



boulder county **FORCE**

SOCCER CLUB COACHES NEWSLETTER

Volume 13, Issue 1, January 2007

www.bcforce.com

The Year 2006 In Review

January

Over 100 players participated in the BC Force Winter Training sessions at the Boulder Indoor center.

At the CSYSA Symposium, BC Force Coaches of the Year **Tim Barbour** (Girls U10 Denmark), **Brad Pellman** (Boys U10 Italy), **Ryan Henkel** (Girls U11 Red) and **John Hathaway** (Boys U12 Barca) were recognized.

February

BC Force president **Peter Citarella** stepped down after many years of club involvement. Peter, thanks for your leadership and involvement for all those years.

Hardy Kalisher and **Heather Solar** attended the NSCAA convention in Philadelphia.

March

TC North presented his workshop 'Parenting High Performing Kids'.

Start of the spring season. We fielded 29 teams. 13 teams were playing at the Premier level or higher.

The BC Force Boys 17 Red team, under the direction of **Marcelo Balboa** and **Rob Johnson** traveled to San Diego to participate in the Nomads College Showcase.

The Boys 15 Red team, coached by **Hardy Kalisher** traveled to the Las Vegas Showcase.

April

The BC Force Auction and Awards Night, organized by **Ingrid DiPaula** and **Melinda Gillespie** brought in \$10,000 for the Rachel Small Scholarship fund.

David Norcross was inducted into the BC Force Hall of Fame.

Jenny Dickinson and **Brad Walsh** were inducted into the BC Force Players' Hall of Fame.

Boys 17 Red, coached by **Marcelo Balboa** reached the semi-finals of the State Cup. Boys 16 Red, coached by **Steve Lepper**, reached the quarter-finals of the State Cup.

May

We had two league champions after the spring season. Girls 13 Red, coached by **Heather Solar** and **Kate Hayes**, and Girls 12 Red, coached by **Rob Johnson** and **Jenny Jurkowski**.

June

The BC Force Tryouts had a very strong attendance which reflects on the number of teams we were able to form for the fall season.

The Rocky Mountain Cup was a tremendous success due to the efforts of **Stu Stuller** and **Hardy Kalisher**.

The 2006 World Cup provided ample opportunities to watch the world's best in action. BC Force coach, **Marcello Balboa**, provided color commentary at many of the televised games.

July

The Boys 16 Red team, coached by **Steve Lepper**, traveled to Europe to participate in the Gothia Cup in Sweden and the Holland Cup in Holland.

The Girls 15 Red team participated in the Santa Clara Girls' Soccer Camp and **Ryan Henkel's** Girls 11 Red team participated in the North Carolina Girls' Soccer Camp.

BC Force joined with the Alexander Dawson school for a combined summer program.

BC Force College Bound Training was a success with almost 50 players participating on a weekly basis throughout the summer.

August

We kicked off the fall season with a 6-a-side scrimmage day at Pleasant View. Participation was tremendous.

Start of the fall season. We fielded 31 teams. 13 teams played at the Premier level or higher.

BC Force ran two weeks of team camps for our competitive teams.

Dion La Foucade was in town for two weeks. He ran several very entertaining training sessions for our teams.

BC Force teams experienced success at the various pre-season tournaments.

BC Force added several coaches to its

coaching staff.

Ryan Henkel – Director of Youth Girls
Heather Solar – Director of Junior Girls
Steve Lepper – Director of Junior Boys
Flo Klinger – Director of Goalkeeper Training.

September

Regis University Head Coach, **JB Belzer** and Metro State Head Coach, **Danny Sanchez** were on hand for the BC Force College Night. **Rob Johnson** moderated the evening which was well attended.

28 former BC Force players are playing at the various collegiate levels this fall.

October

The Boys' High School season is wrapping up with the local schools experiencing various degrees of success.

November

We had four league champions. Girls 16 Red, coached by **Heather Solar** and **Jill Sebastian**, Girls 15 Titans, coached by **Alfie Hurley** and **Kevin Orin**, Boys 13 Red, coached by **Ken Ebersole** and Boys 12 Barca, coached by **David Napior**.

During Thanksgiving, the Girls 17 Red team and Girls 16 Red team traveled to Dallas, TX to participate in the Dallas Cup.

December

Former BC Force players, **Patrick Huffer**, **Dan Jozwiak** and **Duane Pelz** earned post-season honors at the collegiate level.

The BC Force Winter Training at the Boulder Indoor Center is running for its second year and sessions are full.

Boulder Rapids Reserve
1st Annual Coaches Symposium

The Boulder Rapids Reserve will be holding a Coaches Symposium where coaches can learn from some of the top coaches in soccer today. The symposium will consist of training sessions with local teams lead by our Guest Coaches. Each session will be followed by a brief time for questions and answers.

When: March 3 and 4 from 10:00 AM until 5:00 PM

Where: Boulder Indoor Center, 2845 29th street, Boulder, CO 80301

Cost: \$100 (includes 2 day symposium pass and complimentary lunch buffet).
Pre-registration is required.

BC Force Coaches must contact Welsch at 303-443-8877, xt 5 for registration.

Guest Coaches:

Marcello Balboa – Former US National Team Player and Colorado Rapids.

Fernando Clavijo – Head Coach of the Colorado Rapids.

Mike Freitag – Head Coach of Indiana University's Men's Soccer Team.

Mike Haas – Director of Coaching of CSYSA.

Bill Hempen – Head Coach of the University of Colorado Women's Soccer Team.

John Murphy – Goalkeeper Coach for the Colorado Rapids.

Tim Schulz – Head Coach of the US U-20 Women's National Team, as well as, President of the Colorado Rush.

CSYSA Coaching Courses

The following courses will be offered prior to the spring season:

'D' Course

This course is a 36 hour, two weekend course designed for coaches working with players at the U13 level or above.

The course will run February 2, 3, 4 and 9, 10, 11 in the Denver Metro Area.

The cost is \$125. BC Force will reimburse your registration fee after completion of the course.

'E' Course

This course is 18 hours in duration and is held over one weekend. The course is designed for coaches working with players in the age groups of 9 through 12.

The course will take place the weekend of February 9, 10 and 11 in the Denver Metro Area.

The cost is \$85. BC Force will reimburse your registration fee after completion of the course.

Check the CSYSA website at www.csysa.org for further details on both these coaching courses.

Referee Clinic

A Grade 8 Entry Level Referee Clinic will be held February 9, 10 and 11 at the Nova offices in Boulder.

Participants must be at least 14 years old.
Cost: \$50

Contact **Conrad Thomaier** at 303-886-8140 for additional information.

Rob's Ramblings

This winter break I re-read Anson Dorrance's book *The Vision of a Champion*. One of the sections I enjoyed was 'Maintaining Your Balance'. Balance seems to be my new catch word so here is an excerpt of Anson's book on dealing with soccer burn-out.

Avoiding Burnout

If you have any say in the design of your development, you should seek out variety in your training, using soccer, other sports and cross-training. You should also make sure your environment is a positive one.

Soccer will remain fresh, even if you are overloaded with training and tournaments, if you have an experienced and enthusiastic leader who can keep it that way. I think many players burn out and subsequently quit because they are missing consistently positive and productive leadership. In our ambition to see our children succeed, I think we are over-scheduling them. Soccer is part of that. A young person's schedule can be overloaded with activities. In addition, parents' over-involvement in their children's activities can exert added pressure.

Burnout also happens when people don't have pleasure woven into their environment. Perhaps players don't 'stop to smell the roses' because they don't see soccer as a good time and a refuge from the stress of life. But they have to. In fact, part of a coach's job is to create a fun atmosphere. As a player, it is also your responsibility to enhance your experience with a sense of enjoyment.

Attitude plays a large part in your enjoyment. An example of that is one of our experiences. To raise funds for our program, the players run a concession stand at the UNC basketball games. Some years this is a chore. After all, running a concession stand is work. But last year (2000), our leaders were so good at creating team spirit that the players had a blast working the stand. Their attitude was tremendous. They were always smiling and laughing, and committed to

their efforts. What was created at this concession stand is a symbol of the best possible team spirit.

As in so many ways, it comes down to leadership and it all starts with you and your attitude. How will you look forward to your next soccer experience? What are you going to bring to it? The right attitude is exactly what we had at that concession stand in 2000. Consequently, it was the best attended and most outstanding year we've had since we began doing it.

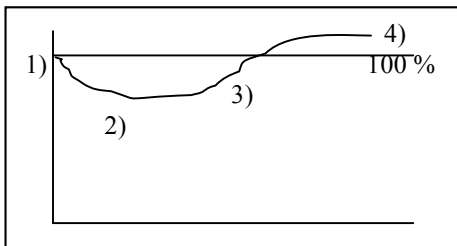
A direct result of burnout is dropping out. But I don't think dropping out always has to do with burning out. The highest dropout rate in youth soccer is among teenage girls. I think there's still social pressure on girls, and a feeling that popular or feminine girls do not play sports. It's true that even young girls who don't play sports think that Mia Hamm is 'cool', but not necessarily because she is a soccer player. It's more because she is attractive, slender and glamorous. I don't think girls in general yet feel that sport is the 'ultimate' group to which to belong. It's still on the periphery. Girls are still fighting the sociology of their gender.

Another distraction from sports and part of the negative social pressure that contributes to the dropout rate is that boys become part of the girls' social landscape. One of the lectures I give to both my freshman players at UNC and in our girls' summer camp, addresses this issue. A big mistake that girls make is completely devoting their lives to entrapping some boy. What helps someone achieve a balanced life is not abandoning herself. What makes a girl attractive is not 'slumming around' the mall trying to pick the perfect eye-catching outfit for a guy. What makes her interesting and attractive is to have her own life and to develop her personal qualities. Those can be strength, athleticism, independence and ambition.

Restoration and Regeneration for Optimal Performance

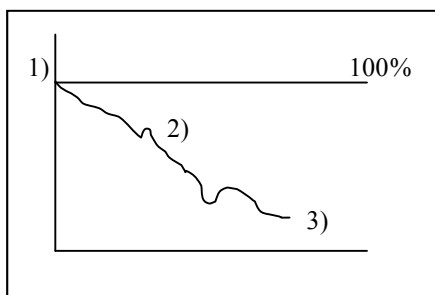
By Taylor Tollison
Functional Soccer Training

Rest, recovery and regeneration are vital to the optimal performance of your soccer team. Restoration is the act of restoring something or someone to a satisfactory state. In sports this means that the body must recover from the mental and physical exertion of the activity to the point where the athlete trains at optimal levels. Here is a graph depicting effective restoration:



- 1) = The athlete in this example starts out his or her training or game at 100%.
- 2) = After training the performance line drops below the 100% level.
- 3) = During rest and recovery this athlete was able to increase beyond his or her previous capacity level.
- 4) = Your goal for optimal restoration is to restore performance capacity to either the 100% line or above.

The following graph depicts what happens when players do not effectively recover after multiple exercise bouts:



- 1) = The athlete in this example also starts at 100%.
- 2) = After training, performance drops. After multiple days of high activity without enough sleep, rest or recovery his or her performance drops and is in danger of injury 3).

During sport many things happen in the body that can cause reduced performance. Lactic acid production and reduced glycogen levels are two of the most well known factors that contribute to fatigue. It is because of by-products like lactic acid, hydrogen ions and glycogen depletion that we must restore and regenerate our body to optimal levels prior to the next competition.

It is important to remember that when we work hard we must rest hard. It is during rest that our bodies grow, not during work.

Intense Work + Intense Work = Failure and Injury.

Intense Work + Rest and Restoration = Success and Growth.

When athletes work without proper rest they are setting themselves up for failure and injury. Improper recovery can lead to fatigue. Fatigue will cause a lack of coordination and concentration, which can cause poor movement quality and thus injury. Proper recovery accelerates regeneration, decreases fatigue and enhances adaptations to exercise. The desired goal of sports training programs is adaptation to exercise and lowered risk of injury.

During tournament situations especially where athletes play 3-4 games in a weekend, proper recovery techniques reign supreme. Follow the six guidelines below for ideas on how to speed recovery in tournament and regular scheduled game situations.

1. Food and Hydration:

The ideal time for replenishing your carbohydrate stores is 30-60 minutes after

your game or practice. This is especially important for soccer teams that sometimes have multiple competitions in a day. When replenishing fluids, drink about 20 ounces per pound of body weight lost during the match. Next be sure to replenish carbohydrate stores with a carbohydrate-protein mix.

2. Post-Game Regenerative Run:

The post-game regenerative run can be used immediately after a game or the day after the game. If you have a game later in the day, it is especially important to immediately follow the game up with an easy jog. If you don't play for a couple of days then perform the run the day after the game. This will help clear negative by-products built up during the game.

3. Stretching:

Always stretch after training or games. This will decrease the soreness that sometimes appears after training. Perform easy static stretching focusing primarily on the lower extremities.

4. Self Massage:

Massage is widely known as an effective tool for recovery. The problem is many teams don't have the budget for a massage therapist. To overcome this, use a foam roller or a slightly flat soccer ball. Roll specific muscles over the foam roller or soccer ball for effectiveness. Your focus should be on the lower extremities. Self massage is used to increase blood flow, relax the nerves and loosen the muscles.

5. Hot-Cold Contrast Baths:

The hot-cold contrast baths can also advance recovery. To perform hot-cold contrast baths simply sit in hot water for about 2 ½ minutes, then sit in cold water for about 45 seconds. Repeat this a few times for maximum benefits.

6. Sleep:

Athletes must sleep to recover. If they don't get enough sleep their physical performance will be impaired.

Even though rest and recovery is not a glamour topic like speed and agility, it lays the foundation for planning all your training. One of the biggest mistakes you can make as a coach or parent is to think that the harder and more frequent my athlete exercises the better athlete they will be. Proper rest and recovery between intense games and training is key to growing and preventing injury.

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The Best Defense

Taken from Finesoccer.com

Whether your team plays man to man, zone, flat, with depth or any other variation, there are some basic concepts that are true throughout.

First, as a general rule, you want to outnumber the opponents on defense (this means having at least one more player defending than the opponent has attacking). So if they have two players attacking, you want to have at least three defending. If they have three players attacking, you want to have at least four defending.

Does this mean that you should let the opponent dictate your formation? No! For example, you normally play a 3-4-3 and the opponent lines up in a 4-3-3, it would appear initially that you would need to go with four in the back to keep a numbers up situation. However, there is nothing that would stop you from simply having a defensive center midfielder provide support in the back when possession is lost. Or, the outside midfielder on the far side might be able to drop back and into the middle to provide the numbers up position when on defense. By not changing for the opponent, but rather staying with what works best for your team and planning ahead for the opponents numbers, it will allow you to keep your numeric superiority defensively while also possibly having numeric superiority in other areas of the field on attack.

Another basic concept to follow defensively is to either be goal-side of the player you are marking, or make sure they are in an off-side position. If you allow your mark to get behind you yet stay in an on-side position, it puts them in a position to get to goal without there being much you can do to stop them.

The last basic concept to remember is that players score goals, space does not. This simply means that whether you are playing man to man or zone, you need to make sure

all players (at least all players in a dangerous area) are marked. If you are playing pure man to man defense, then each player would be assigned to a certain player. If you are playing in a zonal system, you would be responsible for marking players within your area. However, if you are playing zonally, it's not good enough to make sure that there are no players in your zone unmarked. If your teammate next to you has two players to mark, you would want to shift over to provide the additional coverage. In other words, your whole zone would shift over in whatever direction that is needed. If there are two players in your teammates zone and no one in your zone and you do nothing, there is a good chance one of those players will score and if that happens, saying: "well, I had my space covered" doesn't do a bit of good. Whatever system you are playing, make sure all players are marked up and you will find your team will play much better defensively.

In summary, regardless of system of play, defensive philosophies, etc, if you maintain a numbers up situation, stay ball-side and goal-side, your team will most likely be successful defensively.

Bottom 10 Moments in Sports, 2006

From the Positive Coaching Alliance

1. Moments from a triumphant World Cup climax to his stellar career, Zinedine Zidane is ejected after head butting an opponent for insulting Zidane's sister.
2. Chicago Cubs' catcher Michael Barrett ignites a 10-minute, bench-clearing brawl by sucker punching the White Sox's AJ Pierzynski after a collision at the plate.
3. Denver-area parents must break up a fight between coaches of opposing 7-and-under girls' soccer team, resulting in one of the coaches facing assault charges.
4. A football brawl between the University of Miami and Florida International University results in 31 players suspensions and the unforgettable image of a player swinging his helmet as a weapon.
5. The Tennessee Titans' Albert Haynesworth is suspended for five games after stomping the helmetless Dallas Cowboys' Andre Gurode, who required 30 stitches.
6. At a Philadelphia-area football game for 5-and 6-year olds, a player's father allegedly brandishes a magnum during a dispute with a coach over his son's playing time.
7. When two high school sports stars are sentenced to 60 days in juvenile detention for a 'prank' that left one man physically disabled and another brain-damaged, an Ohio judge rules the players may complete the sports season before serving their sentences.
8. A Stockton, CA youth football coach is caught on tape charging the field to level an opposing 13-year-old player who had just been flagged for a late hit on the coach's son.
9. A Corpus Christi, TX youth football coach is caught on tape attacking an 18-year-old referee, who said the coach grew angry when asked to stop swearing in front of the five-and six-year-old players.
10. A tennis father in France is arrested on suspicion of drugging opponents of his 16-year-old son by tampering with their sports beverages; one of the opponents died in an auto accident while driving home after a match.

