



boulder county **FORCE**

SOCCER CLUB COACHES NEWSLETTER

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www.bcforce.com

A MESSAGE FROM THE HEAD COACH

Welcome to a new season! It seems only a few days ago that we were finishing up with the Rocky Mountain Cup. Much has happened since then. A successful trip to Europe for **Steve Lepper** and the U16 Boys, a North Carolina camp experience for **Ryan Henkel** and the U12 Girls. Team camps and pre-season tournaments at Fort Collins and Broomfield, and before we know it we will be in the middle of league play.

Congratulations to the following coaches and their teams on their successful pre-season tournament: **Ryan Henkel** (Girls 11 Red), **Hardy Kalisher** (Girls 15 Red) and **Balen Arenas** (Girls 18 Red). Their teams reached the finals of the Broomfield tournament. **David Napior** (Boys 12 Barca), **Adam Hayes** (Boys 12 Red), **Heather Solar** (Girls 13 Red) and **Jenny J** (Girls 15 Red II). Their teams all finished in first place of the Broomfield tournament. **Heather Solar's** Girls 16 Red and 13 Red teams also reached the finals at the Fort Collins tournament. Well done!

The last few weeks we have had **Dion La Foucade** in town working with many of our teams and coaches. After he leaves Boulder, Dion will be heading to Liverpool where he will be working at the Liverpool Youth Academy. Dion is from Trinidad and Tobago where he runs a youth soccer academy. Obviously, the economic situation in T&T is not what it is here in Boulder, CO. Therefore, here is an opportunity to give back to the world soccer community. I will have a large box at Rocky Mountain Soccer. It'll be marked 'Dion's Soccer Academy in

T&T'. If you have soccer shoes or soccer items that are collecting dust, please come by Rocky Mountain Soccer and make a donation. Thanks!

I'd like to welcome **Flo Klinger** to the BC Force Coaching Staff. Flo will be in charge of goalkeeper training.

Flo's schedule will be as follows:

On Mondays from 4:30 PM – 5:30 PM at Foothills Park with the girls U11-14 Red keepers and from 5:30 PM – 6:30 PM with the boys U11-14 Red keepers.

On Tuesdays from 4:00 PM – 5:00 PM at Foothills park with the high school girls keepers.

On Wednesdays from 4:30 PM – 5:30 PM at Manhattan with the girls U11-14 Advanced teams' keepers.

On Fridays from 4:30 PM – 5:30 PM at East Boulder with the boys U11-14 Advanced teams' keepers.

Starting Friday September 8 from 4:30 PM – 5:30 PM we will have skills clinics for the boys U11 through U14 Advanced teams.

Clinics for the Girls U11 through U14 Advanced teams will be handled by **Ryan Henkel** and **Heather Solar**. Clinics for the High School Advanced teams will be handled by **Rob Johnson**.

Finally, I want to wish all coaches and our teams a great fall season.

Rob's Ramblings

"To Whack or not to Whack, that is the question"

First thing I would like to do is welcome everybody back to the soccer season. I also want to change the name of my column from Rob's Ramblings to Sweet Bobby J's Ramblings. It's all about marketing. I have now been at two pre-season tournaments and it always amazes me that there are still so many teams out there that play the 'whack ball', or the long ball, or as some call it 'Direct Soccer'. When I was in Kentucky there was a coach who used to say that if his team did not shoot on goal within three passes, they were not playing good soccer. Well, then the Force must not be playing good soccer.

To be successful as a club I feel that the number one thing is player development. This sounds simple enough and almost every club says this, but not many actually do this. My main concern is that every player feels totally at ease with the ball at their feet. The next thing is that they can pass the ball perfect with either foot. The last piece is the tactical awareness. The tactical awareness is the hardest to teach and the hardest piece for the players to grasp. This past weekend I saw a lot of teams hitting long ball after long ball over my players' heads. The first thing we did was pressure more to prevent the long ball. The second thing we did was have our goalkeeper play off her line so she could come out and pick off the long balls. The third thing we did was talk about body positioning with our defenders every time the other team had possession. We allowed no goals by teams hitting long balls, but I have seen the best U11 through U14 teams fall to this playing style. At U15 it does not seem to work anymore and that is where the Force as a club seems to do very well.

At the Force we want to win, but not at the expense of player development. I have had a few teams where I could have put my fastest player up front and my strongest player in the back and told them to whack it and we would have won some games. The only problem is that when we get to U15

and I have all of these midfielders that do not know what to do but watch the ball go over their head. I talk a lot about building goals. We want to keep the ball in the team until we create an opportunity to go to goal. As a team we are always looking to go forward, but if there is no opportunity we keep possession and we don't just whack it forward. I think that is the one thing people do not understand. If we can create 1 vs 1 situations where our player is faster and better we will send it forward. With possess with a purpose. I have seen teams possess and never go forward. This does not make much sense to me and would get boring very quickly.

The last piece in this puzzle is balance. It is amazing how this word gets thrown around in so many situations and it always seems to be the right thing to say. Your eating habits need to be balanced. Your life needs to be in balance. There has to be a balance in your practice. Spending an hour and a half on just dribbling would probably become very boring for the players and the coach. There has to be a good mixture of technical work, tactical understanding, fitness and of course the game. I have seen many practices where at no point did they ever play soccer.

Soccer is a journey to be explored and appreciated all through your life. It seems that we are trying to shove it down some of these players' throats before they are 14 years old. We want to be the best, but should soccer encompass your whole life? As coaches we teach the game, but we are also teaching life skills to these players. I cannot think of a better way to learn life lessons than on the soccer field.

BC FORCE BOYS 16 RED IN EUROPE

By Steve Lepper

We arrived in Gothenburg, Sweden, a tired group and missing about half of our luggage and a passport. After getting over these hurdles, we quickly acclimated ourselves to the beautiful Gothenburg weather and the fact that the sun only goes down for three hours a day.

In Gothenburg we played in the Gothia Cup, aka, the World Youth Cup. It's the biggest soccer tournament in the world; our age group alone boasted close to 200 teams.

Things got off to a rocky start against Kecskemeti T.E UTK, a hungry Hungarian team. The boys were still a little jet-lagged, and came out flat. Poor play and even poorer refereeing resulted in a 3-0 loss.

As this team has always had the tendency to do, they responded strongly in the next game against a very tough IF Boljan team from Sweden. The final score was 1-1 with the Force carrying the majority of the play.

The final game was against SK Vard Haugesund, a team from Denmark. It was a "win and go to the 'A' playoffs", "lose and go to the 'B' playoffs" scenario. Despite giving up an early goal, the team came back and scored one first half and one second half goal to win the game 2-1. It was on to the 'A' playoffs.

PK's were the theme of the 'A' playoffs for the BC Force. After winning their first game in a shootout, they played IFK Vasteras FK (Sweden) to a 0-0 draw, again going to a PK shootout. Once again, the Force prevailed.

Next it was on to the round of 32, where the Force would meet a Brazilian team that had won all their games, and had not even given up a goal. Club da Turma proved to be a very tough opponent, but once again the Force defense held strong, garnering a 0-0 draw. The Force made America proud by winning their 3rd PK shootout in a row, in front of a couple hundred people who were all rooting for Brazil.

The dream run ended in the round of 16, losing to the Swedish youth professional team of IFK Gothenburg. This team would

go on to win the entire tournament. It was a pretty impressive showing for the Force, finishing in the top 16 out of almost 200 teams.

The City of Gothenburg was outstanding, and opened its arms to all the teams in the Gothia Cup. We did plenty of sight-seeing, learning about the history of the city, and the entire country of Sweden.

After Gothenburg, we flew into Dusseldorf (Germany) and took a bus to Maastricht, Holland. A tired group of boys had the opportunity to rest their legs and do some sightseeing. Some highlights included a trip to the highest point in Holland, where Germany, Holland, and Belgium's borders all connect, and a trip to Valkenburg, a city with a gorgeous castle with some great ruins and caves to explore. We also played a friendly in Belgium, beating the local team 3-1.

From there it was on to Almere, a suburb of Amsterdam, for the Holland Cup.

The first day of the Holland Cup was grueling, as the boys played four games. We started off strong with a solid 2-0 win over SV Rudnitz from Germany. A tough game against a very physical Dundalk (Ireland) team resulted in a 2-0 loss. The boys responded well with a 1-0 win over Dutch side HCSC and closed out the day with a convincing 3-0 win over Askov/Malt from Norway.

From there it was onto the final round of play. Our first game was against Firenza Italia (Italy), a very ugly game that resulted in a 1-1 draw. A replay against Dundalk resulted in a similar 2-0 loss. We closed out the tournament playing a very skilled team from Indonesia, MFS 2000 Makassar, and finishing with an impressive 1-1 draw. The Force finished 3rd in the Holland Cup.

All in all, it was an outstanding experience. During 16 days we played 16 games, finishing with an impressive record of 9-4-3. We had the opportunity to play teams from all over the world that played a wide variety of styles and skills. We played teams from Hungary, Sweden, Norway, Denmark, Belgium, Holland, Ireland, Italy, Germany, Indonesia and Brazil.

As great as the soccer was, the off-the-field experience was even better. We had the opportunity to immerse ourselves in cultures that were different from our own, and the experiences we'll take from this will stay with us our entire lives. We got to explore a couple of metropolitan cities of Europe, as well as some ancient ones. We learned about the history and customs of these places, and made friends everywhere we went along the way.

The following is courtesy of **Dion LaFoucade**

IS THIS IN YOU?

Things to Consider and Remember

1. Be always disciplined.
2. Be always focused on the positive.
3. Have an attitude of determination.
4. Your left foot and right foot can perform the same (become equal).
5. Be self-motivated.
6. What you put in, is what you get out.
7. Hard work gives you good results.
8. Extremely hard work, gives you great results.
9. Good players practice until they get it right, GREAT players practice until they can't get it wrong.
10. Your attitude determines your altitude.
11. When you can do all these things 9 out of 10 times, then you have a chance.
12. Aim for perfection.
13. Be the hardest worker at your training sessions.
14. Make your dreams and aspirations a reality.
15. Most people succeed because they are determined to succeed.
16. Good is the evil of great.
17. All people have potential to become great.
18. Great players know how to react when they make a mistake.
19. Courage is the absence of fear.
20. Somewhere else – someone is always training.
21. Some people make things happen, some people watch things happen, some people wonder what happened. Which person do you want to be?
22. Many people receive advice, only the wise profit from it.
23. Adversity causes some men to break and others to break records.
24. You must have long term goals to keep you from being frustrated by short term failures.
25. The secret of success is to be like a duck in water, smooth and unruffled on top, but paddling furiously underneath.
26. It is not how many hours you put, but how much you put into the hours.
27. Motivation is when your dreams put on work clothes.
28. A winner never quits, a quitter never wins.
29. The best way out of difficulty is through it.
30. The man who really wants to do something finds a way, the other finds an excuse.

The following article was taken from the **Finesoccer.com** website.

Frequently, coaches design their training sessions so that at the end of the training session, the team does a great deal of fitness. Today's newsletter isn't a discussion on whether fitness should be done without a ball or whether there is a need for fitness training. Instead, we are making the assumption that there will be additional fitness in training.

The question that needs to be asked is when should the fitness be done?

Often, coaches decide to do their fitness (or conditioning) at the end of the training session but the problem with this is it doesn't allow the players to demonstrate their ability to play while tired.

Watching the recent World Cup, a disproportionate number of goals were scored in the last 10 minutes of the game. Not only does this show a great deal of fitness by the attacking team but it also shows a great deal of focus. While scoring goals at the end of a game requires a player to be fit enough to be in the position to get the shot off, it also requires the player to be able to execute proper technique, even while tired. The only way to be prepared to finish in that type of a situation is to train under those same conditions.

If you want to be able to score at the end of the game, while tired and under pressure, it's important to train the same way. So, instead of scrimmaging near the end of training and then finishing up with some fitness, it would be better to do the fitness before the scrimmage so that when playing, the players are in the same physical condition as they will be at the end of the game.

Or, instead of scrimmaging after fitness activities, you could work on finishing after fitness so the players are working on striking the ball with the same tired legs as they will have at the end of the game.

Preparing for end of game situations doesn't require more fitness work than what many teams do but rather, changing the timing of the fitness in training. Mix fitness in throughout the training session so the players are prepared to play while fatigued.

We recently were fortunate to have **Dan Freigang** at our coaches' meeting. Here's one of Dan's articles.

Periodization: The Cornerstone of Sound Coaching

By Dan Freigang Ph.D.

The interviews of athletes winning Olympic medals are astounding. Kath Freeman, the great Australian runner spoke of three quadrennial training plans, equaling 12 years to prepare for the Sydney games. Dennis Johnson, the American sprinter spoke about peaking for the 400 meters in Sydney that was very different from his 200 meter race in Atlanta. What are these great athletes referring to when talking about peaking and planning? This is called periodization and it's the cornerstone of sound coaching. Soccer demands technical speed, speed of thought and tactical speed. Coaches only have a finite amount of training time so we need to be precise in how we plan improvements. This month I will present the concept of periodization and how to implement sound physical and psychological training for your players.

What is Periodization?

The concept of periodization involves the variation of training for weekly, monthly and sometimes yearly periods. These variations include intensity, amount of work and recovery periods in the workload. The training principle is to stress a specific human system while allowing other systems to recover. As a coach you probably have a sense of how hard your players work and then recover. This adaptation rate differs in individuals by training age, health, injury, and patterns of individual response. The idea is fairly straightforward for swimmers and runners. However, when we add reading, reacting and the tactics of soccer the training process becomes more complicated.

How Players get Stronger

Humans need stress to improve. Players

respond to demands placed upon them with a biological response called adaptation. If players run 2 mile intervals they respond by improving endurance. If players train 2 second agility skills they adapt by becoming quicker. What are you trying to stress in training? Look at your seasonal plan. Perhaps you have identified periods of skills, fitness and tactics. That's great because you are on the right track. We need to stress those training components and also allow for recovery. This is part of a balanced equation that the great coaches are using. Stress shocks the players' adaptive process into a state of compensation and the player improves. The more severe the stress, the more time you need to recover. If you don't stress enough the player goes through the motions of training and rarely improves, in fact they get bored.

The Adaptive Response of Players

This sounds simple but each player is different and responds to training individually. Some players work hard and adapt well coming to the next session rested and eager. Other players seem to take a week off after a tough session. This is where coaches use their experience to identify the right amount of stress for each player. This can be difficult because each person has different abilities and limits. For example if you train very hard on a Monday session the players will probably be fatigued on Tuesday and need recovery. If you run another session stressing the same system some players will go deeper into fatigue and play worse. If you are training with enough stress you should plan for variation.

After a stressful session players usually become fatigued. This is the target of training. The recovery process is natural given the right conditions. Adaptation begins when players eat, rest and sleep. Players should play games and compete when they are rested and recovered. Some players have difficulty recovering from tough sessions, an experienced coach can recognize fatigue and plan for recovery sessions. An inexperienced coach will see

poor play and conclude the team is not training hard enough. Players then learn to dislike training by suffering through sessions and not enjoying the game.

The Coaches Role in Recovery

Intelligent coaches recognize that it is better to undertrain and have the players willing to push limits than to have players over-trained and going into games weak and anxious. The coaches responsibility is to plan for tough training while monitoring recovery. I am spending a lot of time on the training process because we spend most of our time in this activity. Training time is when we test and stress ourselves with recovery as the goal. Now that sounds bizarre, do you really have to teach players to recover? The answer is absolutely yes. Doubt, fear, criticism and confusion will all inhibit recovery. Poor nutrition, sleep and difficult social relationships will all degrade the adaptation process. The player's mental skills, goal setting, self-esteem, mapmaking and recovery become critical on the pathway to excellence.

Soccer is both tough and beautiful. Fatigue, soreness and challenge are part of the experience. Players need to be taught both training and recovery components. Soreness should decrease after two days. Injuries begin to heal and the desire to train should return after one session. We do have individual limits to training and too much stress can cause players to become stale. Too little stress and we don't improve. Training is very difficult and requires willpower, motivation and skills. The coach's role is one of setting higher standards than the players currently are working at. This will always be a battle and also a joyful challenge.

Periodization, allows for tough training followed by great performances. We have all experienced the joy and success of a confident and well-prepared team. The periodization process is a skill coaches can utilize for players to excel and enjoy the game.

Saturday August 26

9:00 AM	PV 1	BCF Girls 18 Tar Heels	vs	Colorado Storm
9:00 AM	PV 3	BCF Boys 14 Barca	vs	Wheatridge
9:00 AM	PV 4	BCF Girls 13 Red	vs	Colorado Storm
10:00 AM	PV 2	BCF Girls 15 Tar Heels	vs	Real Colorado
10:30 AM	PV 3	BCF Boys 12 Man U	vs	Guadalajara Chivas
10:30 AM	PV 4	BCF Girls 12 Red	vs	Colorado Storm
11:00 AM	PV 1	BCF Girls 15 Red	vs	Colorado Storm Royal
12:00 PM	PV 2	BCF Girls 11 Red II	vs	Pikes Peak Nike
12:00 PM	PV 3	BCF Boys 12 Red	vs	Fort Collins Arsenal
12:00 PM	PV 4	BCF Girls 14 Red	vs	Colorado Explosion
1:00 PM	PV 1	BCF Girls 17 Red	vs	Pueblo Rangers
1:30 PM	PV 2	BCF Boys 11 Man U	vs	Pueblo Rangers
1:30 PM	PV 3	BCF Boys 13 Barca	vs	Steamboat FC
1:30 PM	PV 4	BCF Girls 15 Red II	vs	Pueblo Rangers
3:00 PM	PV 1	BCF Girls 17 Tar Heels	vs	El Paso Pride
3:00 PM	PV 2	BCF Boys 11 Red	vs	Fort Collins Arsenal
3:00 PM	PV 3	BCF Girls 12 Tar Heels	vs	Pikes Peak Swoosh
3:30 PM	PV 4	BCF Girls 15 Amazons	vs	Westminster FC

Saturday September 9

9:00 AM	PV 1	BCF Girls 17 Tar Heels	vs	Fort Collins Arsenal
9:00 AM	PV 4	BCF Girls 12 Huskies	vs	LUSA
10:00 AM	PV 3	BCF Boys 13 Man U	vs	Real Colorado
10:30 AM	PV 4	BCF Girls 13 Tar Heels	vs	Club United
11:00 AM	PV 1	BCF Girls 17 Red	vs	Real Colorado
11:30 AM	PV 3	BCF Boys 12 Barca	vs	Real Colorado
1:00 PM	PV 1	BCF Girls 15 Amazons	vs	Colorado Ice
1:00 PM	PV 3	BCF Boys 14 Barca	vs	El Paso Pride
12:00 PM	PV 4	BCF Girls 14 Tar Heels	vs	Bear Creek
1:30 PM	PV 2	BCF Girls 11 Red II	vs	Broomfield Blast
3:00 PM	PV 1	BCF Girls 18 Red	vs	Real Colorado Olympico
3:00 PM	PV 2	BCF Girls 11 Red	vs	Fort Collins Arsenal

Saturday September 16

9:00 AM	PV 1	BCF Girls 17 Red	vs	Colorado Edge
9:00 AM	PV 4	BCF Girls 13 Tar Heels	vs	LUSA
10:30 AM	PV 2	BCF Boys 11 Barca	vs	Colorado Storm
10:30 AM	PV 4	BCF Girls 12 Huskies	vs	Littleton United
11:00 AM	PV 1	BCF Girls 16 Red	vs	Colorado Storm
11:30 AM	PV 3	BCF Boys 12 Barca	vs	Colorado Edge
12:00 PM	PV 2	BCF Girls 11 Red II	vs	Cheyenne Sting
12:00 PM	PV 4	BCF Girls 12 Pilots	vs	Summit Strikers
1:00 PM	PV 1	BCF Girls 18 Tar Heels	vs	Colorado Storm
1:00 PM	PV 3	BCF Boys 12 Man U	vs	Fort Collins Arsenal
1:30 PM	PV 2	BCF Girls 11 Tar Heels	vs	El Paso Pride
1:30 PM	PV 4	BCF Girls 14 Red	vs	Greeley Bootleggers
2:30 PM	PV 3	BCF Boys 14 Red	vs	Laramie Blizzard
3:00 PM	PV 1	BCF Girls 15 Tar Heels	vs	Club United
3:00 PM	PV 2	BCF Boys 11 Man U	vs	Summit Strikers
3:00 PM	PV 4	BCF Girls 13 Red	vs	Fort Collins Arsenal

Saturday September 23

9:00 AM	PV 1	BCF Girls 15 Red II	vs	Nova
9:00 AM	PV 3	BCF Boys 12 Barca	vs	Nova
9:00 AM	PV 4	BCF Girls 13 Red	vs	Westminster FC
10:30 AM	PV 3	BCF Boys 13 Red	vs	LUSA
10:30 AM	PV 4	BCF Girls 14 Tar Heels	vs	Colorado Elite
11:00 AM	PV 1	BCF Girls 17 Red	vs	Colorado Rush
12:00 PM	PV 3	BCF Boys 12 Red	vs	Real Colorado National
12:00 PM	PV 4	BCF Girls 17 Tar Heels	vs	Colorado Fusion
1:00 PM	PV 1	BCF Girls 16 Red	vs	Westminster FC
1:30 PM	PV 2	BCF Boys 11 Red	vs	Real Colorado National
1:30 PM	PV 3	BCF Boys 14 Barca	vs	Fort Collins Arsenal
3:00 PM	PV 1	BCF Girls 15 Amazons	vs	Real Colorado

Saturday September 30

9:00 AM	PV 1	BCF Girls 15 Amazons	vs	St Vrain
9:00 AM	PV 3	BCF Boys 14 Red	vs	Real Colorado
10:30 AM	PV 3	BCF Boys 12 Man U	vs	Colorado Rush
11:00 AM	PV 1	BCF Girls 15 Red	vs	Real Colorado National
11:00 AM	PV 4	BCF Girls 15 Tar Heels	vs	Corinthians
12:00 PM	PV 3	BCF Boys 13 Barca	vs	Real Colorado
1:00 PM	PV 1	BCF Girls 17 Tar Heels	vs	Pueblo Rangers
1:00 PM	PV 4	BCF Girls 12 Tar Heels	vs	Steamboat FC
1:30 PM	PV 2	BCF Girls 11 Tar Heels	vs	Steamboat FC
3:00 PM	PV 1	BCF Girls 18 Red	vs	Real Colorado National