SOCCER CLUB COACHES NEWSLETTER
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A MESSAGE FROM THE HEAD COACH

By John Welsch

I hope everyone is ready for the start of the Fall 2005 season, which will start this Saturday August 27th. The month of August has been a busy one with our 6-A-Side Day, the end of the Summer Camps, the Fort Collins Cup, the Broomfield Blast Shoot Out, the Littleton Mile High Fest and the Colorado Rush Kick-Off. Anyway, I want to wish all our coaches, teams, managers and parents a terrific season.

Several of our teams had a good start to the season with successes in the various pre-season tournaments. Congratulations to the following teams:

Rob Johnson's Girls 17 Red (1st place in the Fort Collins Arsenal Cup), **John Hathaway's** Boys 12 Barca, **Jeff Frykholm's** Boys 13 Red, **Heather Solar** and **Jeff Thayer's** Girls 14 Red, **Steve Lepper's** Boys 14 Red (Broomfield Blast Shoot Out).

Congratulations to **Barb** and **Gary Beals'** Girls 16 Red team for their successes in Europe this past summer. The girls reached the quarter finals of the Gothia Cup in Sweden in which they lost a heart breaker on penalty kicks. The girls turned around and reached the finals of the Holland Cup in the Netherlands. Well done!

I would like to welcome the following new coaches to our program: **Adam Hayes** (Boys 11 Red), **David Napior** (Boys 11 Barca), **Ryan Henkel** (Girls 11 Red), **Breanah Glynn** (Girls 11 Tar Heels), **Katie Preston** (Girls 11 Pilots), **Ken Ebersole** (Boys 12 Red), **Jeff Shapiro** (Boys 12 Man U), **Charles Bloomfield** (Girls 12 Tar Heels), **Kelly Wright** (Girls 13 Red), **Zuriel Lozano** (Girls 14 Red II), **Alfie Hurley/Kevin Orin** (Girls 14 Amazons), **Erin Greenwood** (Girls 16 Pilots), **Gustavo Melara** (Advanced Trainer) and **Michael Cardenas** (Goalkeeper Trainer).

Welcome to all of you and I want to wish you all the best this upcoming season.

Please mark your calendars for the following:

College Advisory Program Night

Wednesday September 21
8:00 PM
Fairview High School

- Do you want to play college soccer?
- Learn the realities of what it takes to play at the next level.
- Separate the facts from the myths.
- Each participant will receive a detailed college plan.
- Guest speakers include current and former college coaches and players.
- Open to all soccer players in club or high school soccer.

THE HIGH SCHOOL PAGE

Alexander Dawson (3A)

9/14	4:00 PM	at Thomas Jefferson
9/17	10:00 AM	vs Boulder
9/20	4:00 PM	vs Denver Academy
9/22	4:00 PM	vs Heritage Chr.
9/24	7:00 PM	at Holy Family
9/27	4:00 PM	vs Frontier Academy
9/29	4:00 PM	at Denver Chr.
10/1	11:00 AM	vs Battle Mountain
10/6	4:00 PM	at Community Chr.
10/8	2:00 PM	vs Nederland
10/11	7:00 PM	at Weld Central
10/15	11:00 AM	vs Lutheran Rockies

Boulder (5A)

9/1	7:00 PM	at Littleton
9/2	3:30 PM	at Northglenn
9/3	3:00 PM	vs Broomfield
9/6	7:00 PM	vs Dakota Ridge
9/8	10:00 AM	vs Thomas Jefferson
9/17	10:00 AM	at Alexander Dawson
9/19	6:00 PM	at Arvada West
9/22	7:00 PM	vs Longmont
9/24	11:30 AM	at Fort Collins
9/27	7:00 PM	vs Smoky Hill
9/29	7:00 PM	at Overland
10/1	7:00 PM	at Grandview
10/6	7:00 PM	vs Eaglecrest
10/11	4:30 PM	at Fairview
10/14	7:00 PM	vs Cherry Creek
10/18	7:00 PM	at Mullen

Centaurus (4A)

9/10	10:00 AM	at Pueblo Centennial
9/15	6:00 PM	at Aurora Central
9/17	10:00 AM	vs Steamboat Springs
9/20	6:00 PM	vs Westminster
9/22	10:00 AM	at Ridgeview Academy
9/27	6:00 PM	vs Hinkley
9/29	7:00 PM	at Brighton
10/1	12:00 PM	at Broomfield
10/4	5:30 PM	at Adams City
10/7	Thompson Valley	10/4 Skyline
		10/6 Broomfield
10/6	10:00 AM	at Skyview
10/11	10:00 AM	at Ranum
10/13	6:00 PM	vs Cherokee Trail

Fairview (5A)

9/1	4:00 PM	vs George Washington
9/3	10:00 AM	vs Bear Creek
9/17	10:00 AM	at Poudre
9/20	4:00 PM	at Rampart
9/24	1:00 PM	at Rocky Mountain
9/27	4:30 PM	at Mullen
9/29	4:30 PM	vs Grandview
10/1	10:00 AM	vs Smoky Hill
10/6	4:30 PM	at Cherry Creek
10/11	4:30 PM	vs Boulder
10/14	4:30 PM	at Overland
10/18	5:30 PM	vs Eaglecrest

Monarch (4A)

9/2	6:00 PM	at Wheatridge
9/16	4:00 PM	at Kennedy
9/20	5:30 PM	at Horizon
9/22	4:00 PM	vs Legacy
9/27	4:00 PM	vs Poudre
9/29	5:30 PM	at Thornton
10/4	7:00 PM	at Rocky Mountain
10/6	4:00 PM	at Loveland
10/8	10:00 AM	vs Poudre
10/10	4:00 PM	vs Fort Collins
10/13	7:00 PM	at Windsor
10/15	10:00 AM	vs Northglenn

Niwot (4A)	**Longmont** (4A)
9/6 Fort Morgan	9/1 Fort Morgan
9/8 Greeley Central	9/2 Poudre
9/10 Sand Creek	9/6 Greeley Central
9/13 Northridge	9/10 Fort Morgan
9/15 Skyline	9/13 Sterling
9/17 Pine Creek	9/15 Mountain View
9/20 Fossil Ridge	9/20 Thompson Valley
9/24 Silver Creek	9/22 Boulder
9/27 Longmont	9/24 Fossil Ridge
9/29 Mountain View	9/27 Niwot
10/1 Sterling	9/29 Silver Creek
10/4 Broomfield	10/1 Northridge

THE COLLEGE PAGE

NCAA Division I

Men	Women
1. Indiana	1. Notre Dame
2. Maryland	2. North Carolina
3. Duke	3. UCLA
4. Santa Barbara	4. Virginia
5. St John's	5. Santa Clara
6. Virginia	6. Texas A&M
7. SMU	7. Portland
8. New Mexico	8. Penn State
9. UCLA	9. Connecticut
10. Wake Forest	10. Ohio State
11. Virginia Common	11. Tennessee
12. Creighton	12. Duke
13. NC-Greensboro	13. Illinois
14. Tulsa	14. Stanford
15. Boston College	15. West Virginia
16. Notre Dame	16. Boston College
17. North Carolina	17. Nebraska
18. Ohio State	18. Arizona
19. Conecticut	19. Florida
20. Cal-Berkley	20. Washington

University of Colorado

8/21	1:00 PM	vs Colorado College
8/26	4:00 PM	vs Vanderbilt
8/28	12:00 PM	at North Carolina
9/2	4:00 PM	at Denver
9/4	11:00 AM	at Wyoming
9/9	9:00 PM	at UCLA
9/11	12:30 PM	at USC
9/16	4:00 PM	vs Detroit-Mercy
9/18	12:00 PM	vs Pitt
9/23	4:00 PM	vs Nebraska
9/25	1:00 PM	vs Iowa State
9/30	4:00 PM	vs Oklahoma State
10/2	12:00 PM	at Oklahoma
10/7	6:00 PM	at Texas
10/9	1:00 PM	at Northern Colorado
10/14	3:00 PM	vs Missouri
10/16	1:00 PM	vs Kansas
10/21	6:00 PM	at Texas A&M
10/23	12:00 PM	at Baylor
10/28	6:00 PM	at Texas Tech
11/2	Big XII Tournament	

ALUMNI UPDATE

This fall will keep you informed about how our alumni are faring at their respective colleges. Players we will follow are:

Noelle Arnaud (Freshman at Fort Lewis), **Dan Biggers** (Senior at Drew), **Matt Clausen** (Senior at Hamilton), **Forrest Donoho** (Freshman at Willamette), **Kalina Ehrenreich** (Sophomore at Brandeis), **Thomas Flynn** (Senior at Denver), **Lleanne Grimditch** (Junior at Denver), **Brenna Hindman** (Senior at Willamette), **Jenny Hindman** (Freshman at Bethany College), **Patrick Huffer** (Junior at Williams), **Adam Johnson** (Sophomore at Claremont-McKenna), **Dan Jozwiak** (Sophomore at Tufts), **Jason Koshi** (Senior at St Lawrence), **Matt Lay** (Senior at CU-Colorado Springs), **Ashley Maciulitis** (Senior at Wooster), **Ginny Maddox** (Freshman at Fort Lewis), **Jordan Miller** (Freshman at Guilford College), **Kristin Moyer** (Senior at Kentucky), **Becca Nagel** (Junior at St Olaf), **Kevin Owens** (Sophomore at Babson), **Duane Pelz** (Sophomore at Bates), **Hillary Smallwood** (Freshman at Fort Lewis), **Emily Sterling** (Senior at Wooster), **Chelsea Tronick** (Junior at CSU-Pueblo), **Linda VandeHey** (Junior at Mesa State) and **Alyssa Woodbury** (Junior at Utah Valley)

BC FORCE HOME SCHEDULE

Saturday August 27

9:00 AM	PV#4	BC Force G13 Tar Heels	vs Nova
9:00 AM	PV#9	BC Force G14 Tar Heels	vs BC Force Red II
10:30 AM	PV#9	BC Force G12 Tar Heels	vs Colorado Rush
11:00 AM	PV#6	BC Force G16 Red	vs Real Colorado
12:00 PM	PV#7	BC Force G11 Tar Heels	vs El Paso Pride
12:00 PM	PV#8	BC Force B12 Red	vs Corinthians
12:00 PM	PV#9	BC Force G12 Red	vs Broomfield
1:00 PM	PV#6	BC Force G17 Red	vs Pikes Peak Rush
1:30 PM	PV#8	BC Force B14 Barca	vs Chaffee County
1:30 PM	PV#9	BC Force G14 Red	vs Greeley Bootleggers
3:00 PM	PV#6	BC Force G17 Tar Heels	vs Fort Collins
3:00 PM	PV#8	BC Force B13 Barca	vs Club United

Saturday September 10

9:00 AM	PV#6	BC Force G16 Red	vs Nova
9:00 AM	PV#7	BC Force G11 Red	vs Colorado Storm
9:00 AM	PV#9	BC Force G13 Tar Heels	vs Colorado Edge
10:30 AM	PV#7	BC Force G11 Pilots	vs Riverside Renegades
10:30 AM	PV#9	BC Force G12 Red	vs Colorado Edge
11:00 AM	PV#6	BC Force G15 Red	vs Greeley Bootleggers
12:00 PM	PV#7	BC Force B11 Red	vs Corinthians
12:00 PM	PV#8	BC Force B14 Red	vs Grand Mesa
12:00 PM	PV#9	BC Force G14 Amazons	vs Grand Mesa
1:00 PM	PV#6	BC Force G16 Tar Heels	vs Club United
1:30 PM	PV#8	BC Force B14 Barca	vs Colorado Edge
1:30 PM	PV#9	BC Force G14 Tar Heels	vs El Paso Pride
3:00 PM	PV#6	BC Force G17 Red	vs St Vrain
3:00 PM	PV#8	BC Force B12 Man U	vs Colorado Edge

Saturday September 17

9:00 AM	PV#7	BC Force B11 Barca	vs Colorado Rush
9:00 AM	PV#8	BC Force B14 Red	vs St Vrain
9:00 AM	PV#9	BC Force G13 Red	vs Club United
10:30 AM	PV#7	BC Force G11 Tar Heels	vs Fort Collins
10:30 AM	PV#8	BC Force B13 Red	vs Greeley Bootleggers
10:30 AM	PV#9	BC Force G13 Tar Heels	vs Fort Collins
11:00 AM	PV#6	BC Force G16 Tar Heels	vs Club Denver
12:00 PM	PV#7	BC Force G11 Pilots	vs Fort Collins
12:00 PM	PV#8	BC Force B12 Barca	vs El Paso Pride
12:00 PM	PV#9	BC Force G12 Tar Heels	vs El Paso Pride
1:00 PM	PV#6	BC Force G16 Red	vs El Paso Pride
1:30 PM	PV#8	BC Force B13 Barca	vs El Paso Pride
1:30 PM	PV#9	BC Force G12 Red	vs Pueblo Rangers
3:00 PM	PV#9	BC Force G14 Red	vs Colorado Edge

Saturday September 24

9:00 AM	PV#4	BC Force G14 Pilots	vs Nova
9:00 AM	PV#7	BC Force G11 Tar Heels	vs Littleton United
9:00 AM	PV#9	BC Force G13 Tar Heels	vs Lusa
9:00 AM	PV#6	BC Force G15 Red	vs Real Colorado
10:30 AM	PV#7	BC Force B11 Red	vs Pikes Peak Rush
10:30 AM	PV#9	BC Force G14 Tar Heels	vs Colorado Xtreme
11:00 AM	PV#6	BC Force G16 Tar Heels	vs El Paso Pride
12:00 PM	PV#7	BC Force B11 Barca	vs Fort Collins
12:00 PM	PV#8	BC Force B14 Red	vs Colorado Xtreme
12:00 PM	PV#9	BC Force G12 Tar Heels	vs Cheyenne Sting
1:00 PM	PV#6	BC Force G16 Pilots	vs Steamboat FC
1:30 PM	PV#8	BC Force B12 Man U	vs Colorado Rush
1:30 PM	PV#9	BC Force G14 Red II	vs Real Colorado
3:00 PM	PV#6	BC Force G18 Red	vs Colorado Storm
3:00 PM	PV#8	BC Force B14 Barca	vs Colorado Explosion
3:00 PM	PV#9	BC Force G12 Red	vs El Paso Pride

FRIDAY AFTERNOON SKILLS CLINICS

Start Date: Friday August 26
Where: East Boulder

Times: 4:00-5:00 HS Girls
5:00-6:00 Girls U11 through U14
6:00-7:00 Boys U11 through U14

4-5 HS Goalkeepers
5-6 G11 through 14 Goalkeepers
6-7 B11 through 14 Goalkeepers

Heather Solar, Rob Johnson, Michael Cardenas (Goalkeepers) and Welsch will be on hand to train the players on the fundamentals of passing, receiving, dribbling and striking the ball.

These sessions are open to all players on our advanced level teams. (Barca, Man U, Tar Heels, Pilots and Amazons).

Players need to bring their own soccer ball!

ADVANCED SKILLS TRAINERS

Milo Woodson and **Gustavo Melara** will be working on Tuesdays and Thursdays with our advanced level teams. Milo and Gustavo will contact you to set up practice times, work with your team and attend your home game. If you have any questions, please call Welsch at 303-443-8877.

4-3-3 FORMATION

Goalkeeper

Right Defender Central Defender Central Defender Left Defender

Holding Midfielder

Right Midfielder Left Midfielder

Right Forward Left Forward

Center Forward

Players' Responsibilities on Offense

Goalkeeper: If possible, start the build-up with intelligent distribution. Become part of the team's possession play. Pass back to the keeper should be an option. Coach and direct play.

Outside Defenders: Create width and look to attack the space to the outside of their respective Right or Left Midfielders. Attack when you have space, keep the ball moving when it's crowded. Look to combine with the Right and Left Forward. Coach the Midfielder and Forward on your side.

Central Defenders: Create angles so that we always have an option behind the ball which will enable us to switch the ball from left to right and vice versa. They need to be aware of their immediate marks in case of loss of possession. Coach the players in front of you.

Holding Midfielder: Central point of the team. Don't chase the ball, needs to hold his position. Keep the ball in the team and distribute from side to side. Organize the midfield triangle. Set the rhythm and flow of the game. Organize the players around you.

Right/Left Midfielders: Good positional play. Stay in your area of the field, don't chase the ball. Provide passing options for Outside Defenders and Outside Forwards. Look to make attacking runs between Center Forward and Outside Forwards. Coach the players around you.

Outside Forwards: Create width by staying as wide and deep as possible. By staying wide, the middle will open up for combination play between Midfielders and Center Forward. We want to create 1 vs 1 situations for our outside defenders. Be confident in the 1 vs 1 duels. Beat your opponent and provide the cross.

Center Forward: Become the target for the team. In our build-up, we want to include the Center Forward, which will open up space on the outside. Look to play into feet. Center Forward will create space for Right and Left Midfielders with timed checking runs.

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 played over the top.

Outside Defenders: Fundamentally sound. Ball-side and goal-side. When the opponents play with two forwards, our outside defenders are now responsible for the opponent's outside midfielders.

Inside Defenders: Match up with the opponents' two target players. Ball-side and goal-side. Strong in the 1 vs 1 duels. Provide cover for other defenders.

Holding Midfielder: Organize and direct the midfield triangle. When playing against a 4-4-2, there will be an extra central midfielder who will be the available option in the transition from defense to offense.

Right/Left Midfielders: The three midfielders need to stay organized defensively. Don't chase the ball. We don't need to have three midfielders on one side of the field. Stay balanced positionally.

Outside Forwards: Drop back in the space next to the Right and Left Midfielders. Pressure the ball and make play predictable. Take away the forward pass. Pinch to the middle when the ball is on the other side of the field.

Center Forward: Pressure the ball. Take away the forward pass. Make play predictable. Work with the other forwards to pressure early.

Players Responsibilities during Transition

Players need to react quickly. From defense to offense, players need to quickly create time and space by going as deep and wide as possible. From offense to defense, players need to take away time and space by pressuring immediately and condensing the field. The key word in either instance is 'quickly'.

General Concepts:

- Possess the ball with a purpose. We want to move forward, play in the opponent's half and create goalscoring chances.
- Don't turn the ball over in our own half.
- Coach and direct each other on the field.
- Keep the ball moving unless you are in a 1 vs 1 situation with space, then dribble and create.
- As the ball is in play, 'swivel' your head. Look away and see what your options will be when you get the ball.
- If the ball comes from the right, distribute to the left, If the ball comes from the left, distribute to the right.
- Create space for yourself by going away, then checking back.
- Create space for a teammate by moving out of a space.
- Start the game by doing all the little things correct. Every time you do something well, you'll gain confidence and the game will become easier. If you start the game trying to do too much, and you're struggling, then you'll lose your confidence and the game will become difficult.
- Move with a purpose. Don't just run around chasing the ball.

Rob's Ramblings

Since the season is upon us I just wanted to take a moment to talk to you about the greatest thing and the worst thing about coaching.

Parents!

They do nothing.
They do too much.
They do just enough.
This is their social time.
Heard but not seen.

Each category has its pros and cons. Let's analyze the ferent categories.

They do nothing.
There are many coaches who would prefer this parent. metimes parents do not have the time to get involved. metimes they don't want to get involved. Sometimes they n't want to interfere.

They do too much.
A few years ago I had a parent who would come to every ıctice and would work with his child before, during and er each practice and game, in essence alienating his kid m the rest of the team.
I've also had a parent sent me an e-mail after every game th suggestions for practice and things to improve on. Now m not beyond listening to parents but when they start ling me how to coach.....However, keep in mind that when f Frykholm or Stan Jozwiak are parents on your team, you ght listen to what they have to say, although you probably ve to ask them since they would never tell you how to ach your team.

They do just enough.
These are my favorite. They might be in charge of the car ol or after game snacks They are involved, yet they leave coaching to me.

This is their social time.
These are the parents who on game day get to hang out th their friends. There happens to be a game going on, but the most part it's their social time. The funny part of this hat they are mostly talking about how great their kids are

Now please understand that without parents there would not be any kids to coach, but sometimes they do make it difficult. Since I have been coaching I have come across many different types of parents. I have thought long and hard and have broken it down into five different categories:

at everything but soccer. So I can only assume that when they are at a school function they are talking about soccer.

5. Heard but not seen.
These are the parents who will avoid you face to face, however, they will send you the daily e-mail with suggestions and ideas. Often these individuals do not even attend the games. I have a hard time with e-mail because often the message is misinterpreted. Frequently I'll receive an 'angry' e-mail and when I call the person, they usually friendly and understanding. They just do not realize that when they send an e-mail with all capital letters ending wit an exclamation mark, they sound 'angry'.

There you have it. Rob Johnson's five parent categories If you are a coach, think about where your parents fit in. If you are a parent, find out where you fit in. If you are on on of my teams and are not sure where you fit in, just ask me. I'll tell you.