



boulder county **FORCE**

SOCCER CLUB COACHES NEWSLETTER

Volume 13, Issue 2, February 2007

www.bcforce.com

A MESSAGE FROM THE HEAD COACH

Welcome to the start of a new season. I hope you are excited to begin working with your players and teams.

It has been a busy 'off-season'. We've had teams travel to out-of-state tournaments, coaches participate in national coaching courses, we sent a BC Force delegation to the NSCAA convention, and the indoor sessions at Boulder Indoor have been very well attended.

Just a reminder of the following BC Force sponsored event:

Boulder Coaching Symposium

March 3 and 4

At the Boulder Indoor Soccer Center

Schedule:

Saturday March 3

10:00 AM – 11:00 AM	Bill Hempen
11:00 AM – Noon	Mike Freitag
Noon – 1:00 PM	Tim Schulz
1:00 PM – 2:00 PM	Fernando Clavijo
2:00 PM – 3:00 PM	Marcelo Balboa
3:00 PM – 4:00 PM	John Murphy

Sunday March 4

10:00 AM – 11:00 AM	Mike Freitag
11:00 AM – Noon	Bill Hempen
Noon – 1:00 PM	Tim Schulz
1:00 PM – 2:00 PM	Fernando Clavijo
2:00 PM – 3:00 PM	Mike Haas
3:00 PM – 4:00 PM	Marcelo Balboa

SPRING '07 – Where our teams play

Boys

Boys 18 Red	- Elite 1
Boys 17 Red	- Elite 2
Boys 17 Barca	- Premier 2
Boys 16 Red	- Elite 3
Boys 16 Barca	- Premier 2
Boys 16 Man U	- Challenge 1
Boys 15 Red	- Premier 1
Boys 15 Barca	- Classic
Boys 14 Red	- Premier 2
Boys 14 Barca	- Classic
Boys 13 Red	- Premier 1
Boys 13 Barca	- Classic
Boys 13 Man U	- Challenge 1
Boys 12 Red	- Premier 1
Boys 12 Barca	- Premier 2
Boys 12 Man U	- Challenge 1
Boys 11 Red	- Premier 1
Boys 11 Barca	- Premier 2
Boys 11 Man U	- Challenge 2

Girls

Girls 14 Red	- Classic
Girls 14 Tar Heels	- Challenge 2
Girls 13 Red	- Premier 1
Girls 13 Tar Heels	- Challenge 1
Girls 12 Red	- Premier 1
Girls 12 Tar Heels	- Classic
Girls 12 Pilots	- Challenge 1
Girls 12 Huskies	- Challenge 2
Girls 11 Red	- Premier 1
Girls 11 Red II	- Challenge 1
Girls 11 Tar Heels	- Challenge 1

3 Elite teams
 7 Premier 1 teams
 5 Premier 2 teams
 5 Classic teams
 7 Challenge 1 teams
 3 Challenge 2 teams

Total of 30 teams

BC Force
Pre-season Coaches' Meeting
1/30 at 7:00 PM
East Boulder Rec Center

Agenda

1. **Start of league play** – March 24
Understand that there will be Sat/Sun games for the first two weekends.
2. **CSYSA Spring Break policy** – See attached CSYSA letter.
3. **Start of training**
4. **Reschedule a home game** – contact Welsch if you need to reschedule a league game at Pleasant View.
5. **Team communication** – Coach-team manager-players/parents.
6. **Game fields** – Pleasant View is not available for practices and scrimmages.
7. **Practice field schedule** – contact Rob Johnson if you have questions about fields for training sessions.
8. **Weather line:** 303-651-6036 (make sure players and parents understand that this is only for games at Pleasant View).
9. **CSYSA game scores:** 303-346-4421. By calling in your game score, the CSYSA website will be updated.
10. **Equipment** – contact Welsch if you need additional equipment for this upcoming season.
11. **Practice gear and uniforms** – New uniforms are coming in.
12. **Administration** – Gretchen Coffman
13. **Goalkeeper training** – Flo Klinger's training schedule will be announced shortly.
14. **Advanced teams** – Milo Woodson. Please contact Milo to arrange your training schedule with Milo and Gustavo.
15. **State Cup:** due March 16.
Registration will be taken care of through the office.
16. **Rocky Mountain Cup** – Red teams

are expected to participate, 'Advanced' teams are not required to participate in this summer's tournament.

17. **2007 Tournament listing** – see attached listings or go to www.csysa.org.
18. **Sideline behavior** – Coaches need to set the right example for players and parents.
19. **Boulder Coaching Symposium** March 3 and 4. BC Force coaches must pre-register with Welsch for this event.
20. **Keeping Stats** – For the Spring '07 season, please contact Welsch after each official game to update. Results will be posted on the BCF website.
21. **Dan Freigang** – Coach/Player communication.

BC Force Soccer Camps – Summer 2007

- All camps at Pleasant View
- Cost \$90

June 11-14

9:00 AM – Noon
Boys and Girls U10's

June 18-22

9:00 AM – Noon
Girls U11-14

June 25-29

9:00 AM – Noon
Boys U11-14

July 23-27

5:00 PM – 7:30 PM
Girls U15-18 Team Camp

July 30-August 3

9:00 AM – Noon
Boys and Girls U11-14 Red Team Camp

August 6-10

9:00 AM – Noon
Boys and Girls U11-14 Advanced Team Camp

College Bound Training

For High School age and Collegiate players
Tuesdays and Thursdays
5:30 PM – 7:00 PM
Starting June 5 through July 26

Rob's Ramblings

This January, Heather Solar, Milo Woodson and myself attended the National Soccer Coaches Association of America's annual convention. It was held in Indianapolis and for five days there was a plethora of soccer activities going on. When it comes to soccer events in the US, few can parallel the NSCAA Convention. No other event matches the fun, excitement and learning opportunities this annual gathering offers to soccer coaches at all levels of the game.

We attended sessions on Thursday, Friday and Saturday. Each day there were five time slots of activities through out the day, starting at 9:00 AM and ending at 6:00 PM. We attended sessions on sports psychology, panel discussions, lectures and technical and tactical demonstrations. Heather attended most of the technical sessions while Milo attended many of the lecture and discussions on sports psychology. I was fortunate enough to see Dettmar Cramer lecture and I would like to share some of that with you.

In his early years, Cramer played and coached for seven different clubs, including Borussia Dortmund. He worked for the German Soccer Federation as a staff coach. In 1974 he was offered to coach the US National Team. In 1975 he returned to Germany to coach Bayern Munich. It was there he won two European Championships and one World Club Championship.

Cramer has been a virtual coaching nomad, traveling through Europe, Africa and Asia. He carried the nicknames "Napoleon", due to this diminutive build (5'4").

Cramer is originally from Germany and was the originator behind the USSF Coaching Academies. He is currently 82 years old and is one of the most impressive soccer figures I have met. During his lecture, I looked around the room and realized that I was the youngest by at least 10 years, and any one in that room could have given a lecture on soccer that would

have been well attended.

I also attended a panel discussion on the American Goalkeeper. The panel consisted of five goalkeeper coaches (Tony DiCicco, Eduardo Carvaco, John Cone, Tim Hanley and Daryl Shore) led by a moderator, Giovanni Pacini who is the NSCAA Technical Coordinator from Massachusetts.

The two main topics of discussion were "When to specialize?" and "What makes US goalkeepers the best in the world?"

The recurring theme was that while growing up, the American goalkeeper has played many sports dealing with hand-eye coordination whereas goalkeepers in different parts of the world are not necessarily involved with other sports. With that, the panel felt that the domination of American goalkeepers could end because of the specializing at an early age. The panel agreed that the non-American goalkeeper is much better with their feet than the American goalkeeper.

Next I attended Anson Dorrance's presentation of the 'North Carolina Technical Olympics'. He explained that in general we do so much fitness testing and we do not do enough technical skills testing. It was such a simple concept, but there are very few that do it outside of the professional clubs. It is amazing that with all his success, Dorrance is still looking for new ways to make his program better.

Finally, I attended the NSCAA All-American Luncheon to represent the BC Force while one of our alumni was recognized for his achievements. Patrick Huffer not only received All-American recognition, he also was awarded the top Scholar-Athlete in the US. Patrick is just a terrific and well-rounded person. Many of you have read the article in The Daily Camera and if you go to our website you can read more about his many accomplishments.

Please check our website for notes and excerpts of the many sessions from the 2007 NSCAA Convention.

USSF National 'C' License

Presented by Steve Lepper

This year's USSF National 'C' License Coaching Course was held at California Lutheran University, and I was fortunate enough to attend. The course lasted 9 days and was very demanding; we were either on the field or in the classroom from 8:00 AM to 9:00 PM every day.

The instructors of the course were excellent and very respected in the soccer community. Instructors included Stephanie Gabbert (U14 Women's National Team coach), Mike Haas (CSYSA Director of Coaching), Anthony Latronica (Harvard University), Cam Rast (Santa Clara), and Dave Rubinson (US Soccer Region III). Though distinguished and highly reputable, the instructors were all very personable and went out of their way to share as much about the game as they could.

The 9 days were spent in classroom lectures and on the field sessions. In the classroom we learned and discussed methods of coaching, principles of play, psychology and player development, possession to gain penetration, combination play, defending principles, video sessions, and a couple match analyses. The field sessions usually consisted of the instructor running a model training session and giving the candidates ideas about how to run their practices. The candidates would then have opportunities to run practice sessions to put what we had learned to use.

In the past, almost everything within the 'C' course was broken down into either technical points, or tactical decision-making. They used to really push the "freeze" method: stopping practice to make a point, telling your players what you want them to do.

This year the curriculum was much different, and, in my opinion, much better. Instead of everything being technical or tactical, we were given broader topics (eg: focus on your team's ability to get out of

pressure) and were told to work both technical and tactical points into our session (eg: passing and receiving technique, when you should switch the point of attack to relieve pressure, etc.).

Another change from years past was instead of using the "freeze" method; coaches were encouraged to coach within the flow of the game. Use natural stoppages (goal, throw in) to make a point, speak to individual players while play is still going on, use restrictions (touch limitations, number of goals, neutral players, etc.) to teach principles of play, and really try to "paint the picture" so your players can see what you're trying to show them.

The instructors stressed the importance of letting your players figure things out on their own, or with "guided discovery" from the coach. Players retain information much better if the coach asks leading questions which the players can figure out on their own, rather than talking at them and telling them what the right answer is. If a coach is putting the players in a situation where they can find solutions to problems, instead of telling them what the solutions are, the players will learn more, remember more, and ultimately gain more confidence in their ability and become better players.

The candidates were graded throughout the week not only on their coaching skills, but on written and oral assignments as well. We had a team management assignment, a laws of the game test, a psychological skills test, an injury care and prevention test, plus multiple oral examinations covering all topics concerning coaching soccer. On top of that, we had a final field coaching examination, where we had to pass a number of prerequisites to receive National 'C' License certification.

The course was geared for coaches who coach age U11-U14, but many of the things we learned can be transferred to all age groups. Some highlights or nuggets of information that I found to be very pertinent:

- Create an atmosphere for creativity. Focus must be on learning skills and improving technique. By the age of 17, the ability to pick up new motor skills begins to wane.
- Encourage ‘the dribbler’!
- Give younger players an opportunity to watch and model older players.
- Winning should not be a focus. Encourage risk-taking and creativity instead.
- Help your players develop a love for the game. The players should want to play, and they should want the ball.
- Teach within the game. Fewer ‘drills’, more soccer.
- Let the players play!
- The focus of the youth level coach must be on technical development.
- Clubs should focus on **developing** players instead of **recruiting** players.

Overall, I felt the course was outstanding. There is no ‘secret’ to coaching soccer; there are no drills you can do to make your team perfect. The instructors made a good point in saying that this course was more of a ‘sharing of ideas’ than ‘this is the way it is’. Every coach has their own style, and we were given information and techniques that should compliment and improve our coaching style.

Finally, I feel the Force’s coaching philosophy and the way the club is run parallels much of what I learned at this coaching course. We place an emphasis on developing players rather than recruiting them. At the younger age groups (U14 and below), we put a high priority on developing players’ technical ability and tactical

knowledge of the game.

Sometimes this comes at the cost of winning games at those age groups, as many teams like to put their biggest and fastest players up front and kick the ball as hard as they can and let those players run under it. As the players get older and mature, and when physical size and speed start to level out, it becomes obvious that the Force players have a better technical base, a better understanding of the game, and play a much more aesthetically pleasing style of play than many of the other teams whose only focus was winning during the younger age groups. That’s why you also see BC Force teams often excelling at these older (U15-U18) age groups.

After talking with many of the other coaches who coach at different clubs, I came home with a sense of pride in the way the BC Force is run. Many coaches complained about the pressure of winning at young ages, the pressure of recruiting, and that the atmosphere at their clubs isn’t “fun.” I honestly feel that the BC Force is run the ‘right way’, in that the focus is on individual player development at young ages, which leads to success at the older age groups. I also feel that the club atmosphere and the coaching philosophy at the BC Force is one of the reasons why so many of our players go on to be very successful at the collegiate level and beyond.

Let the Players Play

By Giovanni A. Pacini
2007 NSCAA Convention

A group of youngsters play excitedly in the streets wrestling the ball free from one another in an effort to keep the magical sphere at their own feet. With self-taught creativity and flair, they move toward scoring a goal by striking the ball between shirts laid down on the ground.

Some are in street shoes, others in sneakers, but no matter what the footwear, the focus is on the ball. The beauty of street soccer allows for not only the game to be the ultimate teacher, but for the imagination to run wild.

The streets can be Wembley stadium or Maracana. You can surround yourself with the likes of Ronaldinho, Rooney, or Beckham. Each goal scored or flash of brilliant play can be met with thunderous applause from the crowd watching the march. You are only limited by your own imagination. Only in the streets can one's mind create such an atmosphere. Only in the streets can players be free from overbearing coaches who curb imagination and stifle creativity.

The street soccer mentality can and must be the cornerstone to any player's development. Recently, Bruce Arena was asked about a situation regarding corner kicks. His response quite simply put, was to have a player cross the ball, another to head it in and if all else fails, have someone be able to keep it in play. More pointedly, he said, "we don't spend a lot of time on corner kicks, we just play soccer."

And let it not be said that the street soccer mentality is just for young players. At every level of development, Street soccer must be implemented into training regimes. As a collegiate coach, I have implemented, on a very regular basis, the opportunity for my players to just play. Some days it is small sided games, others it is full side. No coaching from me, just play. Figure things out on your own.

But why street soccer? Well, strictly in terms of youth player development, the

reasons are quite simple!

First and foremost, it lets the game be the teacher. The game, in its own intrinsic way, can offer more than any coach can imagine.

Street soccer can be played in the backyard or the local park. Grab the ball and go! Any open space can be the place where games are organized. Goals can be quite simply be two jerseys on the ground. It is the simplicity of having any open space as your field of dreams.

There's no time limit! In the over organized world of youth soccer, all too often kids are bound to their practice times. In street soccer, play until Mom screams that it's dinner time!

You don't need a lot of people. One on one, two on two, three on three are all okay.

The youth coach is removed as the possible deterrent of maximizing the player's creativity. Too many coaches have an X's and O's mentality and invariably over-coach. The true youth coach understands the balance between teaching and free play.

At a recent NSCAA convention, Jan Hansen, head of the Danish Football Schools, spoke at length about innovations in youth player development. He cited the need to create a "fun football culture".

Implementing the elements of street soccer enhances not only the creative aspects of player development, but also small group tactics.

Simplicity. Street soccer in its purest form is a simple way to play the game. No frills and inexpensive. Best of all, it ignites the creative process both physically and psychologically, which forms the basis of imaginative play.

Let them play!

Coaching Talented but Difficult Players

By Bill Beswick
2007 NSCAA Convention

When working with talented but difficult players one must not mistake between **difficult** and **challenging**. (Reasonable people have never changed the world).

Secondly, when working with this type of player *someone has to get close to this player*.

Three Key Influences:

1. Personality of the player
2. Significant others in this player's life
3. Family background and where they are coming from

Differentiating between a High Maintenance and a Low Maintenance Player:

High Maintenance

- Externally motivated
- Poor discipline
- Focused on ego
- Reacts to problems
- Tough to manage

Low Maintenance

- Intrinsically motivated
- Self-disciplined
- Focused on task
- Problem solver
- You want to manage

Holistic Coaching

Hardware: Technical, Physical and Tactical
Software: Emotional, Mental and Lifestyle

Coaching Strategies

1. Sell the dream
2. Remove the excuses
3. Challenge every day
4. Share ownership
5. Empathize and Support
 - The talented player is operating at a very high level and they need support.
6. Be flexible

- Player's motivation – what are they?
 - You can't always choose the situation but you can choose your talent
 - Tough on talent
 - Practice must be meaningful and competitive
7. Team first
 - Praise team in public
 - Praise talented player in private
 8. Use peer pressure
 9. Create a Sin-Bin
 - Private discussion for first infraction
 - Speech in front of the players
 - Yellow card – I don't want to see you for a week
 - Red card
 10. Be patient

Legal Duties of Coaches

- Duty to properly plan the activity.
- Duty to supervise the activity.
- Duty to provide proper instruction.
- Duty to warn of inherent risks.
- Duty to provide a safe environment.
- Duty to provide adequate and proper equipment.
- Duty to match athletes properly.
- Duty to evaluate athletes for injury and incapacity.
- Duty to provide appropriate emergency assistance.

Un-Advice For Parents

Chill Out! If you're not having fun, **you** may be pushing your child too hard.

- Never invest more in an outcome than your child does.
- Allow children of all ages time for free play. It's a natural way to learn regulation, social skills and cognitive skills.
- Be reasonable about what is dangerous and what is not. Some risk-taking is healthy.
- Don't overreact to every bad grade or negative encounter your child has. Sometimes discomfort is the appropriate response to a situation – and a stimulus to self-improvement.
- Don't be too willing to slap a disease label on your child at the first sign of a problem; instead, spend some time helping your child learn how to deal with the problem.
- Peers are important, but young people also need to spend time socializing with adults in order to know how to be adults.
- Modify your expectations about child-raising in light of your child's temperament; the same actions don't work with everyone.
- Recognize that there are many paths to success. Allow your children latitude – even to take a year off before starting college.
- Don't manipulate the academic system on behalf of your child; it makes kids guilty and doubtful of their own ability.
- Remember that the goal of child-rearing is to raise an independent adult. Encourage your children to think for themselves, to disagree (respectfully) with authority, even to incur the critical gaze of their peers.

BC Force Travels to Phoenix

This past January, BC Force sent the

Girls 15 Red, Boys 14 Red and Boys 13 Red teams to the Sereno Classic Tournament in Phoenix, Arizona.

It was a great opportunity to play against some very good competition, get four games under the belt and actually experience playing on grass, that unfamiliar substance we haven't seen in several months now.

I spent my time with both boys teams and here are some thoughts about the event.

The boys 14's had three practices in the snow to prepare for this event, nevertheless, spirits were high and the boys were excited about the prospect of playing four quality games.

Although the 13's did not win a game, we saw improvement from game to game and often from one half to the next. The boys understood that these games were an invaluable learning experience for the upcoming season.

The 14's results were somewhat better. After a rough first game, their play steadily improved and quite frankly, they exhibited some terrific soccer in their last game in which they tied the Tucson Soccer Academy. I was impressed with the boys attitude and willingness to compete and learn from each game.

Here are some of my impressions of the teams we played. Our opponents were from Arizona and Southern California and I was impressed with the individual technique, flair, creativity and presence on the ball. Their players had wonderful balance and overall athleticism. And it was a great opportunity for our players to see that 'next' level of competition.

Defining "Coaching"

Presented by Bill Beswick, mentor to soccer coaches in England.

There are qualities necessary to take players to a new level.

Being the head coach of a team is a lonely job; it takes courage to be a coach. In fact, the majority of the final decisions relating to a team fall on the coach's shoulders. But when there is a dip in the team's performance, the coach may need someone to give ideas as to why the team's in decline. Nevertheless coaching is, for many, a search for self-fulfillment and that process is what keeps the profession, while sometimes frustrating, also exciting. Coaching highs provide wonderful moments that keep coaches' interest and involvement while they search for perfect practices and perfect games.

Beswick said he tries to work with coaches in terms of how they develop their philosophies as well as how they relate to their players. Coaches must begin with the end in mind; they must know what they want in the long run. They must keep the "big picture" in front of them; "don't lose it in the details."

There are several core issues with which coaches are concerned:

- Did we get the preparation right?
- Were the players in the right frame of mind?
- Do we pick the right players?
- Are the players fit enough?
- Are we playing in the right positions?
- Do we have the right team shape?
- Are our tactics right?
- Do the half times help or hurt us?

Beswick's definition of coaching: "Coaching is taking players somewhere new." Coaches need to be passionate – but controlled. He noted that modern coaching is about selling, not yelling. "Effective coaching" was another addition with the reminder that the ultimate objective of coaches is to achieve perfection. "Motivating" was added with the eventual goal of the coach to make players self-motivating. Good coaches are also "other-

oriented" and build a sense of trust within the team. The coach must have a clear sense of purpose. The coach must create the plan and establish goals to achieve the desired end result. As part of the coaching process the coach must share "the why" of everything.

One mark of a successful coach is that he or she is able to creatively repeat lessons and not leave the players bored. "Repetition without repeating" is part of the art of coaching.

Coaches need to learn to handle defeat – and victory. Dean Smith believed the coach should take care of the losses and give the wins to the players. All coaches share a consistent desire to win games but the evolution of the modern coach includes the following differences from yesterday's mentors:

- The traditional coach focuses on the task and communicates to the group, whereas the modern coach achieves the task with a more "play-centered" approach and a far higher level of both team and individual communication.
- The modern coach is interested in maximizing the potential in the player.
- The coach is no longer seen as a trainer but rather as a teacher.
- Modern coaching has evolved from me to we. Authoritarian approach of the more traditional coach has given way to a more democratic methodology.
- Today's coach is intent on listening carefully, then speaking. Selling rather than yelling.
- Today careful planning of a more long-term nature is the rule against what has been termed "instinctive coaching." "Small details win big games."