



**SOCCER CLUB COACHES NEWSLETTER**  
**Volume 12, Issue 4, April 2006**  
[www.bcfrc.com](http://www.bcfrc.com)

**A MESSAGE FROM THE HEAD COACH**

Coaches, please mark your calendars for the following:

**Coaches Meeting (Try-Outs)**  
**Tuesday May 16**  
**7:30 PM**  
**East Boulder Rec Center**  
**(Senior Wing)**

**2006 Try-Outs Schedule**

Tuesday May 30

4:30 PM – Girls U11’s  
 4:30 PM – Boys U11’s  
 4:40 PM – Girls U13’s

6:15 PM – Girls U12’s  
 6:15 PM – Boys U12’s  
 6:15 PM – Boys U13’s

Wednesday May 31

Same schedule as Tuesday.

Thursday June 1

4:30 PM – Girls U14’s  
 4:30 PM – Girls U15’s  
 4:30 PM – Boys U14’s

6:15 PM – Girls U16’s  
 6:15 PM – Girls U17’s  
 6:15 PM – Girls U18’s

Friday June 2

Same schedule as Thursday.

In this issue you will find an interesting article on the Craft of Coaching. I’ve always felt that coaching is so much more than just knowing your X’s and O’s, and having the ability to run an organized practice.

Coaching is having the ability to inspire and motivate your players. Coaching is being able to identify which players can be pushed and which players need to be pulled.

Coaching is being able to read when the group is ready for a tough practice session and when they need a little bit of fun.

Coaching is having the ability to pull a player aside and communicate what she’s doing well and what she could do better.

Coaching is realizing that you can have a positive effect on the players through your actions and your words. Ten years from now, the players will not remember what kind of training sessions you ran, but they will remember you. So I hope you’ll take the time to read the Craft of Coaching.

This past month, our Boys 17 Red team under guidance of **Marcello Balboa** and **Rob Johnson** traveled to San Diego, CA. to participate in the Nomads College Showcase. Here are their results:

|                                 |     |
|---------------------------------|-----|
| BCF vs FC United (IL)           | 2-1 |
| BCF vs FC Barcelona (Cal South) | 0-2 |
| BCF vs Tempe Pros (AZ)          | 2-3 |

Our Boys 15 Red team, coached by **Hardy Kalisher** played in the Las Vegas Showcase. Here are their results:

|                                     |     |
|-------------------------------------|-----|
| BCF vs Ohio Elite                   | 0-3 |
| BCF vs N. Valley Fusion (Cal South) | 0-4 |
| BCF vs Schwaben (IL)                | 0-1 |
| BCF vs Mustang Utd (Cal North)      | 2-1 |

## **Rob's Ramblings**

This past weekend my girls U12 team played two games. We won one and tied the other. This sounds ok except for the fact that we should have won the first one fairly easy, instead it was a 4-3 win. The second game should have been an easy win as well, instead it was a 2-2 tie.

Sunday evening I am sitting at home trying to figure out what has gone wrong. So I remember the immortal words of Steve Martin who once said "All of life's problems can be answered by watching movies". The only flaw in this approach is that I have a three and a half year old and a three month old. Therefore there are no movies in my future. So with that I thought of the next best thing: TV. Now and again a problem comes up in the form of my son Avery who is three and a half. We watch a lot of his shows, so after thirty minutes of Thomas The Tank engine my problems have not been solved, but now I know that Thomas is a very useful engine. So with no hope in sight I bow my head and talk to the best coach I know about my problems: my wife. It is not easy being the second best coach in the house, but I can grill better so it all evens out. Needless to say I asked her in the middle of taking care of our daughter who was screaming and she just gave me a look. Now I have to deal with this problem head on. I go to my computer to check the weekend scores and I have a few e-mails from some of my parents on our problems. After I delete those I end up going to ESPN the web site and check up on who won the Masters. All said and done I decide to go to bed and will deal with it in the morning.

It is now morning and I have come up with some great ideas as how to fix my problems. I decide at practice today I will work on skills, possession, finishing and fitness. I am basically saying that as a club we are going in the right direction and we are doing all of the right things. It is just sometimes the players don't play well. I try to demand more from them in practice and explain to them why things happen and tell

them it will be all right. Most are happy and excited some others are thinking about what movie they want to go see this weekend. So there you have it. I have now shown you how the circle is complete. The players and the coaches all like to go to movies.

On another note; I have taken over all goalkeeping duties and after only one week I can already see a change in some of our keepers. I forgot how much I enjoy working with the goalkeepers. Teaching the young ones and killing the older ones. On our web site we have a goalkeeper section and I am going to start outing in some drills and exercises for coaches. I will also be adding some things that the keepers can do on their own. My main goal is to make sure our keepers get the best possible training.

Last but not least I would like to thank all of the coaches who are working with us. This season I have really tried to make time to talk more with you. I have been out at Pleasant View the last two Saturdays and have seen how much better some of our teams have gotten. I really do feel that we have turned a corner and I want us to just keep on getting better. If there is anything that I can do to help you or your team make sure to contact me.

## **The Craft of Coaching**

From the NSCAA website

Bill Beswick, renowned sports psychologist formerly of Manchester United and now with Middlesborough FC, has a saying which should inspire all coaches. "A good coach is able to take a player where they have never been before and will not get to on their own."

This in many ways gives meaning to what it is to coach and encapsulates the primary purpose of the coaching profession. This article explores coaching as a craft. A professional endeavor which requires pride of performance, acquisition of highly-valued skills and has an objective which is both enormously satisfying and an insatiable appetite for more.

At an NSCAA Academy a few years ago, a disgruntled graduate from a highly successful Division I college program said, "I didn't learn one thing in four years of college; I haven't improved since I left high school." It was astonishing to discover how disenchanting this player had been with his college experience. He had played in several Final Fours, one of which his team won. It is clear that serious players want more from a coach than winning trophies. They want to prepare for the next level. They want to get better.

Many would argue that the ultimate acid test of a player is "What impact did you have on the game?" Surely the ultimate acid test of a coach is "What impact did you have on your players?"

It would be disingenuous to assert that a player's sole means of improvement is through good coaching. Coaches take too much credit for producing good players and too much criticism for producing poor ones. Playing with and against better players ultimately is what improves a player. Players also improve from modeling – watching and imitating good players. Improvements are accelerated for players immersed in a soccer culture where good play is appreciated and the game revered.

Player improvement also occurs, undeniably, from participating in focused, dynamic and well-structured practice sessions. The objective of the NSCAA Academy is to explore the coach's role in the development of players and to explore coaching and teaching as a craft, a highly prized skill.

## **Managing and Coaching**

It is important to highlight the difference between managing and coaching, if only to distinguish the difference between winning trophies and improving players, many successful programs emerge because the coach is a good recruiter, scheduler, fundraiser, negotiator and manager of people. The management of a team or club is a vital task in building a winning culture. The managerial aspects of coaching are critical and are receiving greater attention in our Academies. It is possible, however, for programs to have exceptional winning records where players do not improve.

It is not entirely surprising to hear of players from winning programs who are dissatisfied with the quality of coaching they receive on the training ground. They have been recruited for their ability, but they stagnate as players due to a lack of interest or lack of skill of the coach to help them. How much better would it have been for the aforementioned candidate to have won trophies and improved during his time as a player? How much more rewarding would the playing experience have been if the coach had taken player development as seriously as managing the program? The very best coaches we have, obviously, do both.

## **The Coach as a ‘Craftsman’**

The craft of coaching players comes down to four basic tasks. The end results are carefully designed and focused practice sessions in an environment which closely resembles the competitive pressure of a game, and in which players improve. The four basic tasks are: 1) observation, 2) organization, 3) instruction and 4) motivation.

### **Observation**

To discover what the players need to practice, the coach must observe them play in a game. The game tells us what the players need. The observations the coach makes during a game will give the practice session a focus. Consequently, the soccer coaching model on game day is quite different from football, basketball or lacrosse which encourages a high degree of interaction between players and coaches.

#### *Game observation and analysis:*

This is a very difficult skill. Some useful tips to develop this skill include:

- Watching a lot of soccer games.
- Bring notepad and pen to write down observations.
- Developing the ability to look away from the ball. This is difficult, because the ball is a magnet for attention.

#### *Here are three scenarios where looking away from the ball might be important:*

- If midfielders get caught in possession, you may accuse them of indecision. Had you looked away from the ball at the forwards, however, you would have seen that they had not checked to the ball.
- Your forwards have the ball outside the opponent’s penalty box. Are your defenders pushed up to the half line to compact the team?
- Your team plays a 4-4-2. When the right outside midfielder has the ball, does the left outside midfielder come inside to become a third forward, or does he stay wide?

#### *Compartmentalizing observation into categories:*

1. Individual
  - Evaluation of your players’ technical, tactical, physical and psychological performance.
2. Small Group
  - Observation of defenders, midfielders, forwards, etc.
  - Observation of vertical thirds, left side, central, right side.
  - Observation of players within 12 yards of the ball.
  - Observation of first and second attackers.
  - Observation of first and second defenders.
3. Team
  - Does team exhibit ability to apply principles of game?  
Attack – Penetrate, Support, Mobility, Width, Creativity.  
Defense – Pressure, Cover, Balance, Compactness, Predictability

The scope of game analysis is far beyond the limits of this article, but covered more fully in the NSCAA courses. Game analysis provides the delineation of the themes that must be developed in practice.

## **Organization – Developing Practice Sessions**

Soccer players learn to play better soccer by practicing soccer-like exercises. Contrived drills, excessive standing in lines, scrimmages without focus and running laps have very little benefit to players. We explore many different methods of coaching in the Academy but the purpose of all the methods is to help the coach organize training sessions which improve players by having them play soccer.

### *Facilitating Learning*

“The game is the teacher” is a phrase which we constantly hear. In practical terms, this maxim means that the soccer coach organizes conditioned games to improve players. The kind of conditions the coach puts on the games will help teach the players. This process is called facilitating learning. Part of the skill of an advanced coach is to design exercises that specifically address problem areas. The conditions the coach puts on games are examined in detail in the NSCAA Academy but basically fall into the following categories:

- Numbers of players (4 vs 2, 6 vs 6 + 2, 8 vs 8, etc).
- Size and shape of field (narrow and long for vertical passes, short and wide for shooting).
- Goals or methods of scoring (shooting on a goal, dribbling across a line, 7 passes = 1 point).
- Numbers of touches (one-touch to encourage support play, two-touch to encourage receiving).
- Zonal games (field marked off by cones with restrictions as to who can go into certain areas).

The methods a coach uses to improve players depend on such factors as age, ability and ultimate purpose of a practice. The methods of a coach of eight year olds are completely different than those of a college coach.

### *Basic guidelines of teaching*

- Focus: Improvements will more likely occur when concentration is on two or three concepts.
- Progression: Sequencing of exercises follows logical progression. The coach may work with the back four versus two center forwards before putting them into an 11 vs 11 game.
- Duration: Practices should be about the same length as a game. Very little quality learning happens in the final half hour of a two-and-a-half hour practice.
- All coaches are encouraged to write down a practice plan regardless of age group of the players.

### *Practice components*

- Warm-up. Should be related to theme and focus of practice.
- Teaching exercises. Two or three exercises that focus on observations the coach makes from the game.
- Game. Even-numbered game. Emphasize the points from practice.
- Cool down.

Some coaches will do fitness between the game and the cool down. The coach may meet with players prior to session to explain what they will be doing in practice.

## **Instruction – “The Teachable Moment”**

Possibly the biggest difference between skilled coaches and novice coaches is in the quality and quantity of their instruction. There are certain ‘teachable moments’ which occur in a practice session when the skilled coach speaks and addresses a player or group of players. The number of instructional stoppages and their timing very much will be a matter of choice for the coach. It will also depend on the age group; 14-year olds will need more instruction than professionals.

The ‘teachable moments’ happen at fairly predictable times:

- When something is done incorrectly.
- When something is done correctly.
- Between exercises.
- When the players are clearly fatigued and will welcome a rest and instructional moment.
- Ball out of play.

Instructional points can be made to an individual, group or a team. They can be made while play continues or play can be stopped. Most importantly they must focus on the actual teaching theme or goal.

### **Different Instructional Examples to Improve Players**

*Tony DiCicco, 1998 US Women’s National Team*

Conducting a practice session for the Women’s National Team, DiCicco’s stoppages almost universally came at the moment a player did something right. He brought the players’ attention to what it looked like when done correctly, praised them and moved on. He never made any corrections to address mistakes the players made.

*Bob Gansler, Kansas City Wizards*

He conducted a practice session which contained three dynamic exercises each lasting 20 minutes. He never stopped any of the sessions once. He made coaching points during the water breaks and between changeovers in exercises. A true proponent of the ‘game is the best teacher.’

*Helmut Schon, 1974 German National Team Manager*

Paul Breitner relates how Schon walked over to the 2 vs 2 exercise where he and Franz Beckenbauer played. Schon never said a word, but Breitner related how Schon’s presence burned a hole in the back of his neck. He redoubled his efforts in the exercise. Sometimes silence can be the coach’s greatest ally.

Clearly there are no absolutes as to how the coach gets improvement out of players. Coaches must understand what is best for their environment and fits their personality. However, you should avoid too many stoppages which prevent any flow from developing. Also, avoid no instruction at all, where the coach merely supervises exercises which have no meaningful focus and in which the players receive no guidance.

**Motivation – light a spark in a player**

One of the great rewards of coaching is helping to energize a player and stimulate a player so that he wants to improve. Players will improve only if they want to improve, but the coach can offer extrinsic motivation which lights a spark in a player. The coach does this in a number of ways.

- Quality practices which are organized, focused and facilitate clear improvement.
- Specific instruction. Coaching points which specifically relate to the focus of the session.
- A mixture of positive and negative reinforcement. Coaches must be demanding at times. The best coaches understand how to mix praise with honest observation in such a way as to challenge the player to improve.
- Appearance and participation. The coach should have a modicum of physical fitness and dress like a coach. Players like it when a coach occasionally joins in a practice.
- Realistic expectations. Prudent coaches set realistic goals and targets for the players. They keep the game within the context of how good the team is compared to who they are playing.
- Humanity. Personal honesty and integrity are respected by players. Players will clearly respond to a coach who displays an interest in them aside from their soccer ability.

Enjoy your coaching!

### **ODP Update**

'92 Girls: **Casey Thayer** (Girls 14 Red) and **Carys Murphy** (Girls 14 Red)

'93 Boys: **Brook Assefa** (Boys 13 Red) and **Brooks DiPaula** (Boys 13 Red)

'91 Boys: **Max Jaffee** (Boys 15 Red)

'89 Boys: **Brennan McMillan, Tim Smith** (Boys 16 Red), **Ben Donovan, Tyler Martini, Jerry McIntyre** (Boys 17 Red).

### **BC FORCE Game Results**

|                          |       |   |
|--------------------------|-------|---|
| Boys 18 Red (Elite 1)    | 0-2-0 | - vs Corinthians 0-3; vs Littleton 0-3  |
| Boys 17 Red (Elite 2)    | 2-1-0 | - vs St Vrain 0-2; vs El Paso 6-1; vs El Paso 2-1   |
| Boys 16 Red (P1)         | 2-1-1 | - vs Real 1-3; vs Pride 3-1; vs Littleton 2-0; vs Ice 1-1   |
| Boys 16 Barca (Cl)       | 2-2-1 | - vs Pride 0-0; vs Littleton 0-1; vs Basalt 3-0; vs BCF Man U 8-1; vs Greeley 0-1                     |
| Boys 16 Man U (Cl)       | 1-4-0 | - vs Xtreme 0-2; vs Ft Collins 1-5; vs Edge 6-0; vs Pride 1-6; vs BCF Barca 1-8; vs El Paso           |
| Boys 15 Red (P1)         | 2-2-0 | - vs Edge 1-2; vs Real 1-0; vs El Paso 2-0; vs El Paso 1-3  |
| Boys 15 Barca (P2)       | 1-4-0 | - vs Edge 0-2; vs Pueblo 3-1; vs Grand Mesa 1-7; vs Vail 1-4; vs El Paso 1-3                          |
| Boys 14 Red (P2)         | 2-1-0 | - vs Littleton 2-0; vs Pueblo 3-2; vs Greeley 1-4   |
| Boys 14 Barca (Cl)       | 0-4-0 | - vs Club Denver 0-9; vs Pride 1-2; vs St Vrain 1-2; vs Xtreme 0-3                                    |
| Boys 13 Red (P1)         | 1-2-0 | - vs Pride 0-5; vs Fort Collins 1-0; vs Fort Collins 0-7  |
| Boys 13 Barca (Ch1)      | 2-2-1 | - vs Pride 4-2; vs Pride 2-2; vs Club Utd 0-5; vs Xtreme 1-3; vs Riverside 5-0                        |
| Boys 12 Red (P1)         | 0-3-0 | - vs Corinthians 1-2; vs Broomfield 0-4; vs Edge 1-3  |
| Boys 12 Barca (Cl)       | 2-0-1 | - vs Colorado Elite 1-1; vs Colorado Sting 3-0; vs Storm 3-0; vs                                      |
| Boys 12 Man U (Ch2)      | 0-4-1 | - vs Storm 0-0; vs Storm 1-3; vs Explosion 0-4; vs Trebol 3-4; vs Edge 0-1                            |
| Boys 11 Red (P1)         | 0-2-1 | - vs Pikes Peak 1-1; vs Club Denver 1-2; vs Edge 0-2  |
| Boys 11 Barca (P2)       | 1-2-1 | - vs Real 0-2; vs Colorado Ice 1-1; vs Pikes Peak 0-3; vs Vail 3-1                                    |
| Boys 11 Man U (Ch2)      | 1-1-0 | - vs Sting 1-3; vs Edge 2-0   |
| Girls 14 Red (P1)        | 2-1-2 | - vs Pride 0-2; vs Littleton 3-1; vs Rush 5-0; vs Ft Collins 1-1; vs Storm 1-1                        |
| Girls 14 Red II (Cl)     | 2-3-1 | - vs Colorado Ice 1-2; vs Real 1-0; vs Cheyenne 2-1; vs Littleton 0-3; vs El Paso 1-1; vs Greeley 0-3 |
| Girls 14 Tar Heels (Cl)  | 1-4-0 | - vs LUSA 2-1; vs Laramie 1-2; vs Club Utd 0-2; vs Xtreme 0-5; vs Pride 0-2                           |
| Girls 14 Amazons (Ch1)   | 0-3-1 | - vs Broomfield 1-3; vs Explosion 1-1; vs Real 0-1; vs Storm 0-3                                      |
| Girls 14 Pilots (Ch2)    | 0-3-0 | - vs Littleton 2-4; vs Cheyenne 1-4; vs Ice 0-5   |
| Girls 13 Red (Ch1)       | 6-0-0 | - vs Greeley 1-0; vs Riverside 6-1; vs Edge 4-0; vs Pride 3-0; vs Club Denver 3-0; vs Storm 1-0       |
| Girls 13 Tar Heels (Ch2) | 2-2-1 | - vs Bear Creek 1-2; vs Littleton 3-2; vs Littleton 2-0; vs Storm 1-1; vs Rush 2-4                    |
| Girls 12 Red (P2)        | 3-0-1 | - vs Edge 2-1; vs Club Utd 3-0; vs El Paso 4-3; vs Grand Mesa 2-2                                     |
| Girls 12 Tar Heels (Ch2) | 3-1-1 | - vs Pride 6-0; vs Westminster 3-0; vs RMSA 2-2; vs Rush 1-2 vs Club Utd 2-0                          |
| Girls 11 Red (P2)        | 3-0-2 | - vs St Vrain 3-0; vs Pride 1-1; vs Real 4-0; vs CSA 1-1; vs El Paso 1-0                              |
| Girls 11 Tar Heels (Ch1) | 0-2-2 | - vs Pride 0-7; vs Real 1-1; vs Club Denver 0-0; vs Evergreen 0-5                                     |
| Girls 11 Pilots (Ch2)    | 2-1-0 | - vs Westminster 1-0; vs Wheatridge 0-2   |

Good luck to our State Cup participants. The spring's State Cup competition starts Saturday April 22<sup>nd</sup>.

## THE HIGH SCHOOL PAGE

### **ALEXANDER DAWSON (6-0-0)**

Sheridan did not play  
Holy Family 5-2  
Weld Central 7-0  
Nederland 7-0  
Resurrection 3-0  
Jefferson 9-0  
RM Lutheran 7-0  
Longmont Christian  
Kent Denver  
Maranatha  
Front Range  
Denver Christian  
Heritage Christian  
Academy of Charter  
Faith Christian

### **BOULDER (3-2-1)**

Horizon 2-0  
Centaurus 6-0  
Montbello did not play  
Monarch 1-0  
Silver Creek 1-1  
Fort Collins 2-6  
Grandview 0-4  
Mullen  
Cherry Creek  
Fairview  
Eaglecrest  
Overland  
Evergreen  
Smoky Hill  
Regis

### **CENTAURUS (3-5-0)**

Peak to Peak 2-3  
Elizabeth 10-1  
Boulder 0-6  
Monarch 0-1  
Northridge 0-4  
Adams City  
Skyview 10-0  
Golden 0-3  
Aurora Central 2-1  
Hinkley  
Brighton  
Westminster  
Ranum  
Cherokee Trail  
Holy Family

### **FAIRVIEW (2-4-0)**

Columbine 1-3  
Horizon 1-0  
Monarch 1-3  
Thomas Jefferson did not play  
Palmer 1-5  
Grand Junction 0-1  
Eaglecrest 1-0  
Overland  
Smoky Hill  
Boulder County Force Soccer Club Mullen  
Cherry Creek  
Fort Collins  
Grandview  
Denver East

### **MONARCH (6-2-0)**

Air Academy 1-0  
Grandview 2-1  
Air Academy 0-3  
Fairview 3-1  
Centaurus 1-0  
Boulder 0-1  
Horizon 1-0  
Legacy 3-1  
Poudre  
Thornton  
Rocky Mountain  
Bear Creek  
Mountain View  
Fort Collins  
Northglenn  
Golden

### **NIWOT (6-1-1)**

Sterling 12-0  
Greeley Central 8-0  
Fort Morgan 6-0  
Silver Creek 0-1  
Northridge 5-0  
Skyline 4-1  
Fossil Ridge 1-1  
Longmont 4-1  
Mountain View  
Broomfield  
Thompson Valley  
Cherry Creek

