



G4S SOCCER PITCH

Provided by G4S Soccer Training & Player Development

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Paying Players for Goals - Good or Bad?

Parents and/or Coaches want to encourage their children/players to play well and may think that offering to pay for every goal they score is a good thing. So is this Good or Bad?



I have been coaching for 25+ years and I can definitely tell you that this is not only **BAD**, but can be very

Disruptive to any team. When a player is encouraged to score goals for money, they are no longer a team player. The motivation should be the success of the team, not a dollar amount to a player.

When a player is using \$\$\$ for Goals as a motivation, their personal development as a player becomes distorted and they begin to make bad choices. Instead of focusing on the TEAM winning a match, they become self absorbent in winning \$\$\$'s.

Examples of bad choices are;

- Shooting for the sake of shooting; thus shooting from bad angles or distances.
- Not looking for other options to pass to someone with a better shooting option.
- Not counter-attacking and getting into a defensive role if they lose the ball or miss the shot.

Players need to be coached in practices and given many options with various angles and distances to shoot on goal. They should be challenged to take-on and beat players prior to shooting with 1v1's and even 1v2's. However; they should also be taught that a 2v1, or 3v1 scenario, should open up a better shot for another open player.

Another way to look at it, is that when a player is being paid to score, they become greedy and disliked by their team-mates because of missed opportunities. When this happens, players start to argue on the field and now everyone becomes unfocused on the objective of winning the match.

Although it has only happened a couple of times. If I found out that a player on my team was being paid to score, I met with the parents and discussed the ramifications to the team regarding this bad practice. In one instance I went as far as sitting a player on the bench for the next match, even though they were one of our better players. They didn't do it again!

“MOTIVATE DON'T COMPENSATE”

“All I can say is, hey, if you have fun doing what you do, if you have fun playing soccer, the creativity is just going to come as time goes on.”

~ Freddy Adu

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There Is No Avoiding it -TRYOUTS ARE COMING!

Coaches, parents, administrators & players dread this time of the year. Rumors are flying of who is leaving the team, where they are going & why they are leaving. Parents are running their child from tryout to tryout to make sure they have a team to play on. It is utter chaos for administrators who are trying to figure out if there will be enough players to form a team. Coaches are wondering "what they did wrong to cause these players to look elsewhere?"

Unfortunately, this is what is going on today in many clubs throughout the country. All these factors work against youth soccer players and the soccer clubs. I have a few ideas to help make this a better experience for everyone involved.

Ages U8-U10- this is a critical age for learning and development. If your team provides good training and a fun atmosphere, more often than not the majority of the team will stay together. Of course, you will get the parent that feels their child is the next Messi - let them go. Your team will be better off in the long run.

Ages U11-U13- All hell breaks loose. State cup winning teams break apart and mid to lower level teams cannot seem to find enough players to keep the team together. In my opinion this is where surrounding town clubs need to work together in a collaborative effort so that travel players have a proper place to play based on their ability. Many town clubs cannot offer a variety of different level teams in each age group to support the varying skill levels of their players. It just comes down to numbers. A town may have a strong team in one age group leaving out a few mid level players that have been pulled along on this team for a few years getting minimal playing time. There is a good chance a surrounding town team has an appropriate level for the mid level players to join. It is not about poaching players it is about providing the correct fit for the player. I feel it is the responsibility of each club to make sure they help every interested player find a place to play.

Ages U14 & Up- Middle school and High School soccer starts to interfere with the travel team fall season. Don't fight it-embrace it. The players love playing for their school team. Cut your travel practices down during the school season and limit tournament play. Consider eliminating the fall travel season all together and pick things up after the school season ends. At this point you should be working with other towns to keep the team together as players begin to focus on one sport or lose interest so you may need an influx of out of town players to keep the team together. You may even be joining forces with your arch rival?

The tryout process will never be easy, but by working together with the surrounding clubs in your area to provide the opportunity for players to play at an appropriate level, both the club and the player will benefit. Start an open dialogue with surrounding town clubs now so that when tryouts take place you have options for the players on your team.

Fitness & Team Building

Combining Fitness and Teambuilding makes for a more cohesive team.

- 1) Age appropriate, realistic and functional training
- 2) Training that links individual and small group tactics to team tactics
- 3) A high level of communication must be developed inside the team
- 4) An understanding that team building is a process and not a thing
- 5) The benefits of team building are long term
- 6) The ultimate objective of team building is winning. Development without winning is like reading without comprehension

Fitness has always been one of the top priorities in my life because that's the way I grew up, with soccer being the sport of choice.

~ Ziggy Marley



[Click here](#) to see a Video of some additional Team Building

Fitness Training and Team Building

Every team needs to work on both fitness training & team building; so how can we do both together? It is a lot easier than you may have thought, but let's first discuss why?

As I have stated in earlier issues, a team needs to be fit and have the endurance to last from the first whistle being blown to the final whistle being blown. When you can incorporate team building into your fitness sessions, you will build team unity without the players even realizing it.

In order to do this correctly you need to create a competitive environment. Create two or more teams and challenge your players by creating a problem that they must solve as a team. This will take the cooperation of every team member to quickly figure out solutions for any given problem.

Example: Obstacle Course

- Break players into two or more teams
- Two (2) players at a time need to get a ball from one end of the gym to the other via an obstacle course without dropping the ball. The ball must be dropped into a container at the end of the course. The players then sprint back to the beginning and high five the next players in order for them to start. If the ball is dropped they MUST Restart or the next players in line can start.
- The team with all players at the opposite end of the gym win
- **IMPORTANT:** No hands can be used except to place the ball on different body parts at the starting line
- The remaining players can cheer and communicate to the group on the course to help them in their decision making.
- Repeat with three (3) players at a time

You can create any type of obstacle course you wish, but you can use hurdles of various heights, ladders, a curved path (using cones), Slalom course (using poles) and a container at the end. The players get real creative in order to get the ball from start to finish without dropping it.

This is just one of many team building exercises you can do which will pay off in the long run at having a team work together both on and off the pitch.

***Coming Together is a Beginning,
Staying Together is Progress,
and Working Together is Success!***



Nutrition

Nutritional Meals to Improve Performance

Athletes tend to have fewer problems with muscle cramping and fatigue when they eat a nutrient dense meal 2-3 hours before game time. Nutrient dense meals are high in carbs (not candy or soda drink carbs) and some protein, (turkey, chicken, and other lower fat meats.). If we eat a meal that is properly nutritious for our bodies then we will feed our carbohydrate stores. Which translates to better performance during the game. The more carbohydrates we eat the more glycogen stores we will have which means the further and faster players run. A diet like Atkins or these other fad diets are not appropriate for athletic performance. A research study showed that players who ate lots of carbohydrate ran the most and only walked about 25% of the total distance. Players who ate a "normal" meal covered about 25% less distance and covered most of it at a walk. Can you guess who won this game?

If you eat a meal that is too large within two to three hours of a game or intense practice this may adversely affect your performance and make your stomach feel bad. When you start to play, the blood that was being used to digest the large meal in your stomach is now being transported to the working muscles for use. The food will now just sit in the stomach and may cause adverse effects.

Here are guidelines on when and how much to eat prior to competition. Don't eat the listed calories at 3-5 hours and also 2-3 hours and then 1-2 and also .5 to 1 hours prior to competition. That would be too much. These guidelines suggest that if you eat 3-5 hours prior to competition then eat 300-500 and if you eat 1-2 hours prior to competition then have liquid meal of 100-200 kcals and so on and so forth. These can be adjusted down if the athlete is smaller. Many restaurants or fast food places have a nutritional guide to help you select your meals.

- 3-5 hours prior to game- large meal 300-500 kcal
- 2-3 hours prior to game - small meal 200-300 kcal
- 1-2 hours prior to game- liquid meal 100-200 kcal
- .5 to 1 hours prior to game- snack 50-100 kcal

~ Taylor Tollison ~

Nutritional Smoothie of the Month

AMAZING APPLE SMOOTHIE

- 2 Cups Apple Sauce
- 1 Cup Apple Cider
- 1 Cup Orange Juice
- 2 Tablespoons Vermont Maple Syrup
- 1/2 Teaspoons Nutmeg
- 1/2 Teaspoons Cinnamon

Combine all ingredients in a blender and blend until smooth. Pour into glasses and serve.



"Eating smart will not only make you smart, it's the smart thing to do."





Becoming a Referee

Being a soccer referee can be both rewarding and fulfilling. Whether for a young person learning responsibility or an adult contributing to the sport.

If your child has thought about becoming a referee the first thing you should do is talk to your local club or state soccer association to find out how to register for their referee training program. Having playing experience is always a plus as you will have a better understanding of the game. However, it is not a requirement to becoming a referee. The first level for most referees is a Grade 9 and in most states the candidate must be 12 years old.

Testing consists of both classroom instruction and field sessions to demonstrate the lessons learned during the classroom sessions. This will be followed by a written exam in which the candidate must score at 75 or better to pass the course and receive your referee badge. Once you have received your referee badge you will need to contact your local club. Some clubs will have additional training for you prior to receiving your first assignment as a referee. Your club assignor will start new referees with U4 through U8 matches, and in some cases you will also have a mentor, especially for your first few matches. Once you move onto a match where 3 referees are assigned (Center Referee and two (2) Assistant Referees) you will start as an Assistant Referee.

A Quick Overview:

To be a good referee, you must continue to learn and improve with every game. Experience is the best teacher and confidence builder.

- The more games you do the more comfortable and confident you'll be.
- If something occurs in a game and you aren't sure if you made the correct decision, go back to the Laws of the Game, after the game and double check.
- Talk to more experienced referees about the decision you made and whether or not you should have done something differently, or email an experienced referee with the question.
- Watch experienced referees and notice how they deal with specific situations that cause you trouble in a game.
- Have experienced referees watch and critique you and then remember to try the suggestions they give you.
- Seek out experienced referees to work with. By running lines for experienced referees, you gain a better appreciation as to what the protocols of the game are as well as learning about ways in which you can improve your game. This is an excellent tool. Once you have done this for several games, ask to have experienced referees as your assistant referees when you work the center.
- Go slow in advancing to more difficult matches – don't rush it, but also challenge yourself to keep growing as a referee by taking more challenging assignments once you have reached a comfort level where you are currently being assigned.
- Attend seminars, workshops and clinics.
- Watch games of every level whenever possible. This helps you to not only watch skilled referees work; it also helps you to learn more about the game.

Click [here](#) to review the roles of the Referee and the Assistant Referee's as well as much more information for New Referee's from the U.S. Soccer Federation



COACHES SIDELINE - HOW TO CHOOSE A SOCCER GOAL

Today there are many options available to players, parents, coaches & clubs for all various types of portable, semi-permanent, and permanent goals, but above all you should always consider the safety aspects of a goal first. As most people who are purchasing a goal assume that the safety aspect is covered, they normally look at the price of a goal first and make their decision based upon that.

Considerations

Although in today's economy price should always be considered; you should never sacrifice price for quality and customer satisfaction. Shop around, ask surrounding clubs about their experiences in purchasing goals based upon quality, durability, delivery time, and customer service.

Portable Goals

Goals for Sports is proud to introduce the [J-Goal](#). The J-Goal is an affordable portable soccer goal that is light-weight (Under 15 lbs) and **sets up with ease in under 3 minutes**. (when you become good at it!). J-Goals are available in 6x12, 6x18, 7x21, & 8x24 J-Goal which can also be used as a rebounder, doubling it's value as a tool for a coach or player.

[Bownet Soccer Goals](#): A new product which has hit the soccer industry is the Bownet. The best portable net I have used in my 45+ years as a player and coach. Bownet portable soccer goals go anywhere! With its convenient carry case, it fits in your cars trunk or on the back seat. The Bow Net assembles in just minutes with only one person and no tools. No Screws, No Snags: it just snaps together. Bownet Goals can be found on our Bownet pages

Semi-permanent & Permanent Soccer Goals

[Supreme Soccer Goal](#): Pevo Goals are the innovation of an Aerospace Engineer who wanted to enrich lives through sports. Manufactured in the United States, Pevo youth soccer goals are used by Schools, Leagues, and Clubs for children and adults! The Pevo Soccer Goal is made of powder-coated white aluminum, making it more lightweight than other goals its size; yet still maintaining its phenomenal strength. The backstays, which create depth, are aluminum instead of steel.


Permanent Soccer Goals

The [World Cup Stadium Goals](#) are made of powder-coated white aluminum making it more lightweight than other goals its size; yet still maintaining its phenomenal strength. The strength of the goal comes from its aerospace castings instead of welded tubes, and the crossbar is securely attached to the uprights using two bolts on either end.

Soccer Goal Safety

Goals should not have sharp edges, should be secured with ground anchors and/or [Sand bags](#) so that the goal cannot tip over. A goal with a backstay ground-bar adds added safety and weight which reduces the risk of tip-over, but should still be anchored. NEVER allow anyone to climb on the net or goal framework. Ensure that Safety Warning labels are clearly visible on the goal posts at eye level. Remove Soccer Goal Nets when the goal is not in use during the off seasons. If you have disassembled your soccer goals for the off season, please make sure when starting a new season all parts are there and intact. Replace any damaged or missing parts!

File: L touches (1 Diagram)




Groups of 3 spread out around the field. 2 balls per group. Players form an L with the players on the end of the L the servers. They take a knee and roll the ball to the person in the middle of the L who passes back. Alternate between players. 2:00 per player then switch. Change skill after each player has gone.

Progress: out of the air volley, chest trap/volley, thigh trap/volley, head

Cones 3-5 yards apart.

File: Quick feet warm up activity

File: Grid -Cone to Grid (1 Diagram)



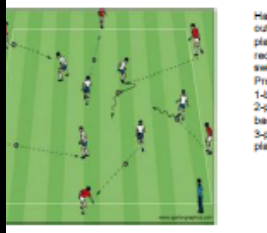
1-Pass on the ground alternating with middle player. Corner players move back and forth between 2 cones. Change middle player every minute.

2-Same as above but corner players now move around the entire grid from cone to cone after each pass. (corner players move in the same direction)

With both variations you can progress and require the corner players to pick up the ball each time and throw it under hand to the middle player and they must chest trap, thigh trap, or head the ball back. Use this progression for more skill players.

File: Grid drill for multiple touches on the ball.

File: Dutch square (1 Diagram)



Half the players on the inside of the square with a ball and half the players on the outside without a ball. Inside players pass the ball to the outside players. The outside players pass the ball back with one or two touches to the inside players. Inside players receive the ball and look for another outside player to pass too. After a few minutes switch inside and outside players.

Progress:

- 1-ball in the air from the outside players.
- 2-pass to outside players and move to another outside player to get a different ball back.
- 3-pass to outside player & the outside player dribble the ball in & is now the inside player and passer becomes outside player.

File: Warm up passing drill with variations to progress too.

Building a Practice Plan

Continued from last month (as a reminder [Step #1 of Building a Practice Plan](#) was in last months G4S Soccer Pitch).

Step #2

With the first 20-30 minutes already done for my first 8 practices (as I mentioned in part #1), I just need to open up session #1 and add the activities that I want the players to focus on. This team desperately needs to improve on passing and receiving balls both on the ground and in the air. Remember, if your team played a game over the weekend you may want to focus on a weakness or two that you saw in the game. Don't try to fix everything in one practice--the players will get confused!

With my focus on passing and receiving, I just need to find 2-3 activities that will help work on these skills. If you use the youthsoccer101 advanced coaching platform, there are over 60 activities related to this topic in the drill library. As I mentioned in Part #1, I do not want to look at 60 different activities every time I

try to make a plan--it is just to overwhelming. I already marked 20 activities as FAVORITES, so I can jump to those favorites immediately. After adding 2-3 to my plan, here is what it looks like [HERE](#)

2/3 of my practice is complete. The final step is to tie it all together with a scrimmage & add some fitness with a ball.

Step #3

Scrimmage time is not just throwing the ball out there and walking away. I do try to limit the play stoppages until I see a repeating trend that I do not like and will address the team as a whole. There is a fine line between letting them play to figure it out on their own and stopping the play to make a coaching point. Give them certain restrictions or guidelines before they start and give them some time to work it out.

I like to end the practice with a fitness exercise or two that involves the ball or a partner. [Finished plan](#)

You can save yourself a ton of time and aggravation by doing some simple planning and a little work prior to the start of the season. Practices run better when you come prepared and the players will know if you are prepared!

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



Official Mascot of the 2014 FIFA World Cup



Fuleco the Armadillo is the official mascot of the 2014 FIFA World Cup in Brazil. It is a Brazilian three-banded armadillo, a species of armadillo which is native to Brazil and categorized as a vulnerable species on the IUCN Red List, it was officially launched as part of Brazilian broadcaster TV Globo's weekly Fantástico entertainment show on 25 November 2012. He is a likeable character - he scores 7.3 out of 10 on appeal. Research has revealed that he is seen as an appealing character widely thought to represent the words, 'Brazil', 'Nature', 'Friendly' and 'Passion for Football'. It is a portmanteau of the words Futebol (football) and Ecologia (Ecology). The name Fuleco was chosen over the names Amijubi (Amizade - Friendship and Júbilo - Joy) and Zuzeco (Azul - Blue and Ecologia - Ecology) by more than 1.7 million football fans. The mascot, with its message of environmental concerns, the ecology and the sport turned out to be very

popular with football teams around the world. Check out the [Official Fuleco 2014 FIFA Mascot page](#)

Green Stadiums for the 2014 World Cup

Brazil has built some of their stadiums to be sustainable after all World Cup is long gone. The Castelao is the FIFA World Cup's first environmentally friendly stadium and has been awarded the international Leadership in Energy and Environmental Design (LEED) certificate. Other Brazil 2014 stadiums such as the Maracana, the Beira-Rio and the Mineirao have applied for the certificate and are awaiting approval. Together they are poised to take the stadium legacy beyond 2014.



Click the picture for the YouTube Video

Parents, Players, Referee's & Coaches

Is there a Subject in Soccer You would like to know more about?

Send us an email and maybe it will be discussed in one of our future issues of the G4S Soccer Pitch.

Email Info@G4SSoccerTraining.com



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](#)

Goals 4 Sports MVP II Team Shelter

Goals 4 Sports is proud to offer the MVP II Team Shelter by Soccer Innovations. The MVP II Team Shelter is the perfect solution for any organization that wants to have a professional looking covered bench for the substitute players and coaches on the sidelines. Whether looking for privacy or protection from the weather, the MVP Team Shelters could be the perfect solution for any team.



Whether the conditions are Severe Sun, Frigid Cold, Downpouring Rain, or Strong Winds, the MVP Team Shelter with zippered cover can handle them all.

Contact Us

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

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