

Weston AYSO Region 644



June 2, 2005

Welcome to the fourteenth edition of the AYSO Region 644 bi-weekly newsletter.

In this week's edition, Section 1 is designated as the AYSO Region 644 roundup that will highlight what has been going on in our region over the past two weeks and what is up-coming.

Section 2- Youth Scene: Teacher, Role Model, Facilitator is the title of the article written by Manny Sanchez, executive director of the Tennessee State Soccer Association. In the article, Mr. Sanchez discusses the responsibility of being a youth coach, that developing the child as both a player and an individual is part of that responsibility. You are to teach the game, facilitate the fun factor which is conducive to learning while always serving as a role model and respecting the game itself.

In Sections 3-6 we have four articles outlining different aspects and activities related to the game of youth soccer. In the Keepers Corner we discuss warming up prior to game time as well as the importance of intensity training and how it affects the attitude of the player come game time. In Section 4 we discuss zonal defense, how it is applied in the defensive end of the field and how it inherently increases communication amongst all players on the field. Section 5- Soccer Activities- provides another game which emphasizes defensive intensity and communication skills in a short sided game on a full size field. Section 6 is titled simply "Passing". In this passage we discuss four aspects of a good pass, accuracy, pace, timing and disguise.

Section 7 is our Soccer News Articles From Around the Country. The first article is from the St. Paul Minnesota Star Tribune in a John Millea article that discusses respect. Mr. Millea introduces us to MSHSL hall of famer Frank White who with over 25 years of youth sports experience gives seminars expressing the need to not only increase the level of respect but also the level of sportsmanship in youth athletics. Article two from the India Times News Network titled "Aston Villa Sees Future Business In India" discusses the new initiative taken by the Birmingham England club to not only help train the youth players and coaches in India but also reach out to the Asian community within Birmingham which comprises over 30% of the city's population.

Section 8- Today's health and youth sports development section introduces us to Jim Liston, a former strength and conditioning coach of the Los Angeles Galaxy soccer team, who recognized the need for young athletes to gain overall conditioning more than a decade ago. He set out to develop a program to train athletes of all ages and abilities to not only improve their athletic performance but also to reduce injury. This press release discusses his program the Competitive Athlete Training Zone (CATZ) program.

I hope that you enjoy this edition of the AYSO 644 Newsletter. Everything we do here in AYSO is ever evolving. If you have any comments or suggestions, please do not hesitate to email to me at Strikersoccer1@aol.com.



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Town Center Professional Park

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Weston, FL 33326

Across from Weston Hills Country Club

Hours

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Wednesday 7:30 to 5:30 pm
Thursday 7:30 am to 5:30 pm
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Section 1- AYSO 644 Roundup

Can you still register your child for our fall 2005 soccer season? The answer is a resounding yes, but divisions are filling up fast. Last fall season we had 2,575 children playing AYSO soccer here in Weston with about 100 more on the waiting list. Please don't have your children wind up on the wait list and possibly shut out of the most popular and energetic program in South Florida. You can register online at www.eayso.org or you may download a registration form from our website at www.ayso644.org. You may also pick up registration forms from the Weston Regional Park Community Center and from Soccer Max on the corner of Flamingo Road and Sunrise Boulevard in Plantation, Florida. The registration fee is \$135 for those postmarked after May 31, 2005. You will need to mail the registration form (three copies) along with a check payable to AYSO Region 644 and a copy of the child's birth certificate if they did not play with us last season to: AYSO 644, 1112 Weston Road, #225, Weston, Florida 33326. For further information please visit our website at www.ayso644.org, you may call us at 954-349-9786 or send an email to Strikersoccer1@aol.com.

It is coming...our major announcement which will literally turn the soccer community here in Weston "Upside Down". We will be raising the bar for excitement and fun in youth sports. Be part of the excitement and the first in the area to know about it. We will make the announcement first right here at the AYSO Region 644 bi-weekly newsletter.

Please consider coaching and assistant coaching as we are always looking for coaches. We have training courses lined up for Saturday September 10, 2005 from 9am until 4pm at the Weston Regional Park Community Center. At this clinic we will help you learn the game of soccer, teach you the fundamentals and show you age specific activities to instruct the kids.

On Sunday May 22, 2005 the AYSO soccer friendlies made there way to the Weston Regional Park where 36 teams from seven regions participated in the all day event where each team played two games against other AYSO regions throughout South Florida. This was the last of the friendlies for the season. The next season's friendlies will begin next February with additional regions already lined up.

Important upcoming dates are: First day of practices Monday August 29, 2005, Regular Season begins on Saturday September 24, 2005 and Picture Day is Sunday October 2, 2005.

AYSO Region 644 has entered into the lottery for the National Games in Chicago July 2006. Our region has entered the lottery for all age divisions U-12 and up for the 2006 AYSO National Games, a weeklong tournament featuring teams from literally around the world. We will announce in our next June 2005 newsletter which teams were picked from our region.

AYSO Region 644 is proud to announce that in September 2005 we will be beginning our initial VIP program. AYSO VIP Program provides a quality soccer experience for children and adults whose physical or mental disabilities make it difficult to successfully participate on mainstream teams. VIP Teams may include those who are blind or visually impaired, amputees or conditions that impair mobility, mentally or emotionally challenged, autistic, downs syndrome and cerebral palsy. Kids with special needs are estimated to make up approximately 10% of the school-age population. Special schools and classrooms can isolate these children so the VIP Program has been structured to integrate the children into the rest of AYSO by using "buddies" to help the player both on and off the field. Our goals for every participating player are: 1) Have fun playing soccer, 2) Understand the fundamentals of the game, 3) Learn teamwork and fair play, 4) Increase positive self-esteem, 5) Become more physically fit, and 5) Meet and be comfortable with new people.

The VIP program helps more than just the players. Buddies and other volunteers increase their appreciation and understanding of individuals with special needs. They find their lives greatly enriched by their involvement with their new VIP friends. For parents thinking that they would never see their children playing a sport or making new friends, VIP gives them joy and hope. They are able to relax and enjoy watching their children having fun like other kids, perhaps for the first time.

It is our goal to make this program free of charge beginning in September, 2005. We will be looking for sponsors to offset the costs of the VIP program. Please contact our AYSO Region 644 hotline for further details and sponsorship opportunities. Our hotline number is 954-349-9786 and ask for Valeska.

Coaches, do you want to lock in your practice times and days? Avoid the long lines for picking your practice days at the coaches meetings and don't get locked out of coaching next year by not getting your volunteer application in on time by just emailing me at Strikersoccer1@aol.com . Please indicate your child's name, birthdate and the days and times you would like to schedule practices for. I will email back to you a confirmation of the time and field location, and you are all set. It is that easy.

Our region has grown to an amazing 2,575 players. But with this growth is a need for more volunteers. If you have the time or can make the time available and want to help the children in our community, please contact me at Strikersoccer1@aol.com and we will get you on the road to the most satisfying thing you can do in your life...volunteering.

Finally, we are always looking for sponsors. Our sponsors help defray the cost of running the program. Everyone in our region is a volunteer, however there are a lot of costs such as instructional books, uniforms, trophies, medals, city fees, etc. Please consider being a sponsor. Sponsorship packages can be sent to you if you are interested. It is great exposure for your business and the 2,575 children and families from AYSO that will see your banners, website listings, t-shirts, newsletter designations will greatly appreciate it.

Section 2- YOUTH SCENE: Teacher, Role Model, Facilitator

Youth coaches should de-emphasize winning and losing, emphasize fun

By Manny Sanchez

Being a youth soccer coach comes with many serious responsibilities. People find themselves in the role of a coach for numerous reasons. Some have played the game when they were young and want to give something back to the sport. But a more common path to the coaching ranks in most communities is being volunteered or drafted to coach because one's children are involved and there is a shortage of coaches.

As we also know, many of these parent coaches who never have played the game fall in love with the sport as a result of their involvement. The fact that they have not played makes it more difficult, but not impossible, to teach an unfamiliar sport. In order for the coaching experience to be positive, coaches should develop their own philosophy of coaching and thoroughly understand the roles and responsibilities of a coach.

Developing one's coaching philosophy is very important. Every coaching philosophy should be geared toward player development. This starts with activities that focus on the involvement of all players with a ball to ensure that everyone has fun. These activities also should be geared to creating success, which will lead to further enjoyment. When the players are having fun, they will learn more. Coaches must establish a good learning environment and give positive feedback to players. The coach needs to be enthusiastic and excited about coaching. The players will feed off the coach's enthusiasm.

One of the most controversial aspects of player development is how a coach measures success. In youth soccer, especially at the younger ages, success should not be measured in wins and losses. Too many coaches' philosophy uses this as the yardstick. As a coach, I would like to recommend that youth coaches focus on four points in terms of measuring success:

- How much my players are developing as players;
- How they are developing as young men or women;
- How much fun they are having;
- How much enthusiasm they develop and show toward the game.

It is important to de-emphasize winning and losing and concentrate on being the best we can be. Not winning a game does not mean a team is not succeeding. And a very important point to remember is that success is never final. Winston Churchill put it best when he said, "Success is a journey, not a destination." Because a player or a team is not at the same level as another player or team does not mean there is no success. These players may be well on their way to reaching that next level of play or development in spite of what their win/loss record says.

The roles and responsibilities of a youth coach are many and extremely important. The youth coach can have a tremendous impact on the lives of the youths with whom he or she interacts. Sadly, many players spend more time with their coaches than with their own parents. This becomes more pronounced when the players get older, play at a more competitive level and train three or four times a week.

One very important function, which must be taken seriously, is that of being a role model. Kids are smart. They are very aware. They see things that their coaches do and think the same behavior is all right for them. For instance, coaches should always demonstrate respect for their team members, opponents, referees, spectators, parents and opposing coaches.

One of the best ways to be a role model is to lead by example. The coach should be professional. That includes being knowledgeable, informed, organized, courteous and look the part of a coach (dress appropriately). A coach should have respect for and show responsibility to the game itself.

A second responsibility of the coach is to understand the players' reasons for soccer involvement. This is a major problem I encounter throughout the state of Tennessee. Other state directors have expressed the same concerns. When dealing with young kids, it is important to realize that they are playing the game because they want to have fun. Kids are not professional players, they are just kids who want to enjoy playing a game. Many kids are scared away from the game at a young age because coaches do not make it fun to play. Most kids who have a bad experience playing soccer when they are young will not return to the game. Thus, we have lost these kids from the game forever.

Fortunately, the NSCAA, the United States Soccer Federation and Tennessee Soccer have developed curriculums that offer material directed specifically at the younger player. We must realize that children are not necessarily identified only by their chronological age. Each individual child will develop at his or her own rate; therefore, each must be treated as an individual. Because a player is not able to compete at the same level as a more mature teammate, coaches must not assume this player is less of a player or less talented.

We also should look at the other side of the coin. The two players may be the same age chronologically, but are maturing at different rates. When a coach makes the mistake of assuming all the players are equal because they are the same age, this creates teaching and communication hurdles and, ultimately, barriers between the players and coach. Between the ages of 6 and 14, there are drastic differences in the physical and cognitive development of a child.

Inexperienced coaches tend to get frustrated and sometimes lose their cool when working with these age groups. These coaches must try to hold back their frustration and realize that these are kids who still are developing. They also must realize that kids at this stage of development are very vulnerable and can very easily become bruised psychologically.

Additionally, the function of a coach is to serve as a facilitator and teacher. This means setting up an environment that is conducive to learning. There have to be standards set and followed. As a facilitator, it also is necessary to eliminate obstacles to learning. Some of these obstacles include fear of failure, over-coaching and teaching techniques incorrectly, leading to bad habits.

Ways to eliminate these obstacles are to permit the players to make mistakes without overreacting in a negative fashion. When players are trying to be creative and they make a mistake, coaches should not emphasize the mistake. Be positive as a coach. If a mistake needs to be corrected, use the sandwich method of feedback to the player. Begin with a positive statement, followed by the constructive criticism,

then end with a positive statement. Over-coaching will turn your players off. Keep the coaching to a minimum. Let them play and enjoy themselves.

The coach, as a teacher, must be able to paint a clear picture, which is by far the most effective way to teach. You can talk to the players at length, and they still may not understand what you want. But if they see it, they will understand it better. This part of teaching can be a problem for a parent coach who has not played. One way to remedy this is by using one of your better players to demonstrate for you. The activities in the practice session need to be well organized and should not be too difficult or too easy, both of which can frustrate or bore players.

One of the most important parts of teaching is being able to make corrections. A coach must be able to react to teachable moments, whether positive or negative, and stop the activity or game to take advantage of these moments. This part of being a teacher comes from experience and being a student of the game.

More education and more exposure to the game by watching soccer will give coaches the experience necessary to achieve success. Coaching schools are a good place to start, but afterward, coaches need to continue to further educate themselves. We never stop learning from this great game. One thing to remember as coaches is that the game itself is the greatest teacher of all. Being a youth coach obviously comes with a lot of responsibilities when someone decides to take on this role. Regardless of motivation, youth coaches must recognize how important their role is in the lives of the kids they teach. Kids will be kids only once. We in the coaching community must see that these kids are given every opportunity within our power to play the game of soccer in a wholesome, fun and enjoyable environment. The kids always should come first when making decisions. We should coach because we love to work with kids and love the game. As long as coaches keep this vision in the right perspective, the sport of soccer will continue to grow not only in numbers, but also in quality.

Editor's note: Manny Sanchez is the executive director of the Tennessee State Soccer Association and is a frequent contributor to Soccer Journal.

Section 3- Keepers Corner

Welcome to the Goalkeepers Newsletter. Today's issue will deal with two short but important subjects. The first is warming up properly and the second is intensity in training.

I have been watching various teams and keepers warm up recently at a few tournaments I have attended in the past 3 weeks and the one pattern I keep seeing is that teams and keepers do a horrific job of preparing for matches. (For those of you who don't know, horrific is a bad thing). Teams show up for matches, sit around and talk while getting dressed and then frequently go on a completely inadequate run before stretching as a team. Then they kick a few balls at goal or play a low intensity game of keep away and think they are ready to play. As is my tendency, I just sat there and watched and kept thinking this is amazing. I am now going to write what I consider to be an appropriate warm-up for both a team as well as a keeper.

I believe that a team should arrive at the field approximately one hour before the scheduled kick off. This allows the team an opportunity to get acclimated to the park, the climate and the overall situation. One of the things I have been speaking about recently with some players is situational nervousness. This is when a person is very comfortable in their normal setting but as soon as they are put in a different situation they lose their comfort zone. For this reason, the longer a player has to get comfortable with their new surroundings the better it will be for them (usually). If you are at a tournament, see how the refs are calling the game, check out the size of the field and if given the chance, walk the entire field to see if there any holes, hills, dips etc that could affect the game. In most cases, the longer you are allowed to familiarize yourself with the surroundings, the more comfortable you will be. Approximately 45 minutes before kick off; I will send my team on a run. This is the same warm up we use at every practice so it allows them feel comfortable with what is going on. This run goes from one sideline to the other (or the equivalent if you can't get on the field because of other games). It involves, jogging to the other sideline and then back, jog there and then backwards back, skip there and then backwards back and then slide side to side there and slide to side back always facing the same direction. This

small run prepares the players for their first stretch. One of the keys to stretching is to realize that every player is built differently so they each need to stretch different parts of their bodies for differently length of times. For this reason, I don't have teams stretch together but rather stretch on their own thinking about what their individual responsibilities are for that game. I will give them approximately 8 minutes for this stretch although I usually can sense when they are done based on their actions. All that this stretch has prepared them for is to get a better run in so they can get a good stretch next time. This next run is done on their own and should include runs forward, sideways, backwards and jumps along with some sprints. Again, this run will last as long as is necessary and as a coach gets to know their team, they can usually sense how long is necessary. After this run, they get another stretch. Older players usually have a general idea of what needs to be stretched (somewhat based on what is sore from last time) but with younger players, I encourage them to stretch from the lower part of the body on up. In other words, they should start with their ankles then calves, and on up. This should help to ensure they don't skip any parts of the body. After this second stretch, the keepers go have a catch and the rest of the team will begin a real easy drill where everyone is jogging around the half of the field (outside of the 18) and three balls get passed around. After each pass there is a mandatory 10-yard sprint. Once the keepers feel they are ready, they will go to sitting, kneeling and catcher position diving (anyone who doesn't know what I mean by this can read about it in the archives of the newsletter). Then the keepers will face easy shots from each other or from the trainer while the team proceeds with tunnels across the field. As the session progresses the keepers will face harder and harder shots and then move on to crosses. This is the advantage of having two or more keepers as they can warm themselves up. Once everyone is ready, I will give him or her a break to get a drink and stretch yet again. We will then move on to a small-sided game with the keepers participating. This should last less then 10 minutes but be played at full intensity. One of my objectives is to jump all over teams from the kickoff but I also want to be prepared in case the other team does that as well. After the small-sided match I will let the team do whatever they feel is necessary in order to be ready to play. This can be anything from stretching, passing, shooting, or going to the bathroom. I can honestly say that my teams and keepers warm up harder then many teams every play or practice but that is all part of the plan. I don't believe in the typical game plan of knocking the ball around for the first 5-10 minutes of the match to feel how the other team is going to play. I always want to dictate and want to attack from the kick off. The most effective boxer in recent history was without question Mike Tyson. While there are many things to learn from him regarding what not to do, the one thing I think he did better then anyone else was step up better prepared to win from the opening bell (I am not a boxing fan but I just always loved the attitude until he went off the deep end). One of the reasons I believe very strongly in the conditioning program I have attached to the web site is it will allow you to warm up properly to enable you to play at a high level from opening kickoff to the last whistle. Using this warm-up, I have seen my teams regularly be better prepared for their matches and my keepers both physically and mentally prepared to play. This has also allowed my teams and keepers to play with very few injuries over the years which I think is a result of good conditioning, good stretching, always playing hard and lots of luck

The other thing I want to discuss briefly is intensity of training. I have been seeing way too many teams, players and keepers train at less then a high level of intensity. I explained recently to some keepers that if I elect to do a drill for one minute then I normally don't care that much about the first 30 seconds. Anyone can do a drill properly when they are fresh but it takes a fundamentally sound keeper to be able to maintain their technique (and concentration) when they are tired. As a drill moves on and the keeper gets tired, that is the time when you start to see whom the real players are. In order to be a real keeper, you must be able to push yourself through the first stage of exhaustion. Admittedly, a keeper can usually make it through a game without getting exhausted physically but the real question is can they make it through the mental exhaustion that a high level keeper will go through. In the last 5 minutes of a tournament final (maybe the 5th match of the weekend) is when you see who was pushing themselves in that second 30-second period. I don't believe there is any secret to do it other then getting in shape and being mentally tough. Remember only idiots still believe you have to be crazy to be a keeper, people who understand the position know you have to be mentally very strong in order to excel as a keeper.

Section 4- Zonal Defending

Today's topic is zonal defending. I have received a few questions regarding zonal defense and was originally going to talk about the advantages and disadvantages of both man to man defense as well as zonal defense. However, I kept coming across the same problem which was that there are very few differences between the two types of defense.

Typically, the way I organize the backs is to play with a sweeper, stopper and two marking backs. Assuming we are playing against a 4-4-2, the two marking backs are responsible for the opposing two forwards. The stopper would mark up the first center midfielder down field and the sweeper would provide support for everyone. A flat back four would have four players across the back each responsible for an area of the field. While this might seem very different than the man to man marking, I will now discuss some of the similarities. The marking backs in the man to man defense are responsible for the two forwards, however, it is extremely unusual for the marking backs to follow a forward all the way across the field. If the two forwards make switching runs across the field, it is expected that the two marking backs would switch their marks. The same thing would happen with a marking back switching marks with the stopper. On the other hand, in a zonal defense the players primarily are responsible for their area of the field however, this really means each of the players are responsible for the players who are within their area of responsibility. As a forward runs across the field, she would be marked by whomever's zone she goes through. As long as the players understand that they are matching up with the players within their zone, then they can realize that man to man marking is almost identical to zone. The main difference is that in man to man marking there is one person responsible for defensive support while the others have marking responsibilities with a secondary responsibility being supporting the others. In zonal defending, everyone has to assume more responsibility with their support. Therefore, while it might appear as if there is more support in man to man marking, the truth is that there usually are more people looking to support in a zonal formation.

Another advantage of zonal defending is the amount of communication that takes place in a zone. While most of the communication that occurs in man to man marking comes from the sweeper and keeper, there has to be a great deal more communication by teams that play zone. Once a team starts communicating in back, it tends to spread to other parts of the field and since communication is one of the most important parts of the game, this forces a team to play better and better.

Based on what I have written, it would make a person question the reason for ever using a man to man defense. One of the advantages is accountability. It's easier to figure out who lost their mark in man to man defending. Besides accountability and also familiarity (most coaches and players have a better understanding of man to man defense as opposed to zonal defense), there is no reason to use man to man marking over zone defense.

In the next issue or so, I will discuss defending in the offensive third of the field instead of this subject which is dealing with the back half of the field.

Section 5- Soccer Activities

Here are two more drills that can be used to work on both offense and defense but really put a tremendous emphasis on defensive intensity.

First start with a standard small sided game but on a very large field. For example, this could be a 6v6 game on a full sized field with two keepers in the goals. Each player on Team A is assigned a player on Team B. The rules are quite simple for this game. A player can only mark the player they are assigned on the opposing team. This means that there is no defensive support at all. If the player you are assigned beats you, then she can go to goal unhindered. This forces a player to really work hard to get back on defense because there are no ifs, ands or buts about whose fault it is when a goal is scored. If the player you are assigned to scores a goal, everyone will know it was your player and you were at fault. This is a great conditioning drill plus it will show real

quickly who wants to win more (some players will turn this into a game of full field sprints where they get back on defense and go forward on offense at full speed. Other players will stand around talking to the player they are marking thinking that if neither runs very hard, they will both look good.)

I like to use this game for a couple of reasons. First, I can see who will make a commitment to defend (it has always amazed me that a player would allow themselves to get beat repeatedly in this game without becoming totally embarrassed. It also works on defensive footwork and attacking 1 v 1. Another thing it works on is conditioning which will become real apparent real quickly. However, emphasize that the players should play normal soccer and not turn this into a complete game of 1v1.

As this game continues, switch the defensive responsibilities around so that players are constantly being challenged. This could mean having a fast player match up with another fast player or a forward match up with a marking back (or have a forward match up with a forward and see who wins the battle.) Players are allowed to intercept passes, just not interfere with a player with the ball.

The next step in this progression is to do the exact opposite. Instead of having players pre-assigned to marks, have them not allow to mark anyone until a predetermined captain or the keeper assigns them to the mark. This means that after each loss of possession, the keeper and captain must quickly assign marks so that the players can slow the ball down and start to defend properly. This is a GREAT way to get keepers and sweepers to work on communication (I have yet to have a player who liked this drill but that has never bothered me at all). When possession is lost, the defensive team can sprint back toward their own goal but may not do anything more than that until they have been assigned their marks. This encourages both better talking as well as better listening and complying then most players are accustomed to.

It is not good enough for the keeper to say "you get Lisa" on every loss of possession rather this must be reassigned after each change of possession. Offensively, teams should play normal soccer (although the quicker they can pass the ball around, the harder it is for the team to defend).

Please realize that players will get discouraged playing both of these games and will try to find ways to get around them but they really do work well once you sell the players on their value.

Section 6- Passing

Today's newsletter will deal with passing.

The four things to look at when deciding whether a pass is a good one or a bad one are:

- Accuracy
- Pace
- Timing
- Disguise

When all four of these factors are good, it means you have a good pass

Accuracy simply means does the pass go where you want it to and also have you chosen the right place to play the ball. Instead of just playing the ball in a general direction, if you play an accurate pass, it means you chose a specific target and hit the target that you were aiming for. One of my pet peeves is seeing balls played to the correct person but to the wrong foot, which forces a player to turn in the wrong direction. An accurate pass is to the correct person and to the correct foot.

Pace mean hitting the ball at the right speed. Too often, a ball is played accurately but is hit too soft. This means that while it was an accurate pass and would have put the receiver in a good position to do something, because it was hit too softly, the defense has the time to shift and shut down the opportunity. A poorly paced ball might also be one that is hit too hard which results in the player receiving the ball not being able to handle the ball. To be honest with you, many more passes are hit too softly than too hard in a game of soccer

Timing means playing the ball so that it arrives WHEN you want the ball to arrive there. An example might be an accurate ball hit with the proper pace BUT it's played to a person who is surrounded by three opponents. While the pace and accuracy might have been good, the decision to play the ball to a player with three players on her was a poor one so the timing of the pass was poor.

Disguise means not showing where you will be passing the ball ahead of time. The reason for this is that if you have the ball and you see a player in a better position than you and you stare at this player before passing the ball to her, this will give the defense time to get over and take away the pass. By hiding where you intend to pass the ball, it makes it much harder on a defense to know where to go. Disguising a pass can mean anything from using the outside of the foot to a back heel to simply not staring at the intended target before you pass the ball.

If you take all four of these factors into consideration when passing, you will become a much better soccer player

Section 7- News From Around The Country

The core message: respect

John Millea, Star Tribune
May 31, 2005

Frank White has been involved in sports throughout his life as an athlete, coach and official. The St. Paul native, who is manager of recreation programs and athletics for the city of Richfield, began noticing a troubling trend in the late 1980s: Referees and officials were being abused and, sometimes, attacked.

This wasn't happening often in Minnesota, but the more stories White heard from around the country, the more his concern grew that something ugly might occur in his home state.

"I didn't want that to happen here," he said.

As he learned more and talked about how to deal with the escalating problems, he realized he could do something about it.

"It just made sense to me," said White, 59. "Some people said, 'You have a story here and people really need to hear this.' "

Over the past two decades, White has become a nationally known spokesman for sportsmanship. He travels the country conducting workshops on how to combat poor sportsmanship. So when the Minnesota State High School League held its first Sportsmanship Summit earlier this month, finding a keynote speaker was an easy call.

Not coincidentally, on the same day the Sportsmanship Summit was held, White was inducted into the MSHSL Hall of Fame. He was inducted as an official, based on his 25-year officiating career and work as a basketball rules clinician for the MSHSL. But his contributions go further.

"Frank obviously has a passion for sportsmanship and sport-related issues," said MSHSL associate director Jody Redman, who directed the summit. "He was a natural fit with his experience and his passion for trying to instill positive messages of sportsmanship."

White also helps train coaches, starting with volunteer youth team coaches. He argues that if sportsmanship problems are addressed when kids are young -- and their coaches and parents also are beginning on their paths -- the chances of trouble later are reduced.

"I think people are looking for ways to improve the sports environment," White said. "They are tired of seeing what happens to kids."

There is no magic to White's message.

"It's common sense," he said. "We just sometimes forget and need a reminder."

White said he believes something has been lost over the years. Youth and school sports once were havens for simple enjoyment and fun. That is, sadly, often not the case these days.

"There has been a dramatic shift in youth sports away from a sense of enjoyment, physical fitness and sportsmanship to intense competition," White said. "In our attempts to create a better program for our youth, we've used an adult or professional model for these programs, creating a winning-isn't-everything-it's-the-only-thing attitude."

White does not advertise. Every time he is asked to speak by a school or a sports organization -- he holds 40 to 50 workshops a year -- it's from word-of-mouth testimonials. He has a website -- www.respectsports.com -- that explains his program. Its mission is twofold: raising awareness about the violence and abuse that occur in sports everywhere, and providing a model for leaders, administrators, parents and participants in order to create a safer, healthier and more positive sports environment.

His presentation is titled "Violence in Sports: It's Not a Game Anymore." Many of the problems in sports today boil down to a simple lack of respect, and White's workshops stress that fact and how to change behaviors.

In this age of rage (road rage, checkout-line rage, etc.), White says it is easy for people, especially adults, to get too worked up over their children's sporting activities.

"I think it happens more often than people realize," he said. "We let our emotions and our vested interests interfere with what's right. We need to think about the values we are teaching and what we're role-modeling for our kids.

"Some of these things, people are afraid to talk about them. But we all need to stand up for what's right if we care about the image of our schools and our communities."

Aston Villa see future business in India

BIKASH MOHAPATRA

TIMES NEWS NETWORK [FRIDAY, MAY 27, 2005 07:36:03 AM]

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NEW DELHI: An English football club sending its talent scouts to India. Another of those marketing gimmicks, one may ponder, recalling similar efforts which never produced expected results.



One may think again, though. Representatives from English Premier League club Aston Villa, on a five-day trip to the Capital, appear to be clear about their priorities. While being impressed by the talent here, they are not

overlooking the business aspect. "Villa will definitely view India first as a business opportunity because if it was for the love of the game, they could have gone elsewhere," reasons Bill Adams, director of Super Soccer Academy (SSA), which is coordinating the visit.

Villa is based in Birmingham, where the Asian community accounts for almost 30 per cent of the total population. The club, therefore, works hard on enhancing its appeal to the local Asians and the community coaching programme is crucial in this regard. And that also explains this visit of the club officials.

However, Keith Brown, part of club's community coaching programme, is oblivious of the business aspect. After conducting a training session for children at the Shri Ram School in DLF, Gurgaon on Tuesday, he seems pleased. "Football is a combination of concentration and strength, and the Indian children have both these attributes," he avers.

So what is ailing Indian football? "It needs a change of structure, a complete overhaul," says Brown. "Indian coaches concentrate only on winning and not on the basics of the game, which should be the case," he adds. Adams concurs: "Indian football needs a complete change and for that it is imperative to train the coaches first." Brown feels the Indians have to be groomed step-by-step from their childhood if they have to play at the international level.

Section 8- Competitive Athlete Training Zone (CATZ) to Create a National Franchise Chain -- Serving \$4 Billion Market

Poor training leads to alarming spike in preventable injuries; Nation's 44 million youth sports participants represents virtually untapped market

NEEDHAM, Mass., May 31 /PRNewswire/ -- CATZ -- Competitive Athlete Training Zone -- is creating a national franchise chain that will service the nation's 44 million youth sports participants, many of whom are receiving inadequate and, at times, dangerous sports performance training. According to recent media reports, youth sports represents a \$4 billion market that is rapidly expanding.

The 2002 US Census Bureau shows 44.3 million children between the ages of 8 and 18 participate in youth sports. Participation in high school sports has increased from 3.96 million to 6.49 million, a 64 percent increase over the past 30 years. The increased professionalism of youth athletics has led to an alarming spike in overuse injuries. The American College of Sports Medicine reports 50% of overuse injuries sustained by youth athletes can be prevented by developing fundamental fitness skills. Programs that emphasize a balanced approach to athletic training will help a child gain success on and off the field while staying injury-free.

Jim Liston, a former strength and conditioning coach of the Los Angeles Galaxy soccer team, recognized the need for young athletes to gain overall conditioning more than a decade ago. By adapting the Competitive Athlete Training Zone (CATZ) program he created for professionals to train athletes of all ages and abilities, Jim is able to improve their athletic performance and reduce injury risk. Today, more than 10,000 young athletes have been trained in CATZ facilities on both US coasts.

The idea behind the cutting-edge CHAOS Training(TM) system is to match the chaotic nature of sport and mimic its continually changing environment. An athlete is required to react instantly, adjust to verbal and visual cues and respond immediately. In order to develop this high level of athleticism, an

individual must learn to develop strength, power, coordination, flexibility, balance and agility. CATZ believes that its unique system of ground-based, functional exercises, in a small group training environment, will deliver all these elements to any aspiring athlete.

In addition to CHAOS training, CATZ is based on a philosophy that puts the athlete and his family support system at the very core. His or her achievement rests in the hands of the CATZ coaches, who are highly trained to react and adapt to the specific needs of the athlete. "It is not a gym packed full of equipment that a child needs to train, but it is the supportive and encouraging nature of the coach coupled with a training program designed specifically for young athletes that drives each child to succeed," explains Liston. At CATZ, children are encouraged, in a team atmosphere, to lead a group as well as follow others. Nicknames and negative feedback are prohibited. After they have trained at CATZ for a number of hours, coaches work with students to become involved in their communities in a charitable way.

"We prepare athletes to be great, not just in the physical sense, but from the inside out," explains Todd Ducharme, an EVP at CATZ. "An athlete who trains in a community and then reaches out to others is a player who is more likely to acquire skills that transcend sports, into all aspects of their lives."

Ducharme, along with Michael Sapers and Lars Hem, have been the force behind CATZ's expansion over the past year. Headquartered in Needham, Massachusetts, CATZ is able to deliver the program across the country through franchise-based opportunities. CATZ facilities are approximately 5,000 square feet and are owned and operated by franchisees that are committed to the CATZ way of training. CATZ plans 15 more franchises in the next year, and over 100 by the year 2007, catering to an ever-growing need to keep children and athletes safe from injury both on and off the playing field.

About CATZ

CATZ -- Competitive Athlete Training Zone -- is recognized as the premier provider of sports performance training to developing athletes. According to the 2002 U.S. Census Bureau, 44.3 million American kids between the ages 8-18 participate in youth sports. For more than a decade, CATZ has created proven and customized training programs which improve speed, strength, conditioning and overall athletic performance. CATZ currently has four locations in the Greater Boston area, with additional facilities in Rhode Island and California. CATZ trains youth athletes to enhance their speed, agility, strength, power, and quickness by using sport-specific programming, while also focusing on reducing the risk of ACL injuries. CATZ was founded on the principles of fundamental athleticism, centered around its pioneered CHAOS Training TM system, leading youth athletes on a positive path that sports provides.

SOURCE CATZ -- Competitive Athlete Training Zone

Web Site: <http://www.catzsports.com>

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