

**MERRY
CHRISTMAS**

Redefine what it means to be a "winner" through a mastery approach to coaching. Instead of focusing solely on the scoreboard, explain the ELM Tree of Mastery for Effort, Learning and Mistakes are OK, because mistakes help us learn, but fear of mistakes makes us timid and helps us fail.

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Balls, bibs and cones

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Christmas Truce



Christmas inspires wonderful feelings in people. It even stops wars!

Did you know that during the first world, in 1914 at Flanders fields, German soldiers were fighting with British and French soldiers., slowly the German soldiers started singing Christmas carols and held up Merry Christmas signs and erected small Christmas trees. This encouraged the French and British soldiers to start signing., they also fabricated Merry Christmas signs.

Slowly the soldiers started leaving their trenches and walked towards each other, into no mans land, greeted each other and started shaking hands.

After burying the dead, gifts of cognac, buttons and cigarettes were exchanged.



Soldiers who had been barbers, gave free haircuts to enemy soldiers. Next thing a soccer ball appeared , jackets and helmets were utilized as goal posts and a good hearted soccer game took over.

The soldiers played until the lack of light made it difficult to see the ball, then they, unfortunately, returned to their trenches and continued fighting.

Player Centered Coaching (part 1)

In simple terms, "Player Centred Coaching" means coaching that meets the needs of the players. Regardless of what level of coaching you are involved at, Player Centred Coaching should be at the heart of your coaching philosophy.

For coaches who are developing players, Player Centred Coaching involves blending the "What" of coaching (what is in your session) with the "How" you coach (method) as to meet the needs of your players. It also takes into account

the age of the players and not only their technical/tactical needs but also their social, psychological and physical needs in order to develop into their potential.

As an example consider the coach who has a group of 6 year olds and compare it with the coach of 16 year olds. The player centred coach firstly takes into account the age of the players and therefore their needs. For the 6 year olds they need a balance of general movement and coordination activities, technique and small sided games., focussing on dribbling. TBC

Why Children Sized Soccer



Should children play on a smaller field with less players ?

It is important to understand that small sided soccer means any number of players, on each team, which is less than 11, including the Goal keepers. I wanted to present the following, maybe, different take on the subject. I am hoping it makes you think.

An average 10 year old weighs less than half of what a mature (real) soc-

cer player weighs.

10 year olds have less than half the strength of a mature adult and are about 3/4 the height.

They distance covered by the step of a 10 year old is 70 % of what the average adult step would cover. More players on the field give the player additional decisions to make, more options to consider. A 10 year old

can not process all of that information and make a decision the way an adult can. Asking a 10 year old player to play 11 vs 11 on a full sized field is the equivalent of asking and adult to play on a field 250 yards long, 150 yards wide with goals 16 feet high by 48 feet wide.

This would be physically impossible for us!! Most

Coaching Education



We are please to provide many coach education programs to our member clubs. With the Ontario Soccer Association we will be hosting Community Coaching Diploma Coaching Courses this winter and spring 2011.

The details are as follows

Child: February 12 or 26

Youth: March 5 or 26

Senior: April 9 and 16

To register contact : ctripodo@yrsa.ca

A Pre B Assessment clinic is being held in May . This is great opportunity for coaches to

be assessed to see if they are ready to move forward to the B licence To register for the pre b assessment contact ctripodo@yrsa.ca

Any club requiring coaches in service sessions can arrange this with Bobby Lennox

Wrapping and Taping

Want to learn how to do this and more?



Any coach, assistant coach or team manager who is interested in the various taping and wrapping methods used to support soccer players ankles, knees, hips etc can

now learn and practice how to do it . A 4 hour course both theoretical and practical, will allow coaches and staff to find out more on this subject.

The course will be held at the YRSA office on

Saturday February 12th from 1:00 pm until 5:00 pm. Coaches will learn how to use pro wrap, athletic tape and elastic support wraps. Cost is \$25. To register contact ctripodo@yrsa.ca

Key Factors

Key factors are used to teach our players the technical skills in the game. As a coach, observation and analysis of a players performance are key to being an effective teacher.

By observing a players skills we can see where he or she needs help. This is where key factors come into play. By instructing the player using

key factor information the player gets a clear, concise breakdown of each technique. By using the correct key factor at the correct time the players ability to understand the weakness and work towards improving it will be easier and clearer.

There are key factors for all technical and tactical aspects of the game. For example



Passing

- Part of the foot and ball
- Weight/pace/timing
- Accuracy
- Eye on the ball
- Follow through

As you can see, using the above can be very useful



How do I pass the ball? How do I receive the ball, coach?

District Identification

The YRSA district identification program for 2011 is well under way.

Players were scouted during the summer playing with their club teams. The top players were then invited to participate in the program. Some teams were seen as

much as three times.

The parents of the players were invited to attend an orientation meeting where program goals, objectives, player, parent and coach expectations were explained. Coach Joey Lombardi explained the regional and provin-

cial program to all parents in attendance.

Almost 100 players are attending practice twice per week. Tuesday at Trio Sportsplex and Friday at Astra Sportsplex. Team coaches are invited to attend to pick up ideas from the district coaches



Long Term Player Development

Long Term Player Development (LTPD). What is it? What does it mean?

Many of you will have heard of LTPD, many may not have heard of it. Certainly most coaches are unaware of the spe-

cifics of the philosophy.

As the next few years pass you will all become very aware of the concepts of LTPD.

LTPD information is available for you in many

places. E.g. Canadian Soccer Association, Ontario Soccer Association and York Region Soccer Association website. I encourage you to visit one of these sites and read about all the good things that LTPD will do.

The seven stages of Long Term-Player Development

