' desire to have their child do well and focus on winning can cause problems in the parent/child relationship. In extreme situations, it can cause irreparable damage. For example, there are high school athletes in Boulder County who have moved out of their parents' homes.

For 16 years, I have consulted with athletes in junior high, high school and college, as well as Olympians and professionals. Sports play an important role for these kids to learn personal and team success. In consulting with young athletes, I have discovered that loving, well-meaning parents can sometimes behave in a manner that is detrimental to the parent/child relationship and to the child's development. Over the years, I have developed guidelines for parents and young athletes to consider in maximizing the benefits to the child's development and the parent/child relationship.

Support Your Child

Give unconditional love whether your child wins or loses. This helps her understand that she is lovable and has value independent of the outcome of competition. Rather than emphasizing winning, reward fun, skill development and other benefits of sports participation, such as cooperation, competition, self-discipline and commitment. Show interest in your child's participation, and ask questions about her enjoyment and what she is learning. While watching her compete, always look upbeat.

Let sports be your child's challenge and success, not yours. Assist him in setting realistic and challenging goals for how to play, not just outcomes. These goals must be your child's goals, not yours. Help him understand and learn from success and disappointment. Assist him in developing personal success strategies through sports participation - a transferable skill to everything in life.

Allow your child to be more independent. Participation in sports is an independent step for kids. Share their joys and be empathetic, but don't take on their frustrations and losses. Encourage your child to keep learning. Allow her to experience and process the feelings of winning and losing without imposing your feelings. If she loses a competition and you become upset, she may feel guilty. As part of your child's maturation process, allow her to struggle a little to solve her problems as much as possible.

Use positive communications with your child. Using threats, sarcasm, fear or other negative approaches erodes your child's self-esteem and provokes a desire to rebel against you. Be honest with your praise. When he feels successful, share the joy; when he is disappointed, be supportive. Always compare your child's development to himself, not to other kids. Do not do or say anything that will cause him to think less of himself or you.

Support the Coaches

Your child needs you to be the parent. Let the coach do the coaching. Give the coach and the team your time and support. Do not criticize coaches, officials or other athletes. This will embarrass your child, and it may cause her to lose respect for you. Communicate with the coach, and listen to what the coach has to say about your child. This can help you.

Have Fun

Enjoy competitions whether your child wins or loses. Enjoy socializing with other parents at sporting events. This can be more fun for you, and your child will not be concerned about your enjoyment.

It is natural for all parents to want their child to succeed in whatever they do. Because of this, it is easy for parents to become too emotionally involved in the sport and inadvertently end up hurting their relationship with their child. Consider discussing the above guidelines as a family. The goal is for your child to enjoy and learn from sports competition and to have a strong, constructive relationship with his parents.

TC North, Ph.D., aka Dr. T, CEO of Catalyst Consulting Group, is a high-performance consultant for business and sports, and he is affiliated with University of Colorado Boulder athletics/sports medicine. He catalyzes individuals and teams to become higher performers - personally, professionally and athletically. He can provide an individual consultation, or he can help you work with your team or business. Contact him at 303-665-8920 or tcnorth@bouldercatalyst.com.

Spirit of Sport offers the following:

- Spirit Workshops.
- Forge successful athlete-parent-coach relationships.

- Strengthen team chemistry.
- Maximize confidence.
- Conquer your fears.

Don't Over-Coach

Taken from Finesoccer.com

By Lawrence Fine

One of the things that coaches have to be aware of is when they are giving too much information to their players.

This past weekend, I was working with a team I had never worked with before and found myself making the same mistake many coaches make. Instead of picking a couple of topics to emphasize between games, I found myself trying to cover too many topics. At the time, my thought process was, I had a receptive group who wanted to learn but the mistake was that by trying to cover too many topics, they learned a little bit about a lot instead of learning a lot about something in particular.

When talking to a team at half-time, it's important to pick no more than three items. Keep the discussion brief and to the point, make sure the players understand what has been discussed, and then let it go. If you try to cover too many subjects, rather than accomplishing more than addressing only a few subjects, you will actually accomplish even less.

Pick two or three topics, be organized in your approach and see how much more effective your team will be.

'Er vs 'est

by Jim Thompson

The following article was taken from the Positive Coaching Alliance website.

The Olympic Motto is "Citius, Altius, Fortius." Faster, Higher, Stronger.

Why not Fastest, Highest, Strongest?

This may seem a small nit to pick, but it's at the core of a new Positive Coaching Alliance initiative focused on workshops for high-school-age athletes: what we call "Becoming a Competitor."

Only one person (at a time) can be the fastest, jump the highest, be the strongest. But everyone can become faster, jump higher and get stronger. The focus on mastery - where the ultimate competition isn't against one's opponent but with one's best self - is a crucial element in PCA's work. Youth sports needs to be for everyone - not just those who demonstrate early the talent to play at a high level. With an "est" focus, sport too easily becomes an elite activity with the majority retired to the coach to watch. With the focus on "er", everyone can experience the thrill of improving in a sport.

Until now PCA has focused on the adults who work with youth sports: leaders, coaches and parents. We have found when we work in a systems approach with these adults, they are able to create a culture of Double-Goal Coaching and Honoring the Game that results in the kids having a great time playing sports. Our partners tell us they experience fewer sideline confrontations, increased enrollments and even better performance on the scoreboard as these powerful ideas reverberate through the organization.

But as we work more with high schools we find the need to bring another constituency into the process - the athletes themselves.

Our high school partners have asked us to develop something for their athletes, which brings me back to our "Becoming a Competitor" Workshop. Athletes who just show up for practice are 'participants'. Then there are the individuals who have earned

the label 'competitor'. You don't become a competitor by virtue of showing up; it requires a journey of personal growth involving dedication, hard work and thinking beyond's one's self.

And the bottom line? Defined in terms of three crucial relationships, a competitor is someone who makes things better!

The Competitor's Relationship with Self

A competitor works to be the best athlete and person he can be. He understands this is a lifetime pursuit and recognizes that competitive sports provides a powerful platform for preparing oneself for this goal. He does not rely on the scoreboard alone to evaluate his performance, recognizing that one can look good against inferior competition and less stellar against top-flight competition. A competitor focuses on the ELM Tree of Mastery where the focus is on Effort, Learning and bouncing back from Mistakes.

The Competitor's Relationship with Teammates

A competitor makes her teammates better. She focuses on playing her role on

the team well, but also looks for opportunities to encourage and support teammates. She understands the principle of filling 'Emotional Tanks'.

The Competitor's Relationship with the Game

A competitor makes the game itself better! He wants to win and competes fiercely to do so, but always within an ethical context. He understands and embodies Honoring the Game, showing respect for the Rules, Opponents, Officials, Teammates and Self (ROOTS).

A competitor is intent on becoming someone of whom her team, family and she herself can be proud.

'Becoming a Competitor' will help transform the youth sports culture today. It also paves the way for the coming Positive Coaching epidemic as athletes become coaches and parents. Grounded as 'competitors' they will have already learned what it means to commit oneself to a higher standard!

2005 BC FORCE TRYOUTS **SCHEDULE**

Here is the tentative schedule for this spring's tryouts. Call the office at 303-443-8877 for additional information.

Tuesday May 31

4:30 PM - 6:00 PM Girls U11's
4:30 PM - 6:00 PM Girls U12's
4:30 PM - 6:00 PM Girls U13's

6:15 PM - 7:45 PM Boys U11's
6:15 PM - 7:45 PM Boys U12's
6:15 PM - 7:45 PM Boys U13's

Thursday June 2

4:30 PM - 6:00 PM Girls U15's
4:30 PM - 6:00 PM Girls U14's
4:30 PM - 6:00 PM Boys U14's

6:15 PM - 7:45 PM Girls U18's
6:15 PM - 7:45 PM Girls U17's
6:15 PM - 7:45 PM Girls U16's

Wednesday June 1

4:30 PM - 6:00 PM Boys U11's
4:30 PM - 6:00 PM Boys U12's
4:30 PM - 6:00 PM Boys U13's

6:15 PM - 7:45 PM Girls U11's
6:15 PM - 7:45 PM Girls U12's
6:15 PM - 7:45 PM Girls U13's

Friday June 3

4:30 PM - 6:00 PM Girls U18's
4:30 PM - 6:00 PM Girls U17's
4:30 PM - 6:00 PM Girls U16's

6:15 PM - 7:45 PM Girls U15's
6:15 PM - 7:45 PM Girls U14's
6:15 PM - 7:45 PM Boys U14's

CSYSA 2005 Tournament Schedule

Feb 26-27	Sunbelt Classic	Pueblo Rangers	
May 13-15	Durango Shootout		www.durangosoccer.com
May 27-30	Real Colorado Cup	Real Colorado	www.dcsa.net
May 28-29	Glenwood Invitational		Soccer@sopris.net
May 28-30	Stenger Invitational	Colorado Edge	www.arvadasoccer.com
June 3-5	Aurora Invitational	Aurora Sting	www.aurasoccer.com
June 3-5	Front Range Invite	Pikes Peak	www.peaksoccer.org
June 9-12	Colorado Rush Open	Colorado Rush	www.coloradorush.com
June 10-12	Arsenal Shootout	Fort Collins Arsenal	www.soccerfortcollins.org
June 17-19	Rocky Mountain Cup	BC Force	www.bcforce.com
July 15-17	Steamboat Mountain	Steamboat Soccer	registrar@steamboat-soccer.com
July 18-24	Pikes Peak Invitational	Pikes Peak	ppi2005@peaksoccer.org
July 26-27	Colorado Showcase	Real Colorado	www.dcsa.net
Aug 5-7	Pride of the Rockies	El Paso Pride	www.pridesoccer.com
Aug 11-14	Arsenal Cup	Fort Collins	www.soccerfortcollins.org
Aug 11-14	Rush Kickoff Classic	Colorado Rush	www.coloradorush.com
Aug 11-14	Storm Classic	Colorado Storm	www.coloradostorm.com
Aug 18-21	Mile High Fest	Littleton United	mhsf@littletonsoccer.net
Oct 1-2	Grand Mesa Classic	Grand Mesa Fire	www.gmysa.org

BC FORCE SUMMER SOCCER PROGRAMS 2005

For this summer we have put together several exciting programs for our girls and boys soccer players. All our sessions will take place at the Pleasant view Soccer complex. The first week will start June 6th and we will be running sessions throughout the week of August 8-12.

- **Soccer is Fun**

A two hour program for the 6 and 7 year old soccer player. Emphasis will be on learning the game of soccer in a positive, fun-filled environment. Weekly sessions, Mondays through Fridays from 9:00 AM until 11:00 AM. Cost: \$85.

- **Developmental Soccer**

A three hour program for the 8 and 9 year old soccer player. Emphasis will be on skills introduction and development through a variety of fun activities. Weekly sessions, Mondays through Fridays from 9:00 AM until Noon. Cost: \$100.

- **Competitive Soccer**

A three hour program for the 10, 11, 12 and 13 year old soccer player. Emphasis will be on skills development through challenging exercises and competitive games. Weekly sessions, Mondays through Fridays from 9:00 AM until Noon. Cost: \$100.

- **Advanced Soccer Training**

A three hour program for the 14, 15 and 16 year old soccer player. Emphasis will be on fine-tuning the skills, as well as developing tactical awareness through advanced exercises and games. Weekly sessions, Mondays through Fridays from 9:00 AM until Noon. Cost: \$125.

- **College Bound Training Program**

This program is designed for the high school and college age soccer players who are interested in continuing their training throughout the summer months. The players will participate in practice sessions run by our staff coaches. Tuesdays and Thursdays during the months of June and July from 5:00 PM - 7:00 PM. Cost: \$125.

- **Goalkeeper Training**

This program is designed for the 8 through 13 year old goalkeeper. Older goalkeepers can contact Rob Johnson at 303-443-8877 for additional training opportunities. Two sessions: June 6-10 and August 1-5 from 9:00 AM until Noon. Cost: \$100.

- **Advanced Fitness Training**

This is an individualized fitness program for those high school and college athletes who want to take their physical and mental fitness to the next level. Contact John Welsch at 303-443-8877 for specifics about this program. Cost: \$125.

BC FORCE HOME SCHEDULE

March 5

TBA	PV#1	BC Force Boys 18 Red vs	Colorado Explosion
TBA	PV#1	BC Force Boys 18 Barcavs	El Paso Pride
TBA	PV#1	BC Force Boys 17 Red vs	CSA Predators
TBA	PV#1	BC Force Boys 16 Red vs	Pueblo Rangers
TBA	PV#4	BC Force Boys 14 Man U vs	Fort Collins Arsenal
TBA	PV#3	BC Force Boys 11 Barca vs	Littleton United
TBA	PV#4	BC Force Girls 14 Red vs	El Paso Pride
TBA	PV#4	BC Force Girls 13 Red vs	Aurora Sting
TBA	PV#4	BC Force G13 Tar Heels vs	Wheatridge Avalanche
TBA	PV#3	BC Force Girls 12 Red vs	Real Colorado
TBA	PV#3	BC Force Girls 11 Red vs	Fort Collins Arsenal

March 12

9:00 AM	PV#3	BC Force Boys 11 Man U vs	St Vrain Express
9:00 AM	PV#4	BC Force Boys 13 Red vs	Riverside Renegades
10:30 AM	PV#3	BC Force Boys 11 Red vs	Colorado Rush
10:30 AM	PV#4	BC Force Boys 14 Red vs	Real Colorado
12:00 PM	PV#3	BC Force Boys 12 Red vs	Corinthians
12:00 PM	PV#4	BC Force Boys 13 Barca vs	TMSA
1:00 PM	PV#1	BC Force Boys 15 Red vs	Colorado Storm
1:30 PM	PV#3	BC Force G12 Tar Heels vs	Colorado Elite
1:30 PM	PV#4	BC Force Boys 14 Barca vs	El Paso Pride
2:30 PM	PV#3	BC Force Girls 11 Red vs	Fort Collins Arsenal
3:00 PM	PV#1	BC Force Boys 18 Barca	vs Colorado Xtreme
3:00 PM	PV#3	BC Force G11 Tar Heels	vs Colorado Storm
3:00 PM	PV#4	BC Force Girls 13 Pilots	vs Trebol

March 19

9:00 AM	PV#1	BC Force Boys 16 Red vs	Colorado Storm
9:00 AM	PV#4	BC Force Girls 14 Red vs	Colorado Xtreme
10:00 AM	PV#3	BC Force Boys 11 Barca vs	Colorado Rush
10:30 AM	PV#4	BC Force Boys 14 Red vs	Guadalajara Chivas
11:00 AM	PV#1	BC Force Boys 17 Red vs	Colorado Storm
11:30 AM	PV#3	BC Force G12 Tar Heels vs	TMSA
12:00 PM	PV#4	BC Force Girls 13 Pilots vs	Colorado Rush
1:00 PM	PV#1	BC Force Boys 18 Red vs	Pikes Peak Nike
1:00 PM	PV#3	BC Force Boys 11 Red vs	St Vrain Express
1:30 PM	PV#4	BC Force Girls 13 Red vs	Fort Collins Arsenal
3:00 PM	PV#1	BC Force Boys 17 Barca vs	Colorado Edge
3:00 PM	PV#4	BC Force Boys 15 Red vs	Riverside Renegades

March 26

9:00 AM	PV#3	BC Force G11 Tar Heels vs	Colorado Edge
9:00 AM	PV#4	BC Force Boys 13 Red vs	St Vrain Express
10:30 AM	PV#3	BC Force Boys 12 Red vs	Littleton United
10:30 AM	PV#4	BC Force Boys 14 Man U vs	Fort Collins Arsenal
12:00 PM	PV#3	BC Force Boys 11 Juve vs	Real Colorado
12:00 PM	PV#4	BC Force Boys 13 Barca vs	Pikes Peak Swoosh

1:30 PM	PV#3	BC Force Girls 12 Red	vs	Greeley Bootleggers
1:30 PM	PV#4	BC Force Boys 14 Barca	vs	El Paso Pride
3:00 PM	PV#3	BC Force Boys 11 Man U	vs	Club United
3:00 PM	PV#4	BC Force Boys 16 Red	vs	Guadalajara Chivas

13 Days of Coaching Education

by Hardy Kalisher

I rang in the new year by spending 10 days in Las Vegas taking my USSF 'B' license, immediately followed by 3 days at the NSCAA National Coaches Convention in Baltimore. The NSCAA Convention, with 5000 coaches gathering for a weekend of lectures, panel discussions, practical demonstrations and networking is an inspiring way to get ready for the spring season. The 13 days equaled over 120 hours of coaching education. I filled three notebooks with insightful coaching points, lecture notes and exercises.

First of all, the playing and coaching experience of the USSF 'B' candidates was significantly higher than at the 'C' course. For those of you who have not taken a national level coaching course, the experience is similar to doing double day training and taking your favorite college course at the same time. It is physically demanding with three on-the-field sessions a day, and morning and evening lectures.

Many of the 'B' candidates skipped directly to the 'B' because they had the minimum requirement of five years of professional playing experience. There were four groups of 16 candidates. Taking the course were four players with US National Team experience and several marquee professionals including: Peter Nowak (DC United Head Coach), Preki (Kansas City Wizards), CJ Brown and Jessie Marsh (Chicago Fire), an Italian with Serie A experience, a Hungarian professional with one eye, a former WUSA player, and at least 30 other players with MLS, A-League, USISL and PDL experience. There must have been at least a dozen college coaches as well. Only three candidates in my group had not played at a high collegiate or

professional level. Clearly, in addition to the coaching education experience, the level of play on the field was pretty good and fun.

The course instructors were Dave Chester (former Head Coach Fresno State), Tim Schulz (Colorado Rush), Gordie Miller (Virginia Director of Coaching) and Rene Miramontes (former Colorado Rapids assistant).

Compared to the 'C' course, the staff coaches and the entire curriculum was much more detail-oriented with regards to the "technical tactical functional training" of specific positions (i.e. outside defenders) and groups (midfielders) within real game situations.

Each candidate had a practice field session after which they received feedback in front of the group. During the final testing phases of the course my group was evaluated on coaching the Nevada U17 ODP team. In addition to the field testing, we had an exam on coaching theory and tactics, sports psychology, physiology, and rules of the game.

A special treat for me was playing with old college teammates, meeting coaches with mutual soccer friends and sharing soccer stories back at the hotel. Oh, and did I mention playing with Preki and Nowak was pretty cool too?

At the NSCAA Convention, I was feeling tired but recharged as soon as I walked into the convention center. I attended several lectures and field sessions each day and a portion of the MLS Draft. Highlights included two lecture presentations by Alberto Parreira, Head Coach, Brazilian Men's National Team on Team Tactical Considerations & Team Formation from Euro 2004 and Team Building; English FA National Staff Coach, Dick Bates lecture on Playing with a Support Striker; Phil Neddo,

DOC at the Honolulu Bulls (U19 National Champions) lecture on Developing the American Soccer Club Culture; Frans Hoek, Goalkeeper Coach for Ajax, Barcelona and the Dutch National Team; Rene Simoes, Head Coach of the Brazilian Women's National Team presented the most insightful field session I attended.

Insights from 13 days in search of coaching wisdom...

"Player development is coaching the components of soccer (technical, tactical, psychological and physical) within the context of the principles of attacking (penetration, support, mobility, width and length, improvisation) and principles of defending (immediate chase, pressure, cover, balance, compactness) as related to the concepts of tactics (tactical implication of technique, transition, vision, communication, speed of play)". - a moment of clarity while studying for my 'B' oral exam.

"As coaches we must always strive to develop a more technical eye."

"Instead of telling your youth team they need to win a particular game, try asking them "How far do you want to go in soccer?"

"The most important technique in soccer is your first touch."

"The playing area of an exercise should mirror the playing field - Rectangle."

"If you can't relate to the players it doesn't matter how good you can teach technique and tactics."

"Create situations of success to build self-confidence."

"Communication can dominate the atmosphere of a game."

"In youth soccer 6-3-1 is the best record. If you go 10-0, you need to find games to lose."

"If you go 0-10, you need to find games to win."

"When setting up a possession game, create a space that will have 3-7 successful passes (this is the goal in a game). If the teams can only make 1-2 passes then the space is too small, 10 passes and the space is too big."

"The most important skill I worked on as a kid was dribbling." - Preki

"10,000 hour mark. A study showed that it takes 10,000 hours of training between when an individual decides to be serious about a sport and when they become an expert."

"Brazil used a Double Spine in the '58, '66, '70, '74, '78 and '94 World Cups. A double Spine is matching a technical player with a ball winner at the central forward line, central midfielder line and central defender line." - Parreira

"Give your players specific roles and responsibilities during games based on their ability, position, team needs and game situation, Take the guess work out of the game."

As we strive to help our BC Force players to play at their highest level, I encourage all the Force coaches to reach their highest coaching potential. The USSF 'C' Course will be held conveniently in Colorado this summer. For more info on the 'C' course call us at the office at 303-443-8877.

Rob's Ramblings

by Rob Johnson

This last year I have had the opportunity to be part of the ODP staff for Colorado. My official title is Director of Coaching, Goalkeepers. This basically means that I am at almost every training session working with the goalkeepers. This has been a lot of traveling, but I have also worked with some great coaches. Some of you might not know what ODP is so I want to talk about it and why it is important.

ODP stands for Olympic Development Program. Every state has it, and it is organized according to your birth year. So there are the '88, '89, '90, '91 and '92 teams for the boys and girls. The main objective is to put a team together of the top players in the state at these various age groups. These teams are coached by some of the better coaches in the state. This year on the girls' side we have a head or assistant college coach running each team. At each age group we set up a pool of about 25-30 players. We then cut the number down to a state team of 17 players. The team gets together about once every three weeks throughout the year. The teams also travel to tournaments and to Region VI camp. There are four regions in the US and each region has a camp.

There are four main reasons as to why you would want to participate in this program.

1. Coaching

This year's coaching staff is very strong. It is always good to work with different coaches, because even if they are saying the same thing that your club coach is telling you, maybe the message is presented in a different way.

2. Competition

You will be surrounded by excellent players and the ODP practices are very competitive and the high quality which will push you out of your comfort zone.

3. Tournaments

The two oldest groups will actually go to a Regional tournament to see who is the best team that will represent the region at the national tournament. Doing well in the regional tournament and going to nationals means that regional and national team coaches are now watching the games.

4. Regional Camp

This is where your team goes and works with the best coaches in the region. It is an environment where you can only get better. It also gives you a week with your team and you get to know your teammates even better. This is also another place to be seen by the regional and/or national coaches.

In conclusion, here is how the system works:

BC Force Club Team	
Colorado State Pool	- top 30 players
Colorado State Team	- top 17 players
Region IV Pool	- top 30 in region
Region IV Team	- top 17 in region
National Pool	- top 30 in country
National Team	- top 17 in country

ODP is a great opportunity to be seen by many coaches and a place to get better as a player. You can contact Rob Johnson at 303-443-8877 to get more information.