



G4S SOCCER PITCH

Provided by G4S Soccer Training & Player Development

March 2014

When Should I Get My Child Involved in Soccer



If you're a coach or administrator at a soccer club you have probably had someone contact you for their two or three year old to join a soccer team. OK I'll admit it; my daughter recently had a baby boy and I bought a pair of baby cleats. However; do I expect my grandson to start playing soccer at three weeks old? NO, of course not, I'm waiting till he is at least 6 months...lol.

Seriously though; If you want to get your child involved in any interactive program it is usually a good idea from both the health and social aspect. If you are interested in having your child play soccer, you may want to sign them up for some lesson or a soccer camp first. Although soccer is a cheaper sport than most, [Soccer Camps](#) offer your child great exposure to soccer, also allowing them to develop their first skills and enthusiasm of the game. They're also a useful measuring stick to determine your child's future in the game. However; please remember they are playing a child's soccer game, so don't expect miracles. This is not the World Cup!

Many clubs throughout the US are starting their soccer programs for 4 years old, and go all the way through to 19 years old. However; please remember that at 4, 5, & 6 years old the soccer matches you will see will be more like watching bees (the players) around a hive (the ball). Very cute and if they actually go in the right direction then things are going well and starting to look like soccer. So in summary; If you are wondering about having your child start soccer in your local area then talk to some of your family members, neighbors, and parents at your local school to see what type of experience they have had with their children.



"I am a member of a team, and I rely on the team, I defer to it and sacrifice for it, because the team, not the individual, is the ultimate champion."

~ Mia Hamm

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Goalkeepers

Expected to Save Shots with Little or No Training!!!

Coaches:

How many times have you yelled at or told your keeper that they should have made a save?

How many times have you told your keeper that they should have dived on a ball?

How many times have you told your keeper that they should have punted the ball or thrown the ball to one of their team mates?

How Many times have you told the keeper to come off the line or stay back?

How many times have you told your keeper to keep their hands behind the ball?

I could keep asking you these questions, but here is my biggest question to YOU as a coach:

How many of YOU have taken the time to work with your keepers during practices, either independently or with the team, and really focused on the techniques the keeper needs to be successful?

The Problem: One of the biggest problems a keeper has, is that they get Very Little to No Goalkeeper Training. They are then expected to make saves and win the match for the team; when the players that receive the most training, have let the other team get by them and given the other team the opportunity to shoot on goal.

The Solution: Create a Keeper Training Plan! What will it take to help your player become a better keeper for themselves and your team? As a coach you should be putting as much effort, if not more, into helping your keeper as you do with the rest of the team.

1. Be honest with yourself: Do you or your coaching staff have the ability to train your keeper?
2. If not; bring in someone to help and take some goalkeeper training yourself. In the short term maybe a high school keeper can help you and receive community service hours or find another coach from your club who has the ability to train keepers
3. Figure out what your goalkeeper's strengths and weaknesses are
4. Start with the basics and gradually build up to more complex keeper techniques. The following is a laundry list of things you can work on (not a complete list). YouTube is a great resource to use, but beware as not everything you see on YouTube is perfect or correct.

Correct Hand Technique - Receiving & Distribution Techniques - Develop Confidence in Goal

Develop Understanding of Goalkeeping - Learn Positions & Angles - Body Positioning - Protecting the Ball

Breakaways - Front Smothering - Punching - Diving Techniques - Leadership by Communication

Controlling the Defense - Reading Crosses/High Balls - Knowing Your Opponents - Understanding Your Team

Learning Distance - Leadership by Communication (Communicating to Your Whole Team & Recognize & Communicate Your Danger Zones) - Advanced Techniques in: Diving - Footwork - Breakaways - Distribution of High

Balls (Punching & Parring) - Decision Making - Front Smothering - Setting up your Defense/Walls for Free Kicks
Handling Back Passes - Penalty Kicks (PKs) - Reading the Game - Preparing yourself

5. If your Goalkeeper is serious about becoming a better keeper, help them find a trainer and or a goalkeeper camp to go to.

We all know that Offense Wins Games & Defense Wins Championships. Your defense is only as good as its weakest link. Don't let your keeper be the weakest link in your defense!



**Use the Same Gear as the EPL Goalkeepers
- Sells Goalkeeper Gloves & Apparel -**



Components of Fitness Training

The following are some components of fitness training for a soccer player (not necessarily in order):

- 1) Warm-up
- 2) Agility
- 3) Speed Training
- 4) Sprint Training
- 5) Strength Training
- 6) Recovery

"You can never be fit enough for this game."

~ Anson Dorrance
"The Vision of a Champion"



[Click here](#) to see a Video of the Entrenador System used for Fitness Training

Fitness Training and/or Soccer Training - How do you balance them

If you haven't figured it out yet I like to ask questions. So here goes; Can a team conduct soccer training without including fitness training?

The answer of course is Yes! However; how successful will your team be without fitness? Well! They may win some games, but they probably won't win too many.

You've probably figured out that I now have another question which goes back to my title. How do you balance between soccer training and fitness training.

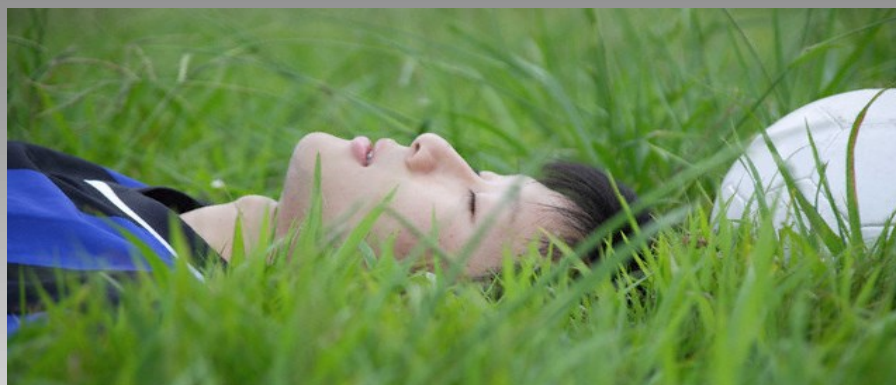
At a minimum you will need at least two practices a week plus your match. One practice should be focused entirely on what you need to work on for soccer training on your technical & tactical aspects of the game. The other practice should be focused on your teams fitness. You should also be talking to your players and their parents about fueling their bodies correctly and getting enough sleep (we will talk more about this in future issues).

Ensure that the Fitness activities are creative and fun both with and without the both during your training. Your fitness training should be productive, effective & enjoyable and should incorporate some of the following items in your fitness circuits; ladders, hurdles, ropes, fitness rings, resistance bands, medicine balls and/ or the [Entrendor System](#) to name just a few. There are many other items that you could use depending on what you budget is and of course what you can carry with you to practice.

The reason for the fitness is to allow a player to last the whole game and play at their full potential. Each player needs a combination of cardio, core strength, speed, agility, and endurance (stamina). This will take a lot of hard work & dedication from both the coach and the players (mostly the players).

As a coach you need to create a fitness plan that is going to incorporate a proper warm-up, agility, speed training, sprint training, strength training, and recovery. Tracking the results will also allow you to show the results to your players and prove the results.

Happy Training!



Nutrition & Sleep

The Effects of Sleep on Performance for Soccer Players

Do you get enough sleep? With all the daily distractions like school, practice, games, family obligations, friend obligations, and other extracurricular activities, sleep, at the peril of our game, takes a back seat.

Athletes, coaches and parents need to make sleep a more important part of a soccer athletes training regimen. Why? In this article we are going to discuss some studies about how sleep affects our sports performance and our health.

Why is sleep so important?

The put in simply, lack of sleep can affect our performance. It also affects our health. One study found glucose tolerance was lower, cortisol (stress hormone) concentrations were raised and sympathetic nervous system was increased in sleep deprived individuals. (1) But I digress, this is about sports performance.

Deep down we all know sleep affects sports performance. But what are you doing about it? In another study researchers studied basketball players and the affect of sleep on their performance. The sleep on performance researchers asked the basketball players to get 10 hours of sleep a night for 5-7 weeks and if they would not get enough sleep to take a nap. At the end of the period the players had better sprints, shooting accuracy improved, free throw percentages increased by 9 percent, 3 point percentage increased by 9.2%, and fatigued levels were lower. (2)

I understand this study was about basketball but it has important implications for soccer as well. While their free throw shooting increased so can your penalty kicks. While their sprint performance improved so can yours. The bottom line is as an athlete you need to make sleep part of your daily routine. More sleep can have a positive effect on your performance.

If that was not enough to convince you it's interesting to note that similar results were found in tennis players where they too increased sprint performance and ran faster times. (3)

If you or your athletes are not getting enough sleep start making that an important part of training.

References:

1. <http://www.ncbi.nlm.nih.gov/pubmed?term=Impact%20of%20sleep%20debt%20on%20metabolic%20and%20endocrine%20function>
2. <http://med.stanford.edu/ism/2011/july/sleep.html>
3. <http://sportsmedicine.about.com/od/anatomyandphysiology/a/Athletes-Sleep.htm>

Article provided by Taylor Tollison

Nutritional Smoothie of the Month

Banana Blueberry Smoothie

- 2 Bananas
- 1/2 Cups Blueberries
- 1 Cup Plain Greek Yogurt

Peel bananas, slice and place on a cookie sheet. Put in freezer and freeze until solid. Remove from freezer and place in blender. Slice berries and add to blender. Pour in the Greek yogurt and blend until smooth. Pour into glass and serve.

"Early to bed and early to rise, makes a man healthy wealthy and wise"

~ Benjamin Franklin

Do you Know the 3 Types of Heat Illness?

Even with a great hydration plan, heat illness is something you need to be able to recognize and take measures to prevent.

There are 3 types of heat illness to be aware of:

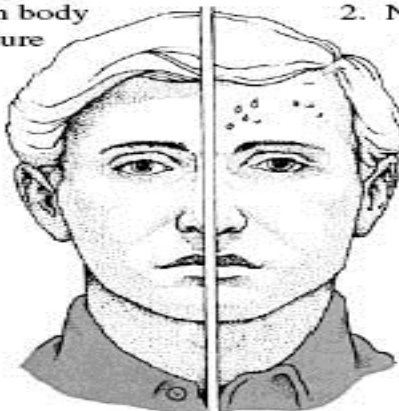
- 1) Heat Cramps
- 2) Heat Exhaustion
- 3) Heat Stroke

Heat Stroke

1. Dry, hot skin
2. Very high body temperature

Heat Exhaustion

1. Moist clammy skin
2. Normal or subnormal temperature



Definitions - Symptoms - Treatments

Heat Cramps: Painful spasms of the skeletal muscle, usually involving the calves. In athletes prone to cramping, sports drinks can help with prevention, as heat cramps appear to primarily be the result of dehydration and loss of sodium through sweating.

Symptoms - Painful muscle spasms

Treatment:

- Gentle stretching
- Rest
- Increased fluid and electrolyte consumption

Heat Exhaustion: the most common type of heat illness.

Signs & Symptoms - Dizziness & Fatigue - Chills - Rapid pulse

Treatment:

- Remove the student from the hot environment
- Cool as quickly as possible
- Re-hydrate

Heat Stroke: The potential for it to be fatal makes heat stroke by far the most serious type of heat illness. Heat stroke occurs when the body's cooling system completely shuts down or their blood volume is so low that the victim stops sweating and goes into shock.

Signs and Symptoms:

- Very high core body temperature
- Altered central nervous system function (i.e. confusion or unconsciousness)
- Skin is not always hot and dry; student may still be sweating profusely
- Otherwise healthy athlete collapses during intense exercise in the heat

Treatment - Call 911 - Immediate rapid cooling - If heat stroke is suspected, the following steps must be taken:

- 1) Have a designated person Call 911
- 2) Quickly remove all of the athlete's equipment and shirt.
- 3) If an ice bath is available and assuming there is no potential for head or neck injury, place the student in the pool and immerse his/her torso and extremities in an ice-water bath. Do not let the head become submerged.
- 4) If an ice bath is not available, move the student to a shaded area and cool his/her torso by covering him/her in ice bags from the shoulders to the hips.
- 5) Monitor the student for responsiveness, pulse and breathing until medical help arrives.



COACHES SIDELINE

Should Coaches Continue with Education for Themselves

The Answer is most definitely Yes!

Are you new to coaching, been around for a few years, or are you a seasoned veteran that has been coaching for what seems like a lifetime. Coaching is much more than teaching players foot skills. You need to teach them teamwork, leadership, sportsmanship, fitness, technical & tactical aspects of the game and much more. As a coach you also need to know how to read your players, the game, and how to make changes based upon the requirements of the team.

The New Recreational Coach probably requires the most coaching education. If this is you; then the first place to start is with the Director of Coaching within your organization. Another good option is with a novice coaching clinic, or youth modules taught by your state soccer association. Use the Free information on YouTube and other websites.

The Competitive Coach is the most dangerous if not getting any type of education. I say the most dangerous because you are coaching based upon *"what you think the players need"* instead of *"knowing what they really need."* You may be one of those coaches that played in high school or college and although that experience comes in very useful; unfortunately not all good players know how to coach. Times have changed and the way we train players today is not the same as when we played. The good news is that you have a good foundation and there are plenty of resources for you to use if you don't have the time to go on a course. Although I will always say, that attending a course in person is the best way to learn, gain, and share experiences. There are plenty of options on the internet which are free. If you are looking at tracking statistics and player performance you may want to invest in some website memberships, such as [YouthSoccer101](#).

High School Coaches: Depending on your school, you may be a high school coach who is a school teacher who coaches several sports, or a coach that is solely dedicated to soccer. Either way, if you want your team to be one that always rises to the top. It takes a lot of player talent and a lot of talent from the coach to get them there. Attending State & National Coaching Workshops are a great learning tool as well as a great place to network with other high school & college coaches.

All Coaches: View the resource list in the column to the right





Educational Resources

- Your Clubs Website
- Other Coaches
- Your State Association
- Newsletters such as the "G4S Soccer Pitch"
- Online Websites: You can always do a google search on anything you are looking for. Below are some of my favorites websites for information.
 - [US Youth Soccer](#)
 - [NSCAA](#)
 - [YouTube](#)
 - [YouthSoccer101](#)
 - [Book's & DVD's](#)



I don't believe skill was, or ever will be, the result of coaches. It is a result of a love affair between the child and the ball.

~ Manfred "Manny" Schellscheidt

<div>(U8) -- Week 2</div> <div>youthsoccer101.com</div> <div>Practice with a plan</div>		
Activity 1	Activity Description	Coaching Considerations
	Shadow Dribble: Two players (Leader and Shadow) both with a ball each and will dribble their soccer ball in a 20x25 yard grid. The leader will determine where they are going while the shadow will try to keep up with the leader. Coach: Call the change from leader to shadow Version 2: Use only favorite foot or other foot Version 3: Leader must make a move. Time: 8 minutes	<ul style="list-style-type: none"> Keep ball close Changing direction Dribbling using different surfaces of the foot
Activity 2	Activity Description	Coaching Considerations
	Snake: All players are dribbling a soccer ball in a 20x25 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts. Coach: Encourage the snake players to hiss. Time: 8 minutes	<ul style="list-style-type: none"> Changing speed and direction Running with the ball Look for open space Keep ball close
Activity 3	Activity Description	Coaching Considerations
	Gate Dribbling: In a 20x25 yard grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point. Coach: Have players keep count of how many points they scored in 30 seconds or a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only. Time: 8 minutes	<ul style="list-style-type: none"> Keep ball close Changing direction Acceleration after going through a gate Decision making
Activity 4	Activity Description	Coaching Considerations
	Ball Street: In a 10x25 yard line up the balls on the outside of the area. Players start behind the line on one end and try to run to the other end without getting hit with a ball. Coaches try to pass the ball at the players' feet. If a player gets hit they join the coaches as the passers. Coach: Reset the balls after the players run from one end to the other. Have the players that got hit, join you and set up the balls. Last player standing wins. Time: 8 minutes	<ul style="list-style-type: none"> Keep your head up Changing direction Jump over balls Pass below the knees
Scrimmage	Activity Description	Time

Building a Practice Plan

Steve Marmas: I have been coaching & training both players & coaches for more than 25 years and one of the best things a coach can do is collaborate with other coaches to share and utilize each others skills & information. **Tyler Isaacson** the founder of Youthsoccer101 has created thousands of practice plans and uses a combination of text, graphics and video. As both of us have similar ideas and coaching techniques **G4S Soccer Pitch** and **YouthSoccer101** have partnered for this portion of the newsletter to bring you the best quality practice plans moving forward.

Tyler Isaacson:

I am going to share with you how I put a practice and/or a season of practices together. It is not a simple process but with some advanced planning you can save yourself a ton of time and aggravation. My practice is divided into 3 parts; technical warm up, focus activities/small sided games & scrimmage. One of the most important parts of my practice is the **first third**, which is spent on dribbling, passing & receiving and is what I call **technical warm up activities**. These activities focus on dribbling moves, first touch, receiving

and passing balls both on the ground and out of the air. For the majority of the time players have their own ball or work in small groups. I make sure the activities are different for almost every practice. This keeps them interested and focused and this part of my practice remains consistent and is not dictated by team deficiencies. I use the other 2/3 of practice to focus on what I think the team needs work on based on what I observed in the previous game.

Here is how I put the first part together: **Before the season begins** I plan the technical warm up section of 8 practice sessions in advance, which takes care of an entire month of practices (2 per week). I need 25 good technical warm up activities to use in the sessions (2-3 per session). I name the sessions 1-8 and once they are set up I can use these sessions month after month and only have to change the focus activities on a weekly basis.

With the first third of my practice set, I just have to sit down a day or two after my game and add my focus activities to the session and off I go. Whether you use the youthsoccer101 Advanced Coaching Platform (which has 500+ activities) or another source for your activities, it is important to have a variety for your players. Even though I repeat the technical warm up activities a month later, the players have seen 20+ other different ones before seeing them again. A key part of my practice planning is finished for the entire season.

Here is a sample of a technical warm up section of one of my plans [HERE](#) (click on the name of each drill on the first page and you will see the animation/video)

You can preview the Advanced Coaching Platform [HERE](#) basic users are always FREE

Next month I will cover the focus activity section of the practice plan.

Less than 90 days to go until the 2014 World Cup

Less than 90 days til the greatest soccer tournament in the world between the best 32 teams representing their countries for the most prestigious trophy in soccer. Although the rankings have changed a little in the past month, what really matters is how each team plays on their day of the world cup series.

USA did drop one place in the rankings, however; Jurgen Klinsmann had the following to say about the upcoming send-off series, preparing Team USA for Brazil.

"We have some fantastic opponents that will help us get prepared for the teams we will meet in the World Cup, and also the opportunity to experience different climates and conditions in the venues. There has been amazing support from our fans these last years on our path to Brazil, and we know there will be awesome atmospheres in each of the stadiums. It's the perfect way to start our journey."

The send-off series can be viewed on ESPN & ESPN2 for those of you that will not be able to see the matches live (dates & times below).

2014 FIFA WORLD CUP™
SEND-OFF SERIES
CLINT DEMPSEY

USA vs AZERBAIJAN
MAY 27 | 7 PT | CANDLESTICK PARK
ESPN2, UNIMAS

USA vs TURKEY
JUNE 1 | 2 ET | RED BULL ARENA
ESPN2, UNIMAS

USA vs NIGERIA
JUNE 7 | 6 ET | EVERBANK FIELD
ESPN, UNIMAS

QUICK FEET
TRAINER
FOR HOME OR CLUB





LIGHTNING FAST
REFLEXES
REACT QUICKER. MAKE IT HAPPEN.

Do you want lesson plans that include Animation & Video of each activity so that you clearly understand them?

YouthSoccer101 is offering our readers a free spring preview of age appropriate practice plans. They will be delivered directly to your inbox on a weekly basis for 10 weeks.

In addition, you can have access to over 500 advanced activities (travel level) where you can create customized plans, share them with your coaches and save them to use in the future.

Take advantage of the FREE offer and get your first plan in minutes [HERE](#)

<div style="text-align: center;"> (U8) -- Week 2 youthSoccer 101.com <i>Practice with a plan</i> </div>		
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Activity 3	Activity Description	Coaching Considerations
	Gate Dribbling: In a 20x25 yard grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point. Coach: Have players keep count of how many points they scored in 30 seconds or a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only.	<ul style="list-style-type: none"> • Keep ball close • Changing direction • Acceleration after going through a gate • Decision making Time: 8 minutes
Activity 4	Activity Description	Coaching Considerations
	Busy Street: In a 10x25 yard line up the balls on the outside of the area. Players start behind the line on one end and try to run to the other end without getting hit with a ball. Coaches try to pass the ball at the players feet. If a player gets hit they join the coaches as the passers. Coach: Reset the balls after the players run from one end to the other. Have the players that got hit, join you and set up the balls. Last player standing wins	<ul style="list-style-type: none"> • Keep your head up • Changing direction • Jump over balls • Pass below the knees Time: 8 minutes
Scrimmage	Activity Description	Time

Contact Us

Give us a call if you have any questions or comments about our Newsletter.

G4S Soccer Training & Player Development

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Topics for the April Issue

- Parents Paying Players for Goals - Good or Bad?
- There is No Avoiding it Tryouts are Coming
- Fitness Training and Team Building
- Nutrition
 - Nutritional Meals to Improve Performance
 - Smoothie of the Month
- Becoming a Referee
- How to Choose a Soccer Goal
- Coaches Sideline
 - Activity section of the practice plan
- World Cup Updates

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