



# *boulder county* **FORCE**

## **SOCCER CLUB COACHES NEWSLETTER**

**Volume 13, Issue 6, June/July 2007**

**www.bcforce.com**

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

Let me begin by thanking **Rob Johnson** for the time he has given to BC Force. Rob has been a valued member of our staff for many years, however, we felt that the time had come for a change and this change will give Rob a chance to pursue other coaching challenges and opportunities, and it allows us to look into a different direction. It is our objective to provide the best possible soccer opportunity for our girls and we will look to see what necessary steps we need to take to make that happen.

A big thanks to all our coaches for stepping up during our recent tryouts. Tryouts are a time of tension, pressure, parental concerns and anxious players. I feel that we were able to conduct the proceedings in an organized and professional manner. Did we please everyone? Of course not, there will always be people who feel that the process is flawed, yet in the end, it is our job to put the strongest teams together, and most of the time, we are able to do just that.

I also want to thank **Tammy Smith** for her great effort in organizing this year's BC Force Auction and Awards Night. It was a wonderful evening in which we raised a lot of money for our scholarship fund and were able to recognize lots of players, coaches and volunteers. Thanks Tammy for a job well done.

As you might well know by now, BC Force will start its U5-U10 In-House Recreational Soccer Program. We feel that with our organization and staff, we will be

able to provide the best recreational soccer program in Boulder County. Registration will be ongoing throughout the summer months and we will be looking forward to the fall of 2007.

Congratulations to **Eric Kronenberg** (Boys 13 Red), **Anne Stuller** (Girls 15 Red) and **Travis Brandl** (Boys 16 Red) for being selected to the Colorado ODP teams traveling to the Region IV camp.

This summer, we will have three of our teams traveling overseas to participate in international events. The Girls 16 Red team, coached by **Heather Solar** and Boys 16 Red team, coached by **Hardy Kalisher** will travel to Barcelona, Spain and Gothenburg, Sweden to play in two tournaments. The Boys 16 Barca team, coached by **Ashkan Angha**, will travel to Barcelona, Spain to play in a tournament. That will be an exciting adventure for players and coaches. Good luck to all teams.

Finally, congratulations to everyone who was involved in making this year's Rocky Mountain Cup the best one yet. Special recognition goes to **Ryan Henkel** (Tournament Director), **Hardy Kalisher** (Scheduling) and **Conrad Thomaier** (Officials) and all the volunteers who work so hard behind the scenes. We had three days of exceptional soccer and competition in which the BC Force teams gave a very good showing.

With the Rocky Mountain Cup behind us, I want to wish everyone some well-deserved time off. Have a great summer!

## ROCKY MOUNTAIN CUP 2007

- **168** - Total number of applicants for our Boulder Cup and Rocky Mountain Cup. This was our largest event to date.
- **23** – BC Force teams.
- **58** – Out-of-state teams.
- **63** – Colorado teams.
- **24** – U10 teams.
- **34** – Number of college coaches who had pre-registered.
- **6** – Number of game sites.
- **16** – Total number of fields.

### **Girls' Results:**

#### Girls U11 Gold

Colorado Edge vs Broomfield Blast 3-1

#### Girls U11 Silver

Broomfield Blast vs Broomfield Blast 2-1

#### Girls U12/13

Fort Worth FC (TX) vs **BC Force 12 Red** 2-0

#### Girls U13/14

Colorado Storm vs **BC Force 13 Red** 3-0

#### Girls U15/16

Colorado Edge Select vs Evansville Elite (IN) 2-0

#### Girls U15/16 Elite

**BC Force 15 Red** vs CO Rush Nike 1-0

#### Girls U17/19 Elite

Littleton Utd vs Wheatridge 1-0

Congratulations to the Girls 15 Red team which defeated Colorado Rush Nike 1-0 in the final after losing to that team 0-3 in group play. This was a terrific comeback by this group of girls.

### **Boys' Results:**

#### Boys U11 Gold

Dallas Texans (TX) vs **BC Force Red** 2-0

#### Boys U11 Silver

Nova vs Storm North 3-2

#### Boys U12 Gold

Dallas Texans (TX) vs CD Independiente (TX) 1-0

#### Boys U13/14 Gold

Broomfield Blast vs Texas FC (TX) 3-2

#### Boys U14/15 Gold

Storm Impact vs CD Independiente (TX) 3-0

#### Boys U15/16 Gold

Storm White vs CD Independiente (TX) 3-0

#### Boys U15/16 Elite

**BC Force Red** vs Corinthians 2-1

#### Boys U17 Gold

Storm White vs Greeley 1-0

#### Boys U17/19 Elite

Fort Worth FC (TX) vs **BC Force Red** 1-1 (2-0 pk's)

Congratulations to the Boys 16 Red team which went undefeated throughout the tournament with 5 wins and a tie. Well done!

Once again, congratulations to everyone involved for putting on a terrific event. It takes a lot of planning and it's a big undertaking but looking at the faces of all the participants, it is worth it.

## **BC FORCE Joins Super Y-League**

The future of soccer lives in the USL Super Y-League, a professional system that is the first step for developing elite youth soccer players in North America. Affiliated with US Soccer and partnered with US Club Soccer, the league is designed for talented youth players destined for college, professional or international careers. The league contains the youth academies of USL First Division, USL Second Division, Premier Development League, W-League, and Major League Soccer professional clubs, as well as many of the established premier youth clubs. Through Olympic Development Program status events such as the North American Finals and National ODP Camps, the nation's top players are identified for selection to US National Team Programs. The SYL features elite teams within the U13-U17 boys and girls age groups competing within 10 geographic divisions of the US and Canada.

The BC Force was invited by the SYL governing organization, United Soccer League, to be among the first clubs to join the Rocky Mountain Division. The league will run from June 6 through early August, 2007 with the National Finals in November. In its first season the Rocky Mountain Division will have two age groups: U16 boys and U17 boys. The USL plans for the future include expanding the Rocky Mountain Conference to U13-U20 boys and girls teams.

This program is for the most dedicated, skillful and athletic youth players in Colorado. As an ODP sanctioned league, any interested players may try out for the BC Force's Super Y-League team. Players may play up in Super Y-League. Players may play for both a separate CSYSA club and the BC Force's Super Y-League team.

Joining the BC Force in the Rocky Mountain Division will be youth teams representing MLS's Colorado Rapids, Kansas City Wizard, Real Salt Lake, Real Salt Lake-Arizona and the Colorado Rush.

## **Schedule for the BC Force 16's and 17's**

**6/20** – 16's at 5:30 PM, 17's at 7:30 PM.  
at Colorado Rapids – Dick's Sporting Goods

**6/27** – 16's at 5:30 PM, 17's at 7:30 PM.  
vs Colorado Rapids – Pleasant View

**6/29** - 17's  
at Colorado Rush

**7/13** – 17's  
at Kansas City Wizards

**7/14** – 17's  
vs Colorado Rush

**8/10** – tba: 16's and 17's  
vs Real Salt Lake – Dick's Sporting Goods

**8/11** – tba: 16's and 17's  
vs Real Salt Lake – Dick's Sporting Goods

**8/12** –tba: 16's and 17's  
vs RSL Arizona – Dick's Sporting Goods

**TBD**  
vs RSL Arizona  
vs Kansas City Wizards  
vs Kansas City Wizards

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## **Tournament Calendar - August**

August 2-5: Pride of the Rockies  
Boys and Girls U11-18

August 9-12: Arsenal Cup  
Boys and Girls U12-18  
(Premier only)

August 10-12: Denver Cup  
Boys and Girls U11-18

August 10-12: Storm Classic – Boys  
U11-14 Boys/U11 Girls

August 16-19: Broomfield Blast Shootout  
Boys and Girls U11-18

August 17-19: Storm Classic – Girls  
Girls U11-18

Check out the tournaments websites for

registration dead lines.

### **BC FORCE Coaches' Profile**

*Name:* Steve Lepper

*Team you coach:* Boys U17 Red and U15 Red.

*Favorite MLS team:* Colorado Rapids. Note: Steve is actually a card-carrying member of the 'Firm', the Rapids groupies in the South-east corner of the stadium.

*Favorite international team:* Tottenham Hotspur.

*Favorite soccer player:* Oguchi Onyewy

*Favorite sport other than soccer:* Skiing.

*What is your playing experience:* Midland Soccer Club (MI), HH Dow HS (Midland, MI), Hope College (Holland, MI), West Michigan Edge (PDL – Grand Rapids, MI), BC Force – Men's League.

*What was your introduction to soccer:* My parents put me in a league when I was in kindergarten and living in the suburban Detroit area.

*What is your coaching experience:* USSF 'C' License, BC Force, Soccer camps throughout the Midwest.

*How did you get involved with coaching:* I started coaching soccer camps after my freshman year at Hope College and absolutely loved it.

*What do you like about coaching:* Giving back to the game which gave me so many great memories and opportunities. Seeing the look of excitement on players' faces when they accomplish something. Watching players grow as both soccer players and people.

*Describe your favorite soccer practice:* Nice weather, full attendance, all the players are ready and excited to work hard. Good warm-up, and a progression to small-sided activities then to a full game. The players work hard, play hard, and have fun.

*What was your most memorable game as a coach:* The Boys 16 Red team, round of 32 at the Gothia Cup in Sweden against a team from Brazil which had won every game of the tournament. A 0-0 game that went to a pk shootout. We won the pk shootout 4-2 in front of a crowd most of whom were rooting

against the Americans.

*What was your most memorable game as a spectator:* Watching my Alma Mater (Hope College) beat Albion 2-1 on homecoming having three of its best players out with injuries. They were down 1-0 at the half and came out and scored two amazing goals in the second half in front of a huge homecoming crowd.

*What was your favorite soccer trip:* Summer of 2002 when my college team went to Europe for two weeks and played against European semi-professional teams.

*What is your 'real' job:* I'm a graduate student at the University of Northern Colorado, pursuing a degree in Athletic Administration.

*Favorite actor:* Kevin Spacey.

*Favorite actress:* Natalie Portman.

*Last movie seen:* Idiocracy.

*Last CD bought:* Band – Bag of Toys CD – "Nooner"

*Last book read:* Dreams From My Father by Barack Obama.

*Hobbies:* Skiing, Golf, Hiking, Tennis, Traveling and Music.

*Favorite TV show:* The Office

*Favorite meal:* The Hibachi Steak at Genji Japanese Steakhouse in Midland, MI.

*Best event you've attended as a spectator:* 2004 University of Michigan vs Michigan State at Michigan Stadium. The Wolverines trail Michigan State by 17 points with 8:43 remaining. Michigan makes a furious comeback to tie the game and then win in triple-overtime 45-37. I was sitting in the student section, most of the touchdowns were scored in that end zone. The fans were absolutely hysterical.

**End-of-Season BC Force Results**  
**Spring 2007**

Boys 18 Red	4-3-1	Elite 1
Boys 17 Red	0-6-4	Elite 2
Boys 17 Barca	2-7-1	Premier 2
Boys 16 Red	7-3-0	Elite 3
Boys 16 Barca	4-4-2	Premier 2
Boys 16 ManU	3-5-0	Classic
Boys 15 Red	7-2-1	Premier 1
Boys 15 Barca	2-8-0	Classic
<b>Boys 14 Red</b>	<b>7-2-1</b>	<b>Premier 2</b>
Boys 14 Barca	4-6-0	Classic
Boys 13 Red	4-6-0	Premier 1
Boys 13 Barca	5-4-1	Classic
Boys 13 ManU	1-7-2	Chall.1
Boys 12 Red	5-4-0	Premier 1
Boys 12 Barca	1-7-2	Premier 2
Boys 12 ManU	5-3-2	Chall.1
Boys 11 Red	1-6-3	Premier 1
Boys 11 Barca	1-8-1	Premier 2
Boys 11 ManU	6-4-0	Chall.2
Girls 14 Red	2-6-2	Classic
Girls 14 Tar Heels	8-0-2	Chall.2
Girls 13 Red	7-2-1	Premier 1
Girls 13 Tar Heels	1-7-2	Chall.1
Girls 12 Red	2-6-2	Premier 1
Girls 12 Tar Heels	3-3-4	Classic
Girls 12 Pilots	1-8-1	Chall.1
Girls 12 Huskies	1-8-0	Chall.2
Girls 11 Red	3-7-0	Premier 1
<b>Girls 11 Red II</b>	<b>8-0-2</b>	<b>Chall.1</b>
Girls 11 Tar Heels	6-1-3	Chall.1

**Champions in bold!** Congratulations to Boys 14 Red and Girls 11 Red II.

**BC Force Stats Leaders**  
**Spring 2007**

Please note that unfortunately not every coach/team participated in this.

Total Points

1. Travis Brandl	B16 Red	57
2. Melissa Cuddington	G11 Tar Heels	31
3. Kevin Pocalyko	B16 Red	30
4. Aaron De La Cruz	B15 Red	27
5. Fergus Sharp	B14 Red	24
6. Eric Kronenberg	B13 Red	24
7. Soren Frykholm	B14 Red	21
8. Alex Dickerson	B15 Red	19
9. Lillie Ogden	G13 Red	19

Total Goals

1. Travis Brandl	B16 Red	25
2. Melissa Cuddington	G11 Tar Heels	12
3. Aaron De La Cruz	B15 Red	12
4. Eric Kronenberg	B13 Red	11
5. Kevin Pocalyko	B16 Red	10
6. Soren Frykholm	B14 Red	10
7. Fergus Sharp	B14 Red	9
8. Sushant Gurung	B11 Man U	9
9. Alex Dickerson	B15 Red	8
10. Lillie Ogden	G13 Rd	8
11. Tony Honkanen	B15 Red	8

Total Assists

1. Chris Cartwright	B14 Red	11
2. Kevin Pocalyko	B16 Red	10
3. Travis Brandl	B16 Red	7
4. Melissa Cuddington	G11 Tar Heels	7
5. Max Jaffee	B16 Red	7
6. Fergus Sharp	B14 Red	6
7. Martin Orona	B16 Red	6
8. Walter Bertini	B15 Red	5

Goalkeepers

1. Rachel Decurnou	G14 Red	92%
2. Devin Kuh	B16 Red	85%
3. Joe Salinas	B16 Barca	80%
4. Camille Lauer	G11 Tar Heels	79%
5. Tyler Morley	B11 Barca	77%
6. Ali Hinton	G13 Red	77%

7. Ryan Ebersole	B13 Red	76%	9. Dan Weimer	B17 Barca	74%
8. Carson Jones	B12 Barca	74%			

### BC FORCE Awards Night

Team	Outstanding Defender	Hardest Worker	Outstanding Player	BCF Award
G18 Red	Caitlin Dvorak	Claire Sarson	Amanda Raley	Tanya Thielen
G18 TH	Chalie Simon	Rachel Hillmer	Rachel Lahoda	
G17 Red	Jenna Machado	Megan VanDore	Paige Narum	Kara Peters
G17 TH	Kelsey Moore	Erin Dickson	Maya Neam	Maria Montzka
G16 Red	Marissa Gradoz	Kelsey Thompson	Sarah VanDore	
G15 Red	Casey Thayer	Annie Stuller	Molly McGuigan	Molly McGuigan
G15 R II	Charlotte Hogenson	Leia Schultz	Jessica Jortberg	Megan Cousins
G15 TH	Justine Jeffers	Kelly Crane	Lucy Jacobsen	Carly Hillmer
G15 T	Siena Mann	Megan/Gwen Rudy	Tatum Jablonski	
G14 Red	Sarah Hafen	Emily Hiller	Toni Bellitt	Jenny Dixon
G14 TH	Isabella Funke	Tessa Schoenhals	Gwen Rudy	Hallie Wakely
G13 Red	Max Crouch	Nikki Machalek	Berkley Gamble	Hollis Crowder
G13 TH	Megan Lancaster	Annie Rumbles	Sabrina Vere-Nicoll	
G12 Red	Abby Burrige	Katlyn Lokay	Kate Vann	Katlyn Lokay
G12 TH	Kathryn Cuddington	Samantha Chang	Katherine Key	Abby Dolan
G12 H	Emily Clancy	Jessi Gaisbauer	Taylor Pfromer	
G11 Red	Isabella Stahl	Maria Fayeulle	Danielle Davis	Danielle Davis
G11 RII	Madeline Fang	Stephanie Teissier	Mia Tangel	Pyrennee Steiner
G11 TH	Kara Scott	Emily Barrett	Chandler Baker	Melissa Cuddington
B18 Red				
B17 Red	Luke Habermehl	Sean Rice	Ben Thomson	Tim Smith
B17 Barca	Dyami Rolon	Ryan Teusch	Patrick Higgins	
B16 Red	Adam Hinkelman	Andrew Flint	Travis Brandl	Adam Hinkelman
B16 Barca	Max Gulliver	Grant Brantley	Max Gulliver	
B16 MU	Alejandro Murillo	Eric Andresen	Matt Harpin	Matt Harpin
B15 Red	Angelo Rieder	Michele Corbet	Aaron Dela Cruz	Luke Falcone
B15 Barca	Matt Eastman	Mathias Jensen	Corban Sipfle	Oliver Feind
B14 Red	Jared Davis	Walter Breakell	Tim Jozwiak	Soren Frykholm
B14 Barca	Thomas Morley	Seth Falkinburg	Beau Salgado	Thomas Morley
B13 Red	Ryan Ebersole	Eric Kronenberg	Jack Huettel	
B13 Barca	Derek Greer	Scott Cleveland	Scout Vernon	
B13 MU	Parker Landry-Murphy	Nathan Sanfacon	Kieran Gastineau	
B12 Red	Kevin Beyer	Cory Waltrip	Bryan Windsor	Jackson Wojciechowski
B12 Barca	Zach Polinko	Brian Engelhardt	Carson Jones	
B12 MU	Calvin Lietz	Sam van Dreser	Wyatt Lovelace	
B11 Red	Eric Spangler	Josh Branum	Grant Webster	Joel Frykholm
B11 Barca	Tyler Morley	Mike Trezek	Colman Garthwaite	
B11 MU	Chris Peterson	Pablo Longoria	Sushant Gurung	Sam Wynter

U9 Girls: Kristin Barbour  
 U9 Boys: Matthew Radzihovsky  
 U10 Girls: Gwen Leifer  
 U10 Boys: Leo huettel

U10 Coach of the Year – Girls: Doug Engelhardt (BCF Ireland)  
 U10 Coach of the Year – Boys: Julian Suarez and Paul Bivrell (BCF Ghana)  
 Competitive Coach of the Year – Girls: Jenny Jurkowski

Competitive Coach of the Year – Boys: Adam Hayes  
Volunteer of the Year: Holly VanDore and Jolana Machalek  
Team Manager of the Year: Val Center

**Repeat Technical Exercises 100.000 Times.**

By Erik Muntendam,  
Youth Coach FC Groningen (Holland).

“Winning by means of playing good soccer, that’s what we want with the FC Groningen U13 team. I repeat this statement almost daily to my boys.” After a game we must have played good soccer. After all, when you play good soccer you are more likely to win. What I also regularly tell them is that we want the spectators on their feet. It must be fun to watch the FC Groningen U13’s.

A youth player must show courage, make the action, go on an adventure, dribble and look at where your action will end. If this does not work, the players must have the vision for each other and pass the ball around. I work daily with my 13’s on several technical exercises that they must master at the end of the season to the best of their ability. The players must always work hard and must want to improve. As the basis, technique is of course very important as well as the speed and aggressiveness of players. But also the will, the drive to reach that next level is very important.

**Increasing resistance**

On Mondays I train with the U13’s for an hour on improving their weak foot. I do this predominantly by means of cutting and turning exercises in combination with passing and shooting. On Tuesday I train with the boys on 1 vs 1 moves and cutting/turning with passive resistance. On Thursday we train with active resistance. This happens mostly by playing small-sided games, 1:1, 2:2, 3:3 and 4:4. On Friday I train a little shorter. I generally spend this training on finishing exercises. I use this setup every week. The exercises however do differ almost every training session. Eventually I want to come off the field with

the feeling the players did a lot, learned a lot and experienced a lot each time.

**Technique**

By technique I mean passing, shooting, beating an opponent, cutting and turning, receiving, dribbling and creating a ‘feel’ for the ball. These components return in almost every exercise.

**Beating an opponent**

I stimulate as much as possible to learn as many different moves. The moment you practice a lot of moves the ball feeling of a player will increase. Players must no longer think in situations, they must simply execute a movement. This must become automatic. To execute moves automatically they must be practiced a lot. The players train four times a week, but it’s only four times 1.5 hours. And I want them to practice at home as well. Players must practice as long as is needed to master a move. Eventually you will see that a player will have one or two favorite moves that he will execute. This is even evident at the professional level. Arjen Robben frequently beats his opponent by means of a fast fake inside-push outside move. Robin van Persie threatens to shoot with his right and the cuts back.

**Coaching points**

The coaching points passing, cutting and turning are frequently the same. The moment a player receives the ball he must look up to observe the spaces around him. The player must make a quick decision whether to go for action or for team work. If the player sees the possibility for an action, then he must do it quickly.

**Two footed**

The first practice of the week focuses on all kinds of cutting and turning exercises in combination with passing and checking for the ball, in which players must use their

weak foot. We do this for one hour and you can see the drastic improvement throughout the season.

The following interview was taken from [elitesoccerconditioning.com](http://elitesoccerconditioning.com)

### **Shad Forsythe Q and A**

Shad is the Fitness Coach for the German National Team.

*What are the most important qualities for speed?*

The combination of strength and speed are the major components of power. If a player is powerful and has proper technique they will have speed.

*What makes a player fast?*

Strength per time with proper technique. Meaning a player needs to put as much force into the ground properly and as quickly as they can, and this will make a player fast. If they are not strong, they can't put enough force into the ground. If they are slow they may put high amounts of force very slowly.

*What can youth soccer teams do to increase speed, especially without spending time on lifting weights?*

A proper warm up focusing on active movements, active lengthening of tissue, joint mobility, and proper posture and technique.

Adding simple stability exercises, quick feet exercises, and simple speed drills into the soccer training session.

*What effect do plyometrics have on speed development?*

Plyometrics are exercises focusing on quickly stretching and contracting muscles. These exercises are great for building power as you want to put as much force in the ground as quickly and efficiently as possible.

*Do players have to be strong to get benefit from them?*

Strength is important but stability of a player's joints and mid section is key. If you are not stable you cannot transfer force efficiently into the ground to achieve benefits of the plyometrics.

*What are the 5 most important things each youth soccer player should do to improve speed?*

1. Core and lower body stability exercises.
2. Total body strengthening exercises.
3. A good warm up focusing on active length and joint mobility.
4. A good cool down focusing on static flexibility and returning the muscle to normal resting length.
5. Plyometric and strength training exercises focusing on power development (moving weight quickly). Note: There should be a great emphasis on split position (one leg in front of the other) and single leg movements as soccer players are rarely on two feet.

*What are some of the mistakes you see or hear of soccer coaches that hinders speed development?*

Some coaches tell athletes to reach for the ground in front of you. This action makes you a 'puller'. We want you to be a 'pusher'. Our push muscles, gluts, quads and calves, combine for what we call triple extension and this action is the most powerful and dynamic activity the body can do. When you reach, you are less efficient, you decelerate, and you open yourself up to nagging injuries like hamstring strains.

*When we talk about speed on a soccer field, what is most important? 100 yard speed, 40 yard speed, 20 yard speed?*

You are looking at different speeds for different players in different systems.

For example in the 4-4-2, the central defenders, central midfielders and forwards need very good agility, side to side motion, and rarely sprint further than 20 yards. The

outside defenders and outside midfielders need a little more distance capacity for their sprints as they tend to sprint in the 30-40 yard range.