



boulder county **FORCE**

SOCCER CLUB COACHES NEWSLETTER

Volume 11, Issue 4, April 2005

www.bcfrc.com

A MESSAGE FROM THE HEAD COACH

Coaches please mark your calendar for the following:

Coaches Meeting
Tuesday May 10th
7:30 PM - 8:30 PM
East Boulder Rec Center
Senior Wing

Topic: Tryouts.

Just a quick reminder that the Rocky Mountain Cup registrations are due. I encourage you to participate in this event. It'll be a great ending to the soccer year. Hossein Tolooee is now delegating responsibilities for the tournament. If you would like to volunteer, please call Hossein at 720-273-4113.

We still are looking for teams to run the concession stands (This is a terrific fundraising opportunity for your team). We are also looking for advertising and/or tournament sponsorship.

With tryouts swiftly approaching, I'd like to remind all our coaches that now is the time to set up combined practices, play scrimmages, communicate with your age group coaches and watch games within your age group.

Do these things in an effort to familiarize yourself with all the players in

your age group. That way you will be able to identify those players who are deserving to move up prior to the tryouts.

Also, please educate your players (and especially your parents) that the tryout evaluation process takes place during the whole year, not just during the two days of actual tryouts. In reality, during those two days of tryouts the coaches will be busy identifying and evaluating any new players who have not been a part of the BC Force program.

It is important that every BC Force player will receive a written evaluation before tryouts. Players should know where they stand prior to the tryouts. It should not come as a complete surprise if a player is on the bubble. At our pre-season meeting I gave you a sample form of the evaluations we give out to the Red teams. If you would like to receive more information on that, contact Welsch at 303-443-8877.

Finally, this weekend signals the start of the State Cup competition for the U12 through U18 boys teams. All games will be played at Gates, Banbury and Dove Valley. You can find the game schedule for all our teams in this issue. Good luck to all our teams.

2005 SUMMER SOCCER PROGRAMS

Ahhhh, summer in Colorado. Warm days and cool nights, golf, tennis, hiking, biking, camping, swimming, enjoying the mountains, and of course for those of you who can't get enough of soccer, here's a listing of soccer camps.

Locally:

BC Force Summer Programs

Weekly sessions, Mondays through Fridays from 9:00 AM -Noon at Pleasant View Soccer Complex. Sessions start Monday June 6th. Last session ends Friday August 12th. Specific programs for all ages. Costs vary from \$85 to \$125.

This summer, the BC Force Coaching Staff will be available for individual and small-group training sessions. Please contact the following coaches for additional information on availability and costs.

Rob Johnson at bobbyj35@comcast.net
Heather Solar at heather.solar@bvsd.org
Hardy Kalisher at coachhardy@hotmail.com
Milo Woodson at mwoodson@co.boulder.co.us
Philip Greenberg at philkeep1@aol.com
John Welsch at jnwelsch@yahoo.com

Alexander Dawson Summer Programs

Directed by Doug London. Three sessions, June 13-17; 20-24 and June 27-July 1.

For additional information, contact Doug at 303-665-6679, ext. 442, or visit their website at www.dawsonschool.org.

Go To Goal Soccer Camps

Directed by Jeff Frykholm. Unique concept in which players meet once a week throughout the summer. For additional information, contact Jeff at 303-499-8788.

Colorado Soccer Camp

Commuter and residential camp opportunities through the University of Colorado Women's Soccer program. Contact CU soccer at 303-735-0530 or check out their website at www.cusoccercamp.com.

Overnight Camps:

Steamboat Soccer Academy

970-870-3366
www.steamboatsocceracademy.com

Vogelsinger Soccer Academy

1-888-780-2267
www.vogelsingersoccer.com

Nike Soccer Camps

1-800-645-3226
ussportscamps.com

RAPIDS RESERVE TRYOUTS

Aspiring Professional Players!

The Boulder Rapids Reserve will have open tryouts on May 7 and 8 from 4:30 PM until 7:00 PM at Pleasant Soccer Complex.

For registration information go to www.rapidsreserve.com

COACHING EDUCATION

'C' Coaching Course

Dates: July 28-31 and August 4-7

Where: Metro State in Denver

Cost: \$700

Applicants must be 18 years of age and have earned a National 'D' License. 'd' License certification may be waived under the following conditions:

1. Applicant has the NSCAA National Diploma.
2. Applicant has three years coaching experience and has three years playing experience with US National Teams or three years professional playing experience.

Candidates undergo a challenging series of written, oral and practical examinations.

BC FORCE HOME SCHEDULE

May 7	9:00 AM	PV#1	BC Force Boys 14 Red	vs	Colorado Rush
	9:00 AM	PV#3	BC Force Boys 11 Red	vs	Broomfield Blast
	9:00 AM	PV#4	BC Force Girls 13 Red	vs	Nova
	10:30 AM	PV#1	BC Force Boys 14 Barca	vs	Colorado Rush
	10:30 AM	PV#3	BC Force Girls 12 Red	vs	Colorado Edge
	10:30 AM	PV#4	BC Force Girls 13 Pilots	vs	Skyline Elite
	12:00 PM	PV#1	BC Force Girls 14 Red	vs	Colorado Storm
	12:00 PM	PV#3	BC Force Girls 11 Tar Heels	vs	Pikes Peak
	12:00 PM	PV#4	BC Force Boys 13 Red	vs	Evergreen Stingers
	1:30 PM	PV#1	BC Force Boys 15 Red	vs	TMSA
	1:30 PM	PV#3	BC Force Girls 12 Tar Heels	vs	St Vrain Express
	1:30 PM	PV#4	BC Force Boys 14 Man U	vs	Bear Creek
	3:00 PM	PV#3	BC Force Girls 11 Red	vs	Colorado Storm
	3:30 PM	PV#1	BC Force Boys 17 Barca	vs	Colorado Xtreme
May 14	9:00 AM	PV#1	BC Force Boys 13 Barca	vs	Nova
	9:00 AM	PV#3	BC Force Boys 11 Juve	vs	Colorado Storm
	10:30 AM	PV#3	BC Force Boys 11 Man U	vs	Aurora Sting
	12:00 PM	PV#1	BC Force Boys 18 Red	vs	Chaffee County
	12:00 PM	PV#3	BC Force Boys 12 Red	vs	Club Denver
	1:30 PM	PV#3	BC Force Boys 11 Barca	vs	Cheyenne Sting
	2:00 PM	PV#1	BC Force Boys 18 Barca	vs	LUSA
	3:00 PM	PV#4	BC Force Girls 13 Tar Heels	vs	Colorado Rush
May 21	9:00 AM	PV#1	BC Force Boys 17 Red	vs	Littleton United
	10:30 AM	PV#1	BC Force Girls 13 Tar Heels	vs	Colorado Storm
	11:00 AM	PV#1	BC Force Boys 18 Red	vs	Aurora Sting
	1:00 PM	PV#3	BC Force Boys 11 Juve	vs	El Paso Pride

2:30 PM

PV#3

BC Force Boys 11 Barca

vs

Fort Collins

SPRING 2005 STATE CUP SCHEDULE

April 24 9:00 AM BCF Boys 15 Red vs Ft Collins Banbury #20
 12:00 PM BCF Boys 14 Red vs Broomfield Gates #8
 1:00 PM BCF Boys 16 Red vs Colorado Storm Banbury #10
 1:00 PM BCF Boys 18 Red vs Littleton Utd Gates #2
 1:30 PM BCF Boys 12 Red vs Colorado Edge Gates #7
 3:00 PM BCF Boys 17 Red vs Colorado Rush Gates #1
 5:00 PM BCF Boys 13 Red vs Colorado Rush Gates #3

April 30			May 1		
9:00 AM	BCF B16 Red vs Bootleggers	Dove #8	9:00 AM	BCF B17 Red vs Littleton	Gates #3
9:00 AM	BCF B13 Red vs Littleton Utd	Gates #8	9:00 AM	BCF B15 Red vs Club Utd	Gates #11
11:00 Am	BCF B18 Red vs Aurora Sting	Gates #4	10:30 AM	BCF B12 Red vs Storm	Banbury #6
11:00 AM	BCF B15 Red vs Colorado Rush	Dove #2	11:00 AM	BCF B16 Red vs Real	Banbury #10
12:00 PM	BCF B12 Red vs Pikes Peak	Gates #7	12:00 PM	BCF B13 Red vs St Vrain	Gates #12
12:30 PM	BCF B14 Red vs Colorado Rush	Gates #9	1:00 PM	BCF B18 Red vs Rush	Gates #4
1:00 PM	BCF B17 Red vs Colorado Storm	Gates #1	1:00 PM	BCF B15 Red vs TMSA	Gates #13
			2:00 PM	BCF B14 Red vs Edge	Banbury #7

BC FORCE Game Results

Boys 18 Red (P1) 1-2-1 vs Explosion 0-2; vs Aurora 1-3; vs Club Utd 3-0; vs Pikes Peak 2-2
 Boys 18 Barca (P2) 1-1-1 vs Xtreme 4-1; vs Pikes Peak 1-3; vs Skyline 3-3
 Boys 17 Red (P1) 5-0-0 vs CSA 1-0; vs Ft Collins 4-0; vs Corinthians 4-3; vs TMSA 5-0;
 vs Lusa 7-0
 Boys 17 Barca (Cl) 2-3-1 vs CSA 0-1; vs Xtreme 1-1; vs Edge 0-1; vs Littleton 1-3; vs Trebol 2-0;
 vs C&C 5-1
 Boys 16 Red (E3) 2-3-0 vs Pueblo 2-0; Littleton 3-0; vs Real 0-3; vs Xtreme 1-5;
 vs Pikes Peak 2-3
 Boys 15 Red (P2) 3-2-1 vs Broomfield 3-0; vs Storm 2-1; vs Riverside 6-1; vs Real 0-3; vs Grand Mesa 1-2; vs
 Explosion 2-2
 Boys 14 Red (P1) 2-3-1 vs Xtreme 1-1; vs Real 0-1; vs Chivas 1-2; vs Ft Collins 1-0;
 vs Colorado Storm 0-5; vs Ft Collins 3-0
 Boys 14 Barca (Cl) 2-1-1 vs Real 2-0; vs Lusa 2-0; vs Pride 1-2; vs Storm 3-3
 Boys 14 Man U (Ch1) 1-5-0 vs Ft Collins 1-2; vs Westminster 0-2; vs Club Utd 0-4; vs Xtreme 2-4;
 vs Pikes Peak 2-1; vs Broomfield 0-1
 Boys 13 Red (P2) 0-1-3 vs Club Denver 3-3; vs Xtreme 1-1; vs Aurora 1-1; vs Colorado Elite 2-3
 Boys 13 Barca (Cl) 0-4-0 vs TMSA 0-4; vs Pueblo 1-12; vs Ft Collins 0-7; vs Cheyenne 0-6
 Boys 12 Red (P1) 1-3-2 vs Real 1-7; vs Corinthians 0-1; vs Real 4-0; vs St Vrain 1-1;
 vs Aurora 0-0; vs Ft Collins 0-2
 Boys 11 Red (P1) 0-5-1 vs Storm 0-3; vs St Vrain 0-2; vs Real 0-4; vs Rush 1-3;

vs Colorado Edge 2-2; Ft Collins 0-9
 Boys 11 Barca (Cl) 0-3-1 vs Greeley 0-0; vs Rush 1-5; vs Edge 1-2; vs Corinthians 0-6
 Boys 11 Juve (Cl) 0-3-1 vs Rush 0-2; vs Xtreme 0-3; vs Broomfield 1-3; vs Laramie 0-0;
 vs TMSA 1-2
 Boys 11 Man U (Ch1) 2-4-0 vs Edge 2-4; vs St Vrain 0-5; vs Rush 3-2; vs Pride 1-4;
 vs Pikes Peak 5-2; vs Colorado Elite 0-9

 Girls 14 Red (Cl) 3-0-2 vs Xtreme 3-3; vs Trebol 2-1; vs Club Utd 3-0; vs Colorado Elite 1-1;
 vs Ft Collins 2-0
 Girls 13 Red (P2) 2-2-1 vs Aurora 0-1; vs Pueblo 2-4; vs Xtreme 2-0; vs Grand Mesa 2-0;
 vs El Paso Pride 0-0
 Girls 13 Tar Heels (Ch1)1-3-1 vs SW Denver 2-4; vs Storm 0-1; vs Ft Collins 1-1; vs Riverside 4-0;
 vs TMSA 0-6
 Girls 13 Pilots (Ch2) 1-0-4 vs Explosion 0-0; vs Trebol 2-1; vs Westminster 1-1; vs Club Denver 1-1
 vs Wheatridge 3-3
 Girls 12 Red (Ch1) 3-1-0 vs Storm 0-2; vs Evergreen 2-0; vs Colorado Elite 1-0; vs Pikes Peak 3-1
 Girls 12 Tar Heels (Ch2)1-4-1 vs Club Denver 1-6; vs TMSA 0-1; vs Pride 0-2; vs Colorado Rush 3-3; vs
 Colorado Elite 2-1; vs Storm 0-3
 Girls 11 Red (P2) 2-1-1 vs Ft Collins 1-1; vs Pueblo 4-1; vs Club Denver 4-0;
 vs El Paso Pride 0-2
 Girls 11 Tar Heels (Ch1)2-4-0 vs Rush 0-2; vs Storm 3-1; vs Storm 0-4; vs Ft Collins 1-4;
 vs Colorado Elite 1-2; vs Westminster 1-0

THE HIGH SCHOOL PAGE

ALEXANDER DAWSON

Record: 6-4-0

vs Silver Creek 0-9
 vs Colorado Academy 0-5
 at Weld Central 4-0
 at Holy Family 1-3
 vs Academy of Charter 4-0
 vs Resurrection Christ 7-2
 at Denver Christian
 vs Heritage Christian 4-3
 at Jefferson Academy 4-1
 vs Kent Denver 0-10
 at Nederland 5-1
 4/21 4:00 PM vs Heritage Christian
 4/26 4:00 PM at Maranatha Christ
 4/30 11:00 AM at Longmont Christ
 5/2 4:00 PM vs Faith Christian

BOULDER

Record: 5-5-0

vs Horizon 2-0
 vs Centaurus 3-0
 vs Monarch 4-1
 vs Littleton 3-2
 vs Fort Collins 1-8
 vs Grandview 0-3
 at Mullen 1-3
 at Cherry Creek 2-4
 at Fairview 1-2
 vs Eaglecrest won
 4/26 4:15 PM at Overland
 4/28 7:00 PM vs Smoky Hill
 4/30 10:00 AM vs Evergreen
 5/3 4:00 PM at Niwot

CENTAURUS

Record: 4-6-0

vs Northridge	1-2
vs Elizabeth	10-0
at Boulder	0-3
vs Holy Family	1-3
at Monarch	0-6
at Adams City	
at Skyview	8-0
vs Denver North	10-0
vs Aurora Central	1-3
at Hinkley	13-3
at Brighton	1-3
4/21 6:00 PM	vs Westminster
4/26 6:00 PM	vs Ranum
4/28 6:00 PM	vs Cherokee Trail

FAIRVIEW

Record: 7-1-2

vs Columbine	2-1
vs Thomas Jefferson	3-0
vs Horizon	4-0
at Denver East	3-1

vs Grand Junction	3-1
at Palmer	
at Eaglecrest	1-1
at Overland	3-0
at Smoky Hill	0-1
vs Boulder	2-1
vs Mullen	1-1
4/26 4:15 PM	at Cherry Creek
4/28 4:30 PM	vs Grandview
5/3 7:00 PM	at Fort Collins

MONARCH

Record: 7-5-0

at Gateway	8-0
vs Grandview	1-4
vs Air Academy	1-0
at Boulder	1-4
vs Centaurus	6-0
at Horizon	4-1
vs Legacy	3-2
vs Poudre	3-1
at Thornton	3-0
at Rocky Mountain	0-3
vs Bear Creek	2-3
at Loveland	
vs Fort Collins	0-3
4/26 5:30 PM	vs Northglenn
4/28 7:00 PM	vs Golden

The following articles comes from
www.finesoccer.com

I enjoyed this article because it puts everything in perspective in these times of recruiting players and teams.

Teacher or Coach?

A few weeks ago I heard an interview on television of John Wooden. For those of you who don't know, John Wooden was the longtime basketball coach at

UCLA who won 7 consecutive NCAA championships (10 total).

One of the questions asked of him was what is the biggest difference between the current game and the game back when you were coaching? The memorable part of his response was that he started by saying, "when I was teaching". He didn't say when I was coaching, but when I was teaching.

If you are a coach, are you a teacher/educator or more of a recruiter? When you have a weaker player on your team, do you look to hide this player or are you trying to help them get better?

Is your way to improve your team to get better players or to help your current players get better? As a coach, is one of your goals to help each player improve with each training session or do you even have a purpose for your practices? Another question to consider is whether the only lessons a coach should try to impart are on the field soccer lessons or whether a true coach/educator also has responsibilities for helping with life skill issues as well?

If you are a coach, think more about being a teacher and if you are a player, realize that every opportunity you have, look for the learning situation because they are everywhere.

"Star" Player

What position should the "star" player play? Should you always put the 'best' player as a forward to allow them to score a lot of goals? Should the 'best' player be a center midfielder? Does a player have to score goals to be a star?

Too many coaches, players and parents think that certain positions are more important than others. They think that the player scoring the goals is more important than the player setting up the goals or the player preventing the other team from scoring. They think the further back a player is from the goal they are attacking, the less important that player must be.

The attitude by players and parents that to be recognized as a top player they have to play up front as a forward is ludicrous and is an example of a 'me' player as opposed to a 'we' player.

When I look to put a team on the field, my first thought is "Do I have a keeper?" Next I look to see if I

have a strong center defender. I tend to build my teams around this position so although they don't get the recognition from the 'uninformed' it's the position I look for first.

Next I look to see if there are strong defensive center midfielders and attacking center midfielders. I then look for a strong target player up front. Once I fill these positions (what some would refer to as the spine of the team). I then look to fill in from the back forward again. I look for the two outside defenders, then the outside midfielders. It's not that the outside players are less important than the players in the middle, it's simply a case of realizing it's easier to train players on the outside than in the middle so looking for the players who fit in well in the middle is my higher priority.

The reason I like to build from the back forward is I want to make sure that my teams are sound defensively first. I know I can always create goal scoring opportunities by getting more players into the attack from the back to create numbers up situations.

If you think that certain positions are less important than others realize that a team is only as strong as its weakest link. If you are a player, don't think you're playing a position that isn't important. Instead realize all positions are important and informed soccer people appreciate players whether they are saving goals, creating goals, scoring goals or creating space for their teammates.

If a player or parent is worried that for the player to get recruited for the next level they must be the goal scorer, then this simply isn't true. The better the coach, the better they understand what a good soccer player really does.

Rob's Ramblings

This spring season is already half over and I cannot believe it. I have had the honor and privilege of coaching two great teams this spring. The U15 Boys Red and the U11 Girls Red. Both of these teams are fun to coach and I would like to take some time and tell you a little about these teams.

U11 Girls:

I must confess that I have never coached a team this young. I have worked with this age group, but never one team for a whole season. I think this is one of those 'broadening my horizons as a coach thing'. All kidding aside, it has been a great experience for me. I have only one rule and that is "Do not talk when I'm talking". This rule is broken about 6 to 7 times a practice. This is one of the most athletic groups of soccer players I have coached, but they are also 11 years old. They absorb the

information the way I absorb chick-filet. They also forget the information as fast as I go to the, well you get the idea. One of the hardest things about this age is that as a coach we could probably win every game if we whacked it over the top. I could train one girl to hit the ball 50 yards and have our fastest player finish it. The problem with this is that now these players cannot really play soccer. They cannot control or pass the ball. It is funny because there are times when we are in front of our goal and you can hear me say clear it out and the girls will give me a look of 'but you told us not to kick it so we will just pass it around nice and easy like this'.

Overall, this is a fun group to coach, but by the end of practice I am exhausted.

U15 Boys:

There is a myth about me not liking to coach boys. This is not true at all. I actually enjoy it a lot, but it also brings out the very bad side of me. I know in the girls' game it can get physical or there can be some trash talking, however, in the boys' game I pick it up a lot sooner and it annoys me. It annoys me in a way that I want to get on the field and play. Sometimes I feel like Woody Hayes. I would never actually do this so there is nothing to worry about here. I usually yell at the other coach to relieve my stress.

This team has a lot of ability and no confidence. They do not believe that they can play so it is my job to

tell them that they can. I try to show more passion and more fire when I coach this team. This past week we were playing before the U11's so some of the parents of the U11's were sitting behind me during a very physical and draining 2-2 tie and I think that I scared them a little bit.

This team is interesting in the sense that if they play simple soccer (2-touch) they can score at will. However, many times they want to make it to complicated and then they struggle. They have got to believe in themselves and then they will be fine. In some ways I have to be nicer to them than to the U11's. They need to know that I would take this team and challenge any other team in the state and I would. We are right on the verge of putting all of the pieces together and when that happens, watch out!

So this is my coaching life, two completely different teams but both very fulfilling as a coach. It is great to see the young players learning how to play and at the same time seeing the older players take the information that they were given at an early stage and put it to good use. So if you are bored come on out and watch me make a fool of myself by yelling and screaming with the older boys or come and see me as a motivational cheerleader with the younger girls. Either way, you'll be entertained.