



# *boulder county* **FORCE**

## **SOCCER CLUB COACHES NEWSLETTER**

Volume 12, Issue 2, February 2006

[www.bcforce.com](http://www.bcforce.com)

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### **A MESSAGE FROM THE HEAD COACH**

Thanks to everyone in attendance at the pre-season coaches' meeting. Here's a brief review of some of the agenda items.

**Melinda Gillespie** gave us an overview of the BC Force Awards Night and Silent Auction, which will be held on Tuesday May 2<sup>nd</sup> at Monarch High School.

**Ryan Holmes** gave us a presentation on Grassroot Soccer, which fights Aids/HIV in Africa.

Our new referee assignor, **Conrad Thomaier**, introduced himself to the coaches. This spring, Conrad will be in charge of officials and game rescheduling. His contact is [conrad@conradrealtor.com](mailto:conrad@conradrealtor.com)

**Stu Stuller**, tournament Director of our Rocky Mountain Cup, asked for the coaches' support in promoting this summer's event. So far registration for the Rocky Mountain Cup is well ahead of last year's pace.

On **Saturday, February 25<sup>th</sup>**, BC Force will have an In-House Scrimmage Day at the Alexander Dawson School. The game schedule is now posted on our website.

I'd like to welcome the following new coaches to the BC Force coaching staff: **Mindy Sclaro**, coach for the Girls 14 Red II team. **Kate Hayes**, who will be assisting Heather Solar on the Girls 13 Red team. **Jenny Jurkowski**, who will be assisting Rob Johnson on the Girls 12 Red team. **Colin Nevison**, who will be assisting Steve Lepper on the Boys 12 Red team. **Justin Taylor**, coach for the Boys 16 ManU team. **Balen Arenas**, coach for the Boys 15 Barca team. **Matthew Winfield**, coach for the Boys 14 Barca team. **Pat Keane**, coach for the Boys 11 ManU team. All of you, thanks for coaching!

On **Thursday March 9<sup>th</sup>** at 7:00 PM, at the Manhattan School of Arts and Science Auditorium, BC Force is proud to present **TC North's Workshop on "Parenting High-Performing Kids"**.

TC North, Ph.D., is CEO and founder of Catalyst Consulting Group. He is an international lecturer who provides high-performance seminars for athletes and sports teams. Dr. North has consulted with many world-champion athletes, national champion athletes, Olympic athletes and US national teams. I encourage all of you to attend this workshop.

**BC Force will be offering a pre-season Coaches Clinic on Friday March 3<sup>rd</sup> from 5:00 PM until 6:00 PM at the East Boulder Rec field. The theme of the clinic will be: 'How to create an effective, challenging, competitive and fun training environment for your players'.**

I hope by attending this clinic you'll be able to acquire some new ideas to add to your arsenal of exercises and games.

This will be the first in a series of coaching clinics we will be offering throughout the course of this spring season.

Finally, I'd like to thank **Peter Citarella** for his dedication to this organization. Peter has stepped down as board president and is absolutely thrilled to get back his freedom.

## **BC Force Board of Directors**

President: Hossein Toloee  
Vice President: Judy Emery  
Treasurer: Ken Machalek  
Secretary: Mark Jaffee  
At Large: Nancy Harpin  
At Large: Bruce Gamble  
At Large: Henry Lokay  
At Large: Tim Barbour  
At Large: Peter Bowers

## **Coaching Education**

### **NSCAA Residential Courses**

June 5-11: National, Advanced National and Premier Diploma  
Spartanburg, SC

June 12-18: National and Advanced National Diploma  
San Francisco, CA

June 12-18: National and Advanced National Diploma  
Amherst, MA

June 19-25: National Diploma  
Parkville, MO

June 19-25: National Diploma  
Richmond, VA

July 10-16: National, Advanced National and Premier Diploma  
Bloomsburg, PA

July 17-23: National Diploma  
Elmhurst, IL

### **US Soccer Residential Courses**

As of this writing, US Soccer has not yet announced its summer schedule for its A, B and C coaching courses. I will post that as soon as it becomes available.

CSYSA is scheduled to host a 'C' Course. Dates and location are yet to be determined

## Honoring the Game Guidelines Taken from the Positive Coaching Alliance

The key to preventing adult misbehavior in youth sports is a youth sports culture in which all involved “Honor the Game.” Honoring the game gets to the roots of the matter and involves respect for the rules, opponents, officials, teammates and one’s self. You don’t bend the rules to win. You understand that a worthy opponent is a gift that forces you to play to your highest potential. You show respect for officials even when you disagree. You refuse to do anything that embarrasses your team. You live up to your own standards even if others don’t.

Here are ways that coaches can create a positive youth sports culture so that children will have fun and learn positive character traits to last a lifetime.

1. Model honoring the game in behavior and language, especially when the official makes a ‘bad’ call against your team.
2. Tell your players you expect them to honor the game regardless of what the other team does.
3. Recognize that you are the leader of the team, which includes the players and their parents. Set and reinforce expectations for parent behavior in
  - S a pre-season letter to parents.
  - S a parent meeting at the beginning of the season.
  - S pre-game conversations at the every game.
4. Support the officials, especially if your parents yell at them. Tell parents they are to honor the game even if the official makes a bad call.
5. Appoint a team parent as “Culture Keeper” to gently remind other parents on the sideline to honor the game.

### Rob’s Ramblings Rob Johnson, BCF Director of Coaching Girls

Over the winter I have met with a lot of people and this question seems to always come up. “Why should my daughter come play for the Force?” This sounds like an easy question but when I really sat down and thought about it, so many things popped into my head I decided to write them all down. I think I will change the name of my column from Rob’s Ramblings to Rob’s Propaganda. Try not to drink too much of the Kool-Aid.

#### **Coaching Staff**

I really do believe that we have one of the best coaching staffs in the state of Colorado. From top to bottom we’ve got outstanding coaches and I’d like to focus on two of our

coaches who have made a huge impact on the girls’ side.

**Heather Solar** has been with us for almost two years now and is a major reason for where we are today. Her age group is the U14's and we currently have five teams in that age group. She is a strong coach and a person whom our players can look up to. I have had the privilege of working with her and could not be more impressed. Next fall she will be coaching our U13 and U16 Red teams.

**Ryan Henkel** is starting his second season with us. He is our U11 Red team coach and has worked with all our U11 teams. He has brought a level of professionalism to the girls’ side that is unparalleled. He will be working with our

U10 girls this spring season and next fall he will be coaching the U11 and U12 Red teams.

### **Web Site**

If you are reading this article, then you have seen our web site. **Hardy Kalisher** is our Webmaster extraordinaire and is doing a terrific job with this. Our web site is one of the easiest to navigate and has lots of information. Our web site is a great resource for our coaches, players and parents. And we are expanding on it daily.

### **College Prep Program**

We hosted our College Night last fall with more than 100 people in attendance. We have put together an 80-page handout, which walks you through the process of finding the right college for you; things to do starting with your freshman year all the way through your senior year. We have player profiles on our web site and much more information. I will be meeting with the high school boys this spring to discuss their college plans. If you play for the BC Force then you can play at the collegiate level. I am here to assist you with this process.

### **Elite Program**

When you get to the high school level (U15 through U18), your team might be eligible to play its league games in an Elite division. There are three Elite divisions. Elite 1 (for the top U18 and U17 teams), Elite 2 (for U17 and the top

U16 teams) and Elite 3 (for U16 and the top U15 teams). This past fall, our Girls 17 Red team finished tied for third place in Elite 2. Next fall, our Girls 18 Red team will play in Elite 1, our Girls 17 Red team could possibly play in Elite 2, and if our current Girls 14 Red team does well this spring, then they could possibly move to Elite 3 for next fall.

### **Numbers**

We currently have 19 girls' teams and I foresee that number will grow for next fall. As I previously mentioned, we have five teams in the U14 age group. Teams compete anywhere from Premier 1 to Challenge 2, which ensures an appropriate level of play for all players.

### **Rob Johnson**

I believe most of you know who I am, but maybe do not know that much about me. I was born and raised in Boulder. I have been coaching for more than ten years at every level. I've been an assistant coach at Regis University, which plays at the NCAA Division 2 level. After that, I spent three years as the lead assistant at the University of Kentucky, which plays at the NCAA Division 1 level, where we were ranked 15<sup>th</sup> in the nation. I am currently in my sixth year with the BC Force. I have my USSF 'B' Coaching License and the NSCAA Premier Diploma. I am married to Laurie and we have two children, Avery (3) and Lainey (2 months).

I hope this helps you in your decision to come to the BC Force. We have been around since 1979 and we are only getting better. If you have any questions, please contact me.

**Soccer Sideline Etiquette**  
**Thoughts on how to make the game a more enjoyable experience**  
**By Michael Langlois**

The soccer field can bring out some of the worst instincts that we have. We all want our kids to play, to play hard, to play well and to have fun. We want them to be well-coached, play on a team that is competitive in its division and benefit in a host of ways from being involved in competitive athletics. Yet we, as parents, sometimes undercut how much fun our kids have, and how much they will actually benefit. This happens by and through our

- Let the coaches coach. If you are telling the kids to do something different from what the coach is telling them, you create confusion.
- It is very unnerving for many young players to try and perform difficult tasks on the field when parents are yelling at them from the sidelines. Let the kids play. If they have been well coached, they should know what to do on the field. If they make a mistake, chances are they will learn from it.
- Do not discuss the play of other players in front of other parents. Too many parents act as though their child is a 'star', and the problem is someone else's kid.
- Discourage negative comments, instead address issues in a positive way.
- Do your best not to complain about your child's coach to other parents. Once that starts, it is like a disease that spreads.
- Make positive comments from the sideline. Be encouraging.
- Avoid making any negative comments about players on the other team.
- Try to keep interaction with parents on the other team as healthy and positive as possible. Who's kidding whom? You want your child's team to win. So do they. But that should not make us take leave of our common sense.
- Parents on the other team are not the enemy. Neither are the kids on the other

behavior, especially games.

So here is a reminder of little things that we can do on the sidelines this spring and summer to make this soccer season more pleasant for all concerned - most importantly, for the kids.

Some points to keep in mind while watching from the sidelines during the coming season:

- team. We should work to check any negative feelings at the door before we hit the field.
- What is the easiest thing to do in youth sports? Criticize the referees. Oh, there are times when calls are missed, absolutely. And that can, unfortunately, directly affect the outcome of a contest. That said, by and large those who officiate at youth soccer games are hardly over-compensated, and put forth an honest effort. At worst, they at least try to be fair and objective.
- On that note, outbursts from parents made toward the referees only signal to our kids that they can blame the refs for anything that goes wrong. Blaming others is not a formula for success in sports.
- Yelling out comments such as 'Good Call, Ref' or 'Thanks, Ref' may only serve to alienate an official.
- Walking up and down the sidelines, following the play, is unnerving to players and totally unnecessary. If you want to coach, obtain your coaching license and apply for a job.
- We are tempted to say things in the 'heat of the moment'. But we don't excuse athletes for doing inappropriate things in the 'heat of the moment', so we should apply similar standards to our own sideline behavior. Quickly check yourself and ask: "Will I be proud of what I am about to say or do when I reflect on it tomorrow?"
- The parking lot is not the time to 'fan the flames.' Whether it is a coach's decision, a referee's call, a comment that was made, let it go. Go home, relax and unwind. Talk

positively with your child. The ride home is sometimes as important as the game itself. Make that time a good memory for your

child by discussing as many positives as you can.

### **Guided Discovery**

Taken from the NSCAA website

As we progress in the game and in our coaching development, we tend to venture in and out of various coaching and teaching methodologies: whole-part-whole, rehearse-restart-replay and coaching in the game to name but a few. These methodologies eventually tend to fold, blend and merge into various elements of one's independent coaching philosophy.

I wish to offer another: guided Discovery.

After recently reading Luis Lourenco's book, "Jose Mourinho", Mourinho talks in-depth about his methods on guided discovery. Admire, respect or dislike his personality, there can be no argument that he is one of the most successful current club coaches. Lourenco's book follows Mourinho's journey with FC Porto through four championships and his eventual move to Chelsea.

The methodology of Guided discovery is based on questions and how those questions are framed to gain the answer from the player. The questions do not necessarily need to be verbal; they can be in the shape of a drill or tactical formation. Variables like age, ability and experience also dictate the difference in a coach's approach and application to this methodology. The skill comes from the coach knowing his players and their learning receptors (audible, visual, mental, etc.). It is the coach's position as the facilitator to create the environment to extract the response he is looking for from the player or team.

When a player makes a mistake, the coach should not dismiss it as wrong. Offer your opinion as the correction, but ask, Why did you make that decision? Were there any other options available? What else can you see? Who is supporting you? How could you create other options? Can you show me? (And various other 'leading' questions.

As the player develops technically, physically and cognitively the game also becomes part of the education. After all, is there any better coach than the game itself? Within the planning and coordinating of a training session, the drill or small-sided game becomes the 'question' and the players are able to continually provide different answers to the same question.

For example, when setting up an attacking practice to reinforce third-man penetration, the drill or small-sided game should be set up with this coaching question in mind: How can I as a coach create this session? The coach sets up his session, guides his players through his requests, explains how he wants his players to create third-man penetration through combination play and leaves it there. Then, he stands back, becomes a keen observer, offers the odd clue (guides), sometimes freezing the play and discusses, guides and tunes the team into the same wavelength. What combination could we use to create the channel and width prior to the penetrating pass? The players talk and discuss, eventually concluding with the idea of a 'takeover.' Show me. Obviously, there are other answers to this same question, but if it

works, the coaching moment has been a successful one. There is no fixed solution. If tactics work, then tactics are correct.

By coaching in this method, the game or drill creates the question, the guidance from the coach helps the players create and discover the answer and continually makes the players think for themselves.

When Mourinho utilizes his method he talks of removing the 'transmitter' (coach) and 'receptor' (player) system

and places both on the same pathway, discussing and coming to conclusions together; after all, the starting point of confidence is knowing that job one is to achieve on the field.



### ***Soccer America***

#### **2006 Top 20 Girls Clubs**

1. Dallas Texans, Dallas, TX.
2. PDA, NJ.
3. Eclipse Select, IL.
4. Michigan Hawks, MI.
5. Sereno SC, Phoenix, AZ.
6. Slammers, Newport Beach, CA.
7. San Diego Surf, San Diego, CA.
8. Bethesda SC, Washington, DC.
9. Carmel Utd, Indianapolis, IN.
10. Mustang Soccer, San Francisco, CA.
11. Peachtree YSA, Atlanta, GA.
12. Laguna Hills Eclipse, CA.
13. Southern Cal Blues, CA.
14. Southern Cal Utd, CA.
15. Sting SC, Dallas, TX.
16. TSC Challenge, Houston, TX.
17. Greensboro Twisters, NC.
18. St Louis SC, MO.
19. Edmond SC, OK.
20. Pleasanton Rage, CA

### ***Soccer America***

#### **2006 Top 20 Boys Clubs**

1. Chicago Magic, Chicago, IL.
2. Dallas Texans, Dallas, TX.
3. Sockers FC, Chicago, IL.
4. Arsenal FC, Alta Loma, CA.
5. FC Delco, Philadelphia, PA.
6. Scott Gallagher, St Louis, MO.
7. Southern Cal Utd, CA.
8. Casa Mia's Bays, MD
9. FC Greater Boston, MA.
10. Washington FC, Tacoma, WA.
11. Sereno SC, Phoenix, AZ.
12. Crossfire Premier, WA
13. Nomads, San Diego, CA.
14. HC United, Tampa, FL.
15. CASL Elite, Raleigh, NC.
16. Irvine Strikers, CA
17. Concorde Fire, Atlanta, GA.
18. Solar, Dallas, TX.
19. Potomac SA, MD
20. Colorado Rush, CO

## BC Force League Game Schedule

### Saturday March 4

9:00 AM	PV6	BCF Boys 18 Red	vs	Littleton Utd	Elite 1
9:00 AM	PV8	BCF Girls 12 Tar Heels	vs	Club United	Challenge 2
9:00 AM	PV9	BCF Boys 13 Red	vs	Club Denver	Premier 1
10:30 AM	PV7	BCF Girls 14 Red	vs	Colorado Rush	Premier 1
10:30 AM	PV8	BCF Girls 11 Pilots	vs	Fort Collins	Challenge 2
10:30 AM	PV9	BCF Boys 13 Barca	vs	Riverside Renegades	Challenge 1
11:00 AM	PV6	BCF Boys 15 Barca	vs	Real Colorado	Premier 2
12:00 PM	PV7	BCF Girls 14 Pilots	vs	Colorado Rush	Challenge 2
12:00 PM	PV8	BCF Boys 12 ManU	vs	Lusa	Challenge 2
12:00 PM	PV9	BCF Boys 14 Barca	vs	Cheyenne Sting	Classic
1:00 PMPV6	BCF Boys 16 Barca	vs	El Paso Pride	Classic	
1:30 PMPV7	BCF Girls 13 Red	vs	Greeley	Challenge 1	
1:30 PMPV8	BCF Boys 11 Barca	vs	El Paso Pride	Premier 2	
1:30 PMPV9	BCF Boys 14 Red	vs	Colorado Storm	Premier 2	
3:00 PMPV7	BCF Boys 11 ManU	vs	Evergreen Stingers	Challenge 2	
3:00 PMPV8	BCF Boys 11 Red	vs	Fort Collins	Premier 1	

### Saturday March 11

9:00 AM	PV6	BCF Boys 15 Red	vs	Broomfield Blast	Premier 1
9:00 AM	PV9	BCF Boys 13 Barca	vs	Trebol	Challenge 1
10:30 AM	PV8	BCF Boys 11 Red	vs	Colorado Storm	Premier 1
10:30 AM	PV9	BCF Boys 13 Red	vs	Broomfield	Premier 1
11:00 AM	PV6	BCF Boys 18 Red	vs	Colorado Rush	Elite 1
12:00 PM	PV8	BCF Girls 11 Pilots	vs	Fort Collins	Challenge 2
12:00 PM	PV9	BCF Girls 13 Tar Heels	vs	Grand Mesa	Challenge 2
1:00 PMPV6	BCF Boys 16 Barca	vs	Greeley	Classic	
1:30 PMPV8	BCF Girls 12 Red	vs	Pueblo Rangers	Premier 2	
1:30 PMPV9	BCF Girls 14 Red II	vs	Greeley	Classic	
3:00 PMPV8	BCF Girls 11 Red	vs	Club Denver	Premier 2	
3:00 PMPV9	BCF Boys 12 Red	vs	Fort Collins	Premier 1	

### Saturday March 18

9:00 AM	PV6	BCF Boys 15 Barca	vs	Colorado Edge	Premier 2
9:00 AM	PV7	BCF Boys 12 ManU	vs	Colorado Storm	Challenge 2
9:00 AM	PV8	BCF Girls 12 Tar Heels	vs	Westminster	Challenge 2
9:00 AM	PV9	BCF Girls 13 Red	vs	Colorado Edge	Challenge 1
10:30 AM	PV7	BCF Boys 11 ManU	vs	Colorado Sting	Challenge 2
10:30 AM	PV8	BCF Girls 11 Tar Heels	vs	Real Colorado	Challenge 1
10:30 AM	PV9	BCF Girls 13 Tar Heels	vs	Littleton Utd	Challenge 2
11:00 AM	PV6	BCF Boys 15 Red	vs	Real Colorado	Premier 1
12:00 PM	PV7	BCF Girls 11 Red	vs	El Paso Pride	Premier 2
12:00 PM	PV8	BCF Girls 12 Red	vs	Grand Mesa	Premier 2
12:00 PM	PV9	BCF Girls 14 Tar Heels	vs	Laramie Blizzard	Classic
1:00 PMPV6	BCF Boys 16 Red	vs	El Paso Pride	Premier 1	
1:30 PMPV7	BCF Boys 13 Barca	vs	El Paso Pride	Challenge 1	
1:30 PMPV8	BCF Boys 12 Barca	vs	Colorado Storm	Classic	

1:30 PMPV9	BCF Boys 14 Barca	vs	El Paso Pride	Classic
3:00 PMPV8	BCF Girls 11 Pilots	vs	Westminster	Challenge 2
3:00 PMPV9	BCF Girls 14 Pilots	vs	Cheyenne Sting	Challenge 2

**Saturday March 25**

9:00 AM	PV6	BCF Boys 17 Red	vs	Real Colorado	Elite II
9:00 AM	PV8	BCF Girls 14 Tar Heels	vs	Club United	Classic
9:00 AM	PV9	BCF Boys 14 Barca	vs	St Vrain Express	Classic
10:30 AM	PV8	BCF Girls 11 Red	vs	Real Colorado	Premier 2
10:30 AM	PV9	BCF Girls 14 Red II	vs	Cheyenne Sting	Classic
11:00 AM	PV6	BCF Boys 15 Red	vs	Real Colorado	Premier 1
12:00 PM	PV8	BCF Girls 11 Tar Heels	vs	Club Denver	Challenge 1
12:00 PM	PV9	BCF Boys 13 Barca	vs	El Paso Pride	Challenge 1
1:00 PMPV6		BCF Boys 16 Barca	vs	Basalt	Classic
1:30 PMPV8		BCF Boys 11 Barca	vs	Pikes Peak Rush	Premier 2
1:30 PMPV9		BCF Girls 13 Red	vs	El Paso Pride	Challenge 1
3:00 PMPV8		BCF Boys 12 Barca	vs	Littleton Utd	Classic
3:00 PMPV9		BCF Girls 14 Red	vs	Colorado Rush	Premier 1
4:30 PMPV8		BCF boys 12 ManU	vs	Colorado Explosion	Challenge 2